

VOICE LIBERATION RETREAT BALI

Liberate your Voice, Liberate your Self

1st to 8th April 2022

YOUR ITINERARY - 1ST - 8TH APRIL 2022



My name is Neda, meaning Inner Voice. I don't think that name was given me at random, because it is my true passion to use music in a way that leads us back in touch with our own Inner Voice, also known as our True Self. In this full week Bali retreat we will go on a journey together to heal our unconscious blocks, and remember the Love that we truly are. Our own voice will serve as a mighty tool to help uproot all that is ready to be lifted and healed.


I am so thrilled to go on this inward journey with you.

Neda Boin



DAY 1 - WELCOME

You will arrive at your beautiful accommodation in Ubud. Check in is from 2pm onwards. If you arrive early, feel free to drop your bags and head into Ubud town for some exploring. The amazing villa team will be at your service to help.



We will all come together at 6pm to partake in a traditional Balinese Welcome Ceremony and a delicious Balinese dinner (dinner included) You will have time to meet the other mighty travel companions that you will share this journey with. Then time to rest and get ready for our first full day in Bali.

DAY 2 - INTENTION



7 Breakfast 8am - 9am

9.30am to 12pm - Enjoy your first Voice Liberation Session. The theme of this day is connecting with our intention and purpose for being on the retreat.

12 - 1pm Lunch at the Villa. Then we have some free time, to explore Ubud town, take some rest or have your delicious free massage.

5.30pm - 7.00pm early Dinner in town, then from 7.30 - 9.30pm Fire Healing Session!

Then head back to the Villa for rest and restoration.

DAY 3 - UP & OUT



7-8am Start your day with a beautiful Voice Liberation meditation, then enjoy breakfast from 8am to 9am .

9.00 - 12.00 Our second Voice Liberation Session - Todays Theme: The healing moves, letting it come up and out!

12.00 - 1.00pm Lunch, then we have free time from 1pm to 2.30pm.

Meet back at Villa at 2.30pm to head to the amazing Pyramid of Chi for a magical sound healing session.

4.30pm to 7pm Free time then Dinner.

DAY 4 - REST & RESTORE

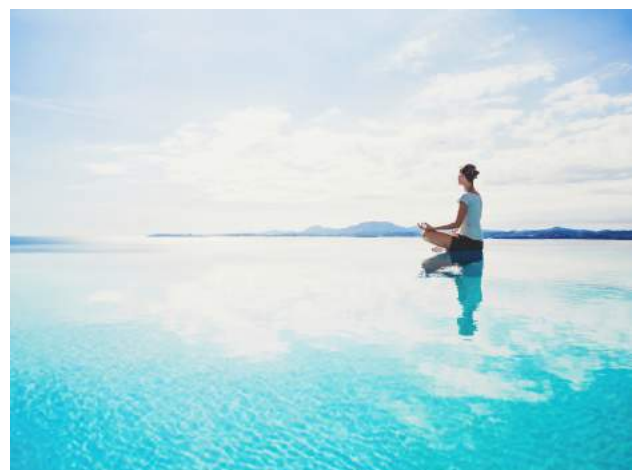
7-8am Start your day with a wonderful Voice Liberation meditation then a delicious breakfast.

9.30am - 5pm we head out for our relaxing secluded Beach Day.

Theme of today: Letting the healing work through, relax, restore. What better way to do that than relaxing by the crystal waters at a beautiful beach in Bali. Enjoy a simple lunch on the beach made by the locals. Swim, Play, Meditate, the day is yours to do what is needed.

Free time 5pm to 7pm

Dinner





DAY 5 - STEPPING INTO THE LIGHT

7-8am Start your day with a beautiful Voice Liberation meditation.

8-9am Breakfast

9.00 - 12 - Voice Liberation Session.

Theme: Arising from the ashes, stepping into the light, allowing your light to shine, being a miracle worker.

12.00 - 1.00 Lunch and Free Time

3.00 - 6.00pm Private Pyramid Voice Liberation session.

7 - 7.30pm Dinner



DAY 6 - SAYING YES TO SPIRIT

7am - Greet the day with another Voice Liberation Meditation, followed by breakfast 8am-9am.

.9am-12pm Voice Liberation Session

Theme: Saying YES to Spirit's plan! Living from our True Self

12pm - 1pm Lunch then free time 1pm -3.30pm

4 - 6pm Mala workshop, here we will put our new intention of living from our True Self in our beautiful Mala Necklace that you will design.

7pm Dinner



DAY 7 - RETURN TO JOY



7am - 8am We start our last full day together with our Meditation session, followed by breakfast 8am - 9am.

9am - 12pm Voice Liberation Session - Theme: My happiness and my function are one!

12 -1pm Lunch, then free time 1pm to 4.30pm

5- 7.30 Cacao Ceremony, a joyful, heart opening journey.

