

6-Day Soul-Paradise Retreat

—within the warm embrace of beautiful Bali—



YogaUnionBali

Join us for exquisite self-care in a tropical oasis
Embark on a transformative journey—
where mindfulness, healing & adventure intertwine.
Explore and connect with like-minded others!



Down The Rabbit Hole
YOGA RETREAT CENTER



Who we are

YogaUnion is an established Yoga School (RYS) offering internationally accredited Yoga Alliance Teacher Trainings as well as Inspiring Well-Being Retreats.

Our Mission Statement

YogaUnion Bali challenges the status quo.
We learn, re-learn, break old patterns & grow.
We are present and aware.
We support each other.
We rise together.
Building unbreakable bonds—
we're an ever-growing community.
We are a family - a Union.



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You're having an adventure
with self—

Close your eyes and imagine . . .

The warm sun kisses your skin.
You breathe deeply, grounded by the earth
beneath your feet.

Feeling Bali's gentle embrace—
As the lush, fertile nature all around you
seems to whisper,

**"You're safe here, you're held,
welcome to my heart dear one,
let me share my secrets."**



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Your Soul-Paradise Retreat

Open your eyes.

It's real.
You're finally here.

Warm light filtering through the window
beckons you to explore.

This retreat will be a chapter in your personal story.

An opportunity to release, re-imagine,
nurture peace & balance,
and **uplift your soul.**



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—set your soul free—

Daily activities

08.00 - 09.00

Breath & body grounding + meditation

09.15 - 10.15

Breakfast

10.30

Excursion Time!

Out & about for
wellness, gorgeous locations,
heart & soul healing, adventure & fun

16.30 - 17.45

Mind, body & soul workshops

18.00

Dinner



Each morning

You'll begin with mindful breath & embodied movement—to bring you back home to your inner world.

Once grounded, you'll enjoy relaxing, healing meditations to release accumulated stress, uplift, balance & anchor a personal intention for the day.

Before breakfast you'll journal your meditation insights, as inspiration for the week!



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After a delicious breakfast together
you'll explore
Balinese nature & culture

Trips include:

Cleansing sacred water temple
Mindful nature adventure
Pampering spa day
Relaxing beach time

☆ changes may occur due
to weather/season



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You'll enjoy a different inspiring
treat each late afternoon

Balinese sound healing
Deeply rejuvenating Yoga Nidra
Connection workshop - self, others & nature
Balinese dance performance
Mind, Body, Soul Balancing



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Breathe in a view
with no borders

Enjoy breathtaking views from
your balcony. Palm leaves
filtering the sun's rays. Tropical
birds calling out to one another.



Water Shala

Our peaceful sanctuary lies in the heart
of Ubud, within a lush, tropical valley
garden with a river flowing below.

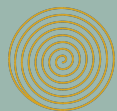


Your Room + Balcony

Your home from home is
a few minutes walk away
from Ubud's vibrant
center.



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Shared or private rooms
have an ensuite bathroom,
balcony, laundry service &
tea/coffee making facilities



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Organic Food

YogaUnion is partnered with local cuisine talents to supply the best nutrition for our guests. Organic food is plant-based vegetarian and includes tofu and soya.

Enjoy the best tastes Bali has to offer, made with local, produce, exotic fruit and superfoods such as fresh turmeric, ginger, beets, eggs, leafy greens, avocado, and legumes.

There'll definitely be something new to tingle your taste buds!

☆ *If you have any allergies or food intolerance, please let us know before arrival. We'll provide you with a personal alternative.*



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Snapshot

Morning sessions: Body & breath
awakening, guided meditation &
journaling

Adventures: Beach,
Sacred Water Temple, Spa day,
Mindful nature adventure

Late afternoon treats: Sound healing
Balinese dance, Yoga Nidra session,
Connection workshop
Mind, Body, Soul Balancing

What's included?

5 nights accommodation
2 vegetarian meals a day
(breakfast & dinner)

Daily morning meditations

Daily excursions & adventures

Daily healing workshops

One hour Balinese massage

Transportation to & from airport
and between activities

Balinese Culture

You've arrived in the most beautifully enchanting, welcoming, and deeply spiritual places on earth.

