

# The Pure Bali Retreat Experience



Nature, Culture... *Rapture!*

August 24 – Sept. 11, 2008

The **Pure Bali Retreat Experience** offers you responsible education in Hindu trance culture & the healing practices of Bali. This retreat creates the opportunity to experience the deep spiritual quality of Balinese people, their many purification rituals, their philosophical perspectives on community, health, illness and how to generate life energy in the body. Participants will explore the particulars of Balinese chanting, dance, music, trance channeling and meditation. Also included in this retreat will be contemporary shamanic TranceDance journeys, structures that cultivate spiritual intuition and a special ritual technique that uses water as an incubation property for soul retrieval.



The **Pure Bali Retreat Experience** schedule also gives you lots of free time to relax, rejuvenate and absorb the many aspects of Balinese Hindu culture. There will be ample time to roam around Ubud and the many villages that surround Ubud. Bali is abundant with artists & craftsmen, so there will be many opportunities to shop, ask questions and encounter the day to day life of Balinese people.



## Retreat activities

### **10-day Healing Retreat – Tejakula, Bali**

Balinese music & dance performance.  
Sunrise Purification Ritual.  
Indonesian Language Seminar.  
Moving Meditations.  
Nature excursions.  
Kecak Ritual & Chanting Seminars.  
Ogoh Ogoh Ceremony – Island-wide Day Of Purification.  
Nyepi Ritual– Island-wide Day Of Meditation.  
7 Temples Of The Soul – TranceDance Healing Journeys.  
Soul Hunting – Trance Healing Ritual.  
Alma De Aqua - Aquatic Trance Healing Journeys.  
Integration Seminars.

### **3-day Relaxation Retreat – Pemuteran, Bali**

Boat trips & snorkeling on Menjangan Island.  
Overview of Coral Reef Project.

### **7-day Cultural Retreat – Ubud, Bali**

Indonesian Massage Healing Sessions.  
Indonesian Meditation Sessions.  
Group Seminar & Personal Session with a Dukun (Indonesian Healer).  
Group Seminar & Personal Session with a Balian (Balinese Channeller).  
Integration Seminars.  
Access to Arma Cultural Museum –Art & artifacts of Balinese Hindu Culture.  
Shopping in the many markets in and near Ubud.  
Visit to Threads Of Life, an innovative Indonesian Textile Cooperative.  
Seaside/Sunset Dinner in Jimbaran, Bali.  
Purification Rituals - Pura Lahur Batukau, Grandmother Temple of Bali.  
Riverside Night Meditation - Pura Lahur Batukau, Grandmother Temple of Bali.  
Full Moon Kecak Performance – Arma Museum & Cultural Center.  
Final Evening Celebration & Banquet.

# About Ubud



**Ubud** is the cultural heart of Bali. It is located in the Gianyar district. If you are interested in Balinese art and culture this is definitively the place to be. Every evening there is dance performances and the area is full of art galleries and museums. Ubud actually became a popular spot for artists as early as the 1930's. From Ubud it is easy to travel to many of the surrounding villages that specialize in various forms of arts, such as Celuk which specializes in gold and silver jewelry, or Mas, which specializes center wood carving.



## **Additional activities available to you in Ubud**

- Indonesian Healing Massage.
- Hindu Meditation Sessions.
- Balinese Dance Performances.
- Gamelan Music.
- Private temple ceremonies (by invitation only).
- Visits to numerous artisans (wood carvers, stone workers, jewelers).
- LOTS of local art & crafts.
- A full range of restaurants.

Find more about Ubud at <http://www.indonesiaphoto.com/article44.html>



## Weather, Accommodation, Food...

### Weather in Bali

Bali is located a few degrees south of the equator, so it is a tropical environment. August weather is the best time to be in Bali. Remember, the seasons flip south of the equator so August is a winter month in Bali. The weather is therefore less humid, less heat, pleasant breezes. It does rain in Bali... and when it rains in Bali it rains (quite an experience!). August is the month it rains the least... most times it's not raining at all. Also, it tends to rain less in the north of Bali (drier climate) which is where we will be for the first 10 days.

