

RELAX RELATE RELEASE

SHADES RETREAT
INTERNATIONAL

BALI THE RELEASE...



11.21.20

SHADESRETREAT

RELAX RELATE RELEASE



INFORMATION PACKAGE

RETREAT: BALI 2020

1. Passport/Visa
 2. Flight Info
 3. Bali Culture
 4. Itinerary
 5. Health and Safety
 6. Money and Finances
 7. Weather/Packing List
 8. Communication/Electronics
 9. Free Time
 10. Additional Information
- 
- 



1. PASSPORT

Do you have a passport?

No - Please apply for one as soon as possible.

Yes - It has to be valid 6 months past the dates of travel

****Please send a scanned copy of your passport to
info@shadesretreat.org**

VISA



If you are from one of the 140 countries listed in the link below AND will not be staying in Bali for more than 30 days and have no plans to extend your stay past the 30 days - No need for a Visa.

www.bali.com/visa-indonesia-entry-requirementsbali.html

If you are planning to stay longer than 30 days, you will have to obtain a visa on arrival for \$35 USD which can extend your stay an additional 30 days.

TRAVEL INSURANCE

Travel Insurance is required for your participation in this retreat, so you need to explore the options of obtaining travel insurance. Often travel insurance will cover medical expenses, emergency situations abroad, lost luggage, etc. We can provide quotes for insurance, please send an email to info@shadesretreat.org.





2. FLIGHT INFO

Please plan on purchasing your tickets to Bali no later than 60 to 30 days prior to the retreat start date. Once purchased send your flight information to us at info@shadesretreat.org.



This must be received no later than 3 weeks prior to retreat start date.

Plan to fly into DPS – Ngurah Rai International Airport on November 21, 2020. Shuttle service from the airport to the resort (and back) is included in your retreat package.

Shuttle Service for arrival will operate between 9am - 3pm, before or after that time you will be responsible for arranging your transportation to the retreat site.

We will depart the retreat site at 11am on November 27th. If you intend to use our shuttle service please do not schedule your flight to leave before 3pm.

Bali is 12 hours ahead of Eastern Time
9:00 PM Tuesday, in Eastern Time is
9:00 AM Wednesday, Bali (GMT+8)





3. BALI CULTURE

USEFUL PHRASES:

Balinese is the local language, however, the language most widely used is Bahasa Indonesian.

While staying at the retreat center and getting around the city, we encourage you to pick up a few phrases even if it's simply hello or thank you.

SAY HELLO IN BAHASA INDONESIA.

Good morning translates as "Selamat pagi."

Good afternoon is "Selamat siang."

To say good evening, say "Selamat sore."

For goodnight, say "Selamat malam."

QUICK LINKS

ABOUT THE CULTURE OF BALI:

Trip Savvy:

<https://www.tripsavvy.com/bali-culture-101-1629107>

MURNI'S IN BALI:

www.murnis.com/culture/



ITINERARY

*November 20th - Travel Day

November 21st - Arrival Day

Arrive at Airport

Transfers to Retreat Site

Welcome Drinks and Orientation

*Group Dinner

November 22nd - Day 1

*Breakfast AM Yoga

Opening Ceremony

First Workshop

Reiki Sessions

Lunch/Dinner on your own

November 23rd -Day 2

*Breakfast

Ubud Day Tour

Monkey Forest

Lunch/Dinner on your own

November 24th - Day 3*

Breakfast

Silent Day of Meditation Reiki

Sessions

*Lunch

Breaking of Silence Workshop

PM Yoga

Dinner on your own

November 25th - Day 4

*Breakfast

AM Yoga

Beach/Free Day

Lunch/Dinner on your own

November 26th -Day 5

*Breakfast

AM Yoga

Third "Closing" Workshop

Lunch on your own

Reiki Sessions

*Group "Thankful" Dinner

November 27th - Day 6

*Breakfast

Group Beach Day

Lunch/Dinner on your own

November 28th - Departure

*Breakfast

Transport to Airport

*Meal Provided/Included

Itinerary is subject to change





5. HEALTH & SAFETY

Food and water in Bali can cause upset stomach aka “bali belly.” Exercise caution with what you choose to eat and drink off the street. We advise you only drink bottled water or filtered water from the site. Adjusting to new food may cause stomach issues. Consider requesting an antibiotic from your physician for Traveler’s diarrhea if necessary and starting probiotics two weeks prior.