8pm - Lets head into town to enjoy our final night all together and have a beautiful dinner. (Dinner included)

DAY 8 - READY FOR A NEW LIFE



7am - Greet this final day with another Voice Liberation Meditation session with Neda, followed by a yummy breakfast.

9.30 - 10.30am Sharing Circle and closing session - Theme: Ready for a new life!

12pm Check out is 12pm.

TERMS & CONDITIONS



Price:

- Twin room, 8 available, Early bird price \$2310 (Instead of \$2550)
 - Semi Private room, 2 available, Early bird price \$2560 (Instead of \$2645)
- Early Bird - Before 1st October 2021

BOOK NOW

Included:

- 7 nights twin sharing accommodation
 - 7 breakfasts
 - All lunches
 - 2 Dinners
- 1hr Full body massage
- All activities as shown on the itinerary are included
 - All scheduled transfers to and from the airport and activities.

Not included:

- Flights to and from Bali
 - Meals not mentioned above
- Transfers to and from town in free time. Our Villa is walking distance to town.
- Medical expenses
 - Any unforeseen accident, injury and/or damage to property
 - Hire of personal scooter or motor vehicle
 - Travel insurance
 - Special meal requirements not already discussed

The cost of food and other expenses in Bali is very affordable, so minimal spending money will be required. For example, most meals range from about 5-10 USD and similarly for massages.

PAYMENTS & REFUNDS



A \$500 USD DEPOSIT IS DUE AT REGISTRATION. THEN PAYMENTS WILL BE DUE AT 6 MONTHS 50% BALANCE AND THEN AT 3 MONTHS THE REMAINDER BALANCE. THAT IS, HALF THE COST OF RETREAT IS DUE BY OCTOBER 1, 2021 AND THE REMAINDER DUE BY JANUARY 1, 2021. AMOUNTS VARY DUE TO ROOM TYPE. SOUL BLISS JOURNEYS WILL ADVISE AFTER DEPOSIT IS PAID THE AMOUNTS DUE.

A FULL REFUND IS AVAILABLE UNTIL 2 MONTHS (FEBRUARY 1, 2022) BEFORE THE RETREAT. AFTER THAT, THERE WILL BE NO REFUNDS, CREDITS ONLY FOR FUTURE RETREAT.

PAYMENT FOR THIS RETREAT WITH BE DONE THROUGH OUR PARTNER COMPANY SOUL BLISS JOURNEYS, APON BOOKING YOU WILL HEAR FROM MAREE TO DISCUSS YOUR PAYMENT OPTIONS. IF A REFUND IS GIVEN BEFORE 2 MONTHS, YOU WILL BE SUBJECT TO A SMALL ADMIN FEE FOR TRANSFERRING THE FUNDS BACK TO YOU.

IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE TRIP INSURANCE TO COVER ANY OTHER UNFORESEEN CIRCUMSTANCES, WITH A CANCELLATION POLICY.

SHOULD COVID AND TRAVEL RESTRICTIONS INTERFERE WITH THE RETREAT AS PLANNED, THE DATES OF THE RETREAT WILL BE POSTPONED AND NEW DATES WILL BE SELECTED.

RELEASE OF LIABILITY

THE UNDERSIGNED HEREBY ASSUMES ALL RISK OF INJURY OR HARM AS A RESULT OF THE ACTIVITIES SPECIFIED ABOVE AND AGREES TO RELEASE, INDEMNIFY, DEFEND, AND FOREVER DISCHARGE THE RELEASEE FROM ALL LIABILITY, CLAIMS, DEMANDS, DAMAGES, COSTS, EXPENSES, AND CAUSES OF ACTION DUE TO, INJURY, LOSS, OR DAMAGE TO THE UNDERSIGNED.

SIGNED BY:



OUR VILLA

Our private villa, 'Jepun', is situated in a tranquil area in Ubud, just a 5-minute drive or 20 min walk from the property to Ubud town. This makes it super easy to get to town to do your shopping in your free time.

The large rooms are fitted with air conditioning and tea/coffee making facilities. There is a beautiful large garden & terrace as well as a shared lounge. All suites have: Spacious bedrooms with separate bathrooms. Private outdoor terrace - Luxury marble bathrooms with rain showers, some with terrazzo tubs - Premium toiletries - Hairdryer - Digital security box - Tea and coffee making facilities, - Reading lights - Mosquito nets - Unlimited filtered drinking water.

The staff at the Villa are ready to serve and make sure your stay is as blissful as possible.

WE'RE IN GOOD HANDS!

I have partnered with the lovely Maree from Soul Bliss Journeys for our retreat. Maree is a grateful student of A Course in Miracles and was guided by Spirit to connect with me to organize this retreat.