### Lodging

All lodging is double occupancy. All rooms are air conditioned except for the retreat at Gaia Oasis. Gaia Oasis is a coastal retreat so typically there are sea breezes from the Bali Sea. All lodging facilities have western toilets and are full service. Rooms are cleaned daily.

### Meals

All breakfast meals are provided. All are FULL breakfast meals. Lunch & dinner meals are provided at Gaia Oasis Retreat Center. Lunch & dinner meals in Pemuteran and Ubud are on your own. Food is inexpensive in Bali when compared to US & European prices. There is a restaurant at the Taman Sari Resort in Pemuteran which serves a very nice Thai selection. There are MANY nice restaurants in Ubud. You can find meals ranging from US\$1-2 (simple vegetarian meal) to US\$4-8 (very nice meal).



### Faculty and Staff

Wilbert Alix is the faculty & staff director of this retreat. In addition there will be program staff from the USA and Europe, along with local Balinese healers and experts in Balinese culture, dance and art. Names and responsibilities of each additional faculty & staff person will be provided to you when you arrive in Bali.

# Registration information

**Fee:** US\$2995.00

## **Deposit**

A \$400 (non-refundable) deposit will hold your place.

## **How/when to pay fee balance**

1/2 of total fee is due by June 1, 2008. All fees must be paid in full by June 30, 2008. 10% late fee is will be charged on all fees paid after June 30, 2008.

## **Method of payment**

Pay Online: (full fee only): <http://TranceDance.com/> – Cash, check, Visa, AMEX, MasterCard, Discover cards also accepted. Please make checks payable to Wilbert Alix and mail payments to:

Wilbert Alix  
TranceDance  
P.O. Box 163594  
Austin, Texas USA  
78716

## **Your registration fee includes**

Transportation to & from Denpasar Airport.  
All lodging for 18 nights (double occupancy).  
All breakfast meals for 18 days.  
Lunch & Dinner meals for first 10 days while in retreat in Tejakula, Bali.  
Transportation between all retreat & ritual location.  
1 individual/group session with a Balian (Balinese trance medium).  
Educational Seminars on Balinese healing.  
1 individual/group session with a Dukun (Indonesian healer).  
1 traditional Indonesian Massage session in Ubud (Body Works Healing Center).  
Group learning session on the Kecak Ritual.  
All retreat activities in Tejakula.  
One (1) snorkeling trips (by boat) to Menjangan Island Coral Reefs.  
Open visits to Arma Cultural Museum.  
Indonesian Language Seminar.  
Ceremonial visitation & purification rituals at Pura Lahur Batukau, the grandmother temple of Bali.  
Riverside Night Meditation - Pura Lahur Batukau, the grandmother temple of Bali.  
Full Moon Kecak Ritual & Fire Dance Performance in Ubud.  
Final Evening Celebration & Banquet – Arma Cultural Museum, *and more!*

## **Your fee does not include**

Air transportation.  
Visa fee (US\$35).  
Lunch/Dinner meals after Tejakula Retreat.  
Any individual session, purchases etc you choose on your own.

# Formalities



## Passport requirements

<http://travel.state.gov/passport/index.html>

All visitors to Indonesia must possess a passport valid for at least six months after their arrival date in Indonesia.

## Visa requirements

<http://www.indonesia.sk/consular/announcement.htm>

Please read the link above. Indonesia requires a visa to enter the country. This process is simple. When you arrive to Denpasar, Bali you will be directed to an official who can provide for you a Single Entry Visa (30 day visa) for US\$25. If you decide to stay in Bali for longer than 30 days, the cost will be an additional US\$20 per day. Since the retreat is 24 days you do have some extra time on this single entry visa to remain in Bali for an extra 6 days if you like. After that your 30 day visa will expire...and you will then be required to pay the additional US\$20 per day when you depart Indonesia via the Denpasar Airport.

## Any Questions?

email [admin@TranceDance.com](mailto:admin@TranceDance.com). A detailed day by day program description as well as detailed travel information will be sent to you after registration.

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