We highly recommend you bring and use mosquito spray. Please check the CDC recommendations for travel to Indonesia. We cannot decide if you require these immunizations or not, *but if you would like more information we recommend you speak with your primary physician or visit a travel clinic prior to your trip. Please explore this information *early on in your planning*as some immunizations require a certain amount of time before travel or may require a series.

<https://wwwnc.cdc.gov/travel/destinations/clinician/no-ne/indonesia>







6. MONEY

Indonesian currency is the Rupiah (Rp).

The most widely accepted form of payment is cash, although there are quite a few places in Ubud and Seminyak that accept credit card. ATMs are located in most of the major streets in Seminyak, dispensing cash in Rupiah. Exchange places are located inside the airport and in places around the city, please note exchange rates will vary.

If you plan to use credit card, please notify your bank prior to travel to prevent any holds. Please download a currency converter via the Google Play Store.

Be careful and aware of your surroundings when pulling cash from an ATM. We also advise setting notifications with your bank that alerts you when a transaction occurs.





7. WEATHER

Bali weather; the average temperature in November is between 23°C (73F) and 27°C (80F) for the average low, while the average high is around 31°C (88F). Humidity is also very high around this time of the year, so expect to feel a little hot and clammy. The island has micro climates – it's often sunny in one town while pouring in the next town over. During Bali's wet season, expect that it will likely rain heavily once a day, typically in the afternoon.

PACKING

Yoga pants and athletic tops, sports bra, lightweight hiking pants or comfortable clothes for outings. Casual beach dress t-shirts light rain jacket, shorts, socks, pajamas, swimsuits sandals (make them hiking style and they can be your only shoes) flip flops, water and shower shoes. General toiletry items such as toothpaste, brush and soap.



THERE ARE BLOW DRYERS AVAILABLE AS WELL.
LAUNDRY CAN BE SENT OUT FOR A SMALL FEE.







8. COMMUNICATION

Wi-fi access is available in Bali. This allows for communication via WhatsApp. If you would like to receive/make calls and use mobile data from Bali with your international number, we advise you contact your service provider to find out their rates prior to traveling. A third option is to purchase a local SIM card in the country and put in into an unlocked cell phone.

ELECTRONICS

In Bali and Indonesia you can expect the 2 pin socket and plug as used in larger parts of Europe. The pins are round, not flat or rectangular. Power sockets: type C / F. The standard used in Bali is a two-pin plug (round): Voltage: 230 V. The US is 110V. Plug your power cord into the wall using the adapter and power your devices as usual. Your iPad, iPhone and iPod are dual voltage and you will not need a voltage converter. Other items like hair straighteners, blow dryers, steamers, etc. need to be checked if they are 110/220 or just 110. If you use these in Bali, they will break.





9. FREE TIME

Spa Bali: www.spabali.asia/seminyak.php

Revolver Coffee: www.revolverespresso.com

Nyaman Art Gallery: www.nyamangallery.com

Seminyak Beach

Palma: www.palma-australia.com



Early Arrival or Extended Stay:

If you arrive early or extend your stay, there are many breathtaking landscapes and unique adventures for you to explore.

Recommended sites:

Gunung Kawi - one of Bali's oldest and largest ancient monuments

Pura Taman Ayun - a beautiful water temple

Setia Darma House of Masks and Puppets

Bali Botanical Garden

Scuba Diving

Surfing

Cultural Performances

For more ideas visit: www.lonelyplanet.com/indonesia/bali



A circular arrangement of dried flowers and greenery in a woven basket. The basket is made of light-colored, woven material, possibly bamboo or straw, and is filled with a variety of dried flowers, including orange, pink, and yellow ones. Green, feathery dried foliage is also present. The basket is set against a background of a window with a grid pattern, and the lighting is soft and natural.

Any questions or concerns?

Please reach out to us at:

info@shadesretreat.org