She is passionate about helping people awaken to the truth of who they are "Part of the Divine" Maree loves to organize retreats aligned with this purpose. She has lived in Bali for 7 years and has been running retreats there for 2 years. She will be on the ground in Bali, guiding us and helping with anything we need to feel supported on our journey. Maree is open to receiving any questions or concerns you may have. You can connect with her anytime on maree@soulblissjourneys.com



SO YOUR COMING TO BALI

BEFORE YOU ARRIVE AT THIS TROPICAL PARADISE, THERE ARE A FEW THINGS YOU NEED TO CONSIDER...

CURRENCY:

The rupiah is the official currency of Indonesia. The currency code for the Indonesian rupiah is IDR and the symbol is Rp. We encourage you to only exchange a minimal amount (approx \$50 USD) before you leave, as the exchange rate will generally be much better in Bali. Once you're here, we can assist you in getting cash out with your standard ATM card or exchange your local currency into IDR. Alternatively, many restaurants also accept visa and Mastercard, but it's also important to have some cash for the places that don't. And don't forget to let your bank know that you are travelling overseas!

PHONE:

To use your phone here in Bali, we encourage you to have an Indonesian sim card – we will provide this. This usually works out to be cheaper than using a roaming pack from your local provider. Most people here communicate through "Whatsapp" so make sure it's downloaded on your device and don't forget to let your loved ones know how best to get a hold of you when you're overseas.

AT THE AIRPORT:

When you arrive at the airport, follow the instructions to pick up your luggage as usual. Don't be alarmed if you have to wait awhile – things can move at a slower pace here in Bali. Then continue through customs as usual. You will be granted a 30 day visa on arrival. If you intend to stay in Bali longer than 30 days, please let us know prior to your trip so we can discuss your visa options. Once you have been cleared through customs, continue through to the pick up area. There you will find our driver holding a sign with the your name. Please note: if for any reason you are having trouble at the airport or are unable to find your driver, do not worry, you will be able to connect to the airport wifi and contact us on Whatsapp. Please add our number +6182144656112 (Maree)

DON'T FORGET TO PACK:

- Light clothing – it is hot in Bali!
- Insect repellent
- Sunscreen
- Jacket for cooler evenings
- Swimsuit
- Toiletries
- Tampons/pads etc
- Headphones
- Journal
- Power adapter
- A backpack or day bag

Other things to remember:

- Bali has very strict drug laws. We suggest you bring any medication in original packaging and bring a copy of the prescription. Some people also like to get their suitcases plastic wrapped or locked to avoid tampering.
- Travel insurance
- Travel Vaccinations (consult your doctor)

FAQ

WHEN SHOULD I ARRIVE AND LEAVE BALI?

Check in is at 2pm and on most retreats there will be a welcome ceremony and dinner, we suggest you have a flight that has you arriving in Bali in the morning or before 1pm, this gives you time to get through customs and make your way to Ubud ready for the dinner. For departure, we suggest an afternoon flight as you will check out at 12pm and need to get to the airport, anything after 3pm is recommended.

HOW FAR AWAY IS UBUD FROM THE AIRPORT?

Ubud is approximately 1hr away from the international airport. You will be picked up by one of our drivers and taken to the retreat resort or villa.

CAN I ARRIVE AND LEAVE EARLIER?

Yes of course, please let your leader know and we can arrange that for you.

IS THE WATER SAFE TO DRINK?

No, we recommend that you brush your teeth with bottled water. Ice however is safe as for many years now all the restaurant make nice from bottled water, so smoothies and juices are fine with ice, yummy.

DO I NEED TO TIP IN BALI?

Tipping in Bali is appreciated but not necessary. However, sometimes more up market restaurants will add between 15% and 20% to the bill to cover the 10% government tax.?

Yes of course, please let your leader know and we can arrange that for you. Yes we know that sometimes you won't want to leave.

CAN I HAGGLE (BARGIN) IN BALI?

Besides boutiques, restaurants and convenience stores, the first price you're quoted is usually at least double what the seller will let the item go for, so don't be afraid to haggle. Some stall owners will even encourage you to do so by telling you the price they think you should come back with. Haha, it can actually be quite fun! Rule of thumb if you walk out and they don't chase you, the price you offered is too low. I like to look at it like, how much would I be happy to pay and feel it was a bargain, instead of trying to get them down to the lowest price possible.

WHAT IS THE LANGUAGE SPOKEN IN BALI?

Balinese, but most people speak Bahasa Indonesian. Whilst the vast majority of people in the main tourist areas in Bali will speak enough English to communicate with you, knowing a few phrases in Balinese or Indonesian will go a long way. The locals really appreciate the effort. Start with some easy phrases like selamat pagi – good morning, apa kabar? – how are you?, tolong – please, suksma – thanks (Balinese) and terima kasih – thank you (Bahasa). And remember, Balinese is not the same as Bahasa Indonesia, the official language of Indonesia.

**PLEASE DON'T HESITATE TO CONTACT US IF YOU HAVE ANY QUESTIONS.
WE ARE HERE TO MAKE THIS JOURNEY AS STRESS FREE AS POSSIBLE FOR YOU.**