

Yoga in Bali with YuMee and Dawn

TIMELINE

- November 3: Arrival day. Check in from 3:00-7:00 p.m. Unpack and explore. Dinner will be served at 7:30 p.m.
- November 4-9: Regularly scheduled programming (see below)
- November 10: Departure day. Enjoy a final yoga class and brunch. Check out at noon.

AIR TRAVEL

Airport

You will fly in and out of Denpasar Airport in Bali. The airport code is DPS. The airport is one hour away from Ubud, and three hours from our retreat center, Villa Boreh.

Passport

Please ensure your passport is valid for at least six months after your planned date of departure from Indonesia.

Travel Visa

Apply for your Bali travel visa when you land at Denpasar Airport. The cost is \$25 USD. We recommend having this amount in USD on hand when you arrive to avoid exchanging funds at the airport.

GROUND TRANSPORT

We will happily pick you up from the airport or the town of Ubud (if you choose to come a few days early to explore on your own) on November 3. The shuttle will arrive at the airport during the late morning and/or the early afternoon. We will do our best to minimize our carbon footprint and so you may be asked to wait for up to an hour for others to land. The cost of the shuttle is included.

Please send us your flight details as soon as you have them and please don't forget to update us if the airline changes your arrival or departure time. The cost of the shuttle is included. If you prefer to be picked up in Ubud, please let us know well in advance. We will send you an email specifying the time and place of your pick-up, the names of the other participants riding with you, and contact information for Villa Boreh, in case your plans shift at the last moment and you need to reach us.



CURRENCY

Both Indonesian rupiahs and US Dollars are accepted in Bali. Villa Boreh also accepts Visa, MasterCard and debit cards, though you will pay an additional 3% for credit card and debit transactions. If you plan to use your credit cards or debit, please notify the bank of your travel plans in advance.

MEALS

The food at Villa Boreh is delicious, plentiful, healthy, and vegetarian. Please flag any food allergies or special meal needs when you register.

MEDICAL MATTERS

Please inform us of any serious, relevant health concerns when you register. Some doctors recommend a Hepatitis A immunization for travel to Indonesia. Please discuss with your doctor.

WHAT TO BRING

- Passport (expiry date should be at least six months after travel date)
- Spending money (USD is widely accepted. Smaller denominations are easier to use)
- Camera
- Notebook, journal, pens
- Yoga appropriate clothing
- Yoga mat
- T-shirts, tank tops, and shorts (think cool, comfy and casual)
- Long sleeve top, long pants, and a light sweater (for night time)
- Sleepwear
- Swimwear
- Sandals/flip flops and sneakers
- Sun hat, sun glasses, and sun screen
- Toiletries, supplements, and prescription medications
- Bug repellent
- Reusable water bottle
- Flashlight (if you like nighttime walks)
- Alarm clock (if needed)
- Cell phone or international phone card (if you need to call home)
- Laptop (if you absolutely require your computer. Free WiFi is available)
- Electric adaptor (if needed)

Don't worry if you forget something—Villa Boreh provides soap, shampoo, conditioner, shower gel and toothpaste in all rooms, and you can purchase most other essentials in Ubud.



DETAILED SCHEDULE

Saturday November 3

3:00-7:00 p.m. Arrival
7:15 p.m. Welcome message from teachers and Villa Boreh staff
7:30 p.m. Dinner

Sunday November 4 through Tuesday November 6

7:00-8:00 a.m. Light morning snack
8:00-10:30 a.m. Morning yoga session
10:30-11:30 a.m. Brunch
11:30 a.m.-5:30 p.m. Free time
5:30-7:00 p.m. Evening yoga session
7:30 p.m. Dinner

Wednesday November 7

7:00-8:00 a.m. Light morning snack
8:00-10:30 a.m. Morning yoga session
10:30-11:30 a.m. Brunch
11:30 onwards Free day for optional excursions
7:30pm Dinner on your own or return to Villa Boreh for dinner, your choice

Thursday November 8

7:00-8:00 a.m. Light morning snack
8:00-10:30 a.m. Morning yoga session
10:30-11:30 a.m. Brunch
11:30 a.m.-5:30 p.m. Free time
5:30-7:00 p.m. Evening yoga session
7:30 p.m. Dinner

Friday November 9

7:00-8:00 a.m. Light morning snack
8:00-10:30 a.m. Morning yoga session
10:30-11:30 a.m. Brunch
11:30 a.m.-5:30 p.m. Free time
5:30-7:00 p.m. Evening yoga session
7:30 p.m. Dinner + Balinese Dance Performance

Saturday November 10, 2012

7:00-8:00 a.m. Light morning snack
8:00-10:30 a.m. Morning yoga session
10:30-11:30 a.m. Brunch
12:00pm Check out