Life here beats to another tune.
It's rhythm, harmonious. Its gifts an array of treasures,
experiences to be had, memories to be made

There are ancient temples throughout the island.
The Balinese people's rich culture is in their storytelling,
their art & crafts, sculpture, paintings,
and the hypnotic beat of Gamelan music.

At a traditional dance in an ancient temple, you can
watch the dancers' eyes, hands and bodies telling
legendary tales—their costumes sparkling in the
moonlight.



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Ubud, Bali

Self-care and harmony are the flavours of Ubud



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There's so much on offer to nourish your body, mind & soul.
Healing massages, spas and alternative therapies,
Cute cafes, live bar music— & of course, rice fields with spectacular views.

You'll likely see a procession of Balinese locals on their way to a ceremony,
traditionally dressed, carrying offerings on their heads,
walking through the streets to the beat of gamelan music.

Ubud is a must see!



Out & About in Ubud

Stroll through the streets & you'll see monkeys groom each other on the pavements.

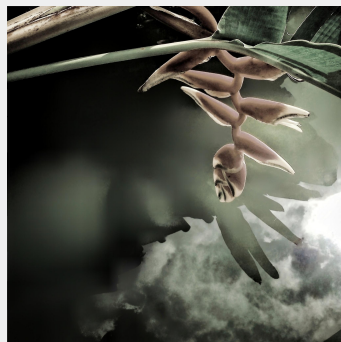
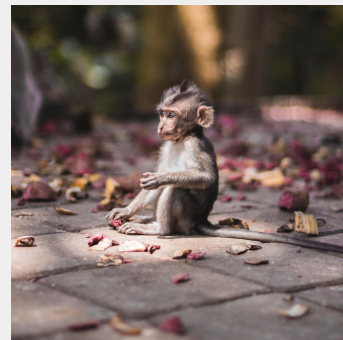
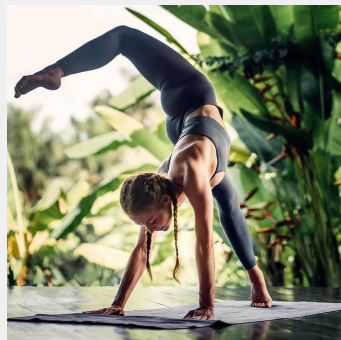
Everywhere you look you see shrines adorned with flowers and food—offerings to make peace with the higher and lower energies of our Earth.

You'll find artwork, clothing, accessories, gift shops, a jumble of stalls selling snacks, and local artisans working with wood, stone & recycled products.

Bali is also . . . a photographer's paradise!



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Upcoming Soul-Paradise Retreat Dates

January 22 - 27

March 25 - 30

May 13 - 18

July 8 - 13

Scan this code to
send us a WhatsApp
message



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We're here to answer your questions!

Email us at:

training@yogaunionbali.com

Happiness is Freedom - Freedom is Courage



Pricing

INCLUDED:

☆ Accommodation for duration of the retreat

€790 – Two bed shared room

☆ 2 meals a day

€890 – Private room

☆ Retreat activities & excursions

Prices are listed in Euros (€)

All taxes according to Indonesian regulations included

Flight tickets, transportation and extra personal activities are not included in the price, but can be arranged via our preferred suppliers!

The deposit is non-refundable. In case of cancelation, it can be used for any future training or retreat with YogaUnion, in Bali, Greece or India.

☆ If you'd like to arrive earlier or extend your stay at Down The Rabbit Hole Retreat Center, please let us know in advance.



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HOW TO BOOK YOUR SPOT

Please transfer your deposit
to secure your place

€200 – Two bed shared room

€300 – Private room

training@yogaunionbali.com

Once we receive your payment,
we will send you a confirmation email—
along with detailed information
about your retreat



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Please send an enquiry to
receive online bank
transfer details.

Unfurl & explore—
Come taste the
space around you—
Stretch into your being—

Haiku ~ Nina Edmondson



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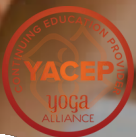


We're not just a training school & retreat center, we're a community who support each other throughout this profound journey—in togetherness

We welcome you as part of The YogaUnionBali Family

You will be sure to form **deep bonds** & leave with **knowledge**
and **union for life**

Bali - Greece - India



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