



**IMMERSED
IN BALINESE
ART & CULTURE**

Experience Overview

**A UNIQUE 6-DAY AUTHENTIC JOURNEY
IN THE ARTISTIC HEART OF UBUD, BALI**



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THE EXPERIENCE

A cultural immersion experience focused on **exploring Bali's artistic identity through its people, history and creative traditions**. Based in Ubud, the cultural heart of the island, the program unfolds through curated **visits to museums and galleries, combined with hands-on painting and handicraft workshops led by local artists**.

Designed around a relaxed daily rhythm, **the experience allows participants to step away from everyday demands and decompress through artistic exploration, without pressure or expectations**. Art is approached as a process of leisurely observation, presence and personal expression rather than performance.

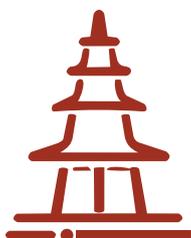
Each day balances guided cultural exploration with unstructured personal time, **offering space for rest, reflection, and inspiration**. The program is curated with care, cultural sensitivity and local expertise, creating an authentic and restorative artistic journey.

THE ESSENCE OF THE PROGRAM

Six days of cultural discovery, local interaction and everyday immersion. From visits to culturally significant locations and hands-on craft workshops to shared food experiences and storytelling, **each day builds understanding and connection**.

The experience remains **open and adaptable, allowing space for spontaneous moments, unexpected encounters, and new experiences beyond the outlined schedule**, all of which are welcomed as part of the journey.

The program culminates in a gathering that celebrates shared experience, community, and **the meaningful bonds and friendships that often form between participants along the way**.



WHO IS THIS FOR

This experience is designed for inquisitive travellers of 18 years and above who want more than sightseeing.

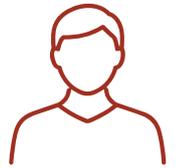
It is ideal for those who:

- Are curious about everyday Balinese life
- Want authentic cultural content, not staged performances
- Appreciate small-group, guided experiences
- Enjoy learning through food, craft, history and community
- Prefer structure without rigidity

No prior experience or special skills are required, only openness, curiosity and respect for local culture.



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OUR GUIDES

Our guides are cultural facilitators, passionate coordinators and local hosts, **who bring the experience to life.**

Rooted in Bali and deeply familiar with its traditions, communities and rhythms, the team creates **a welcoming and inclusive environment where guests feel supported, informed and genuinely connected.**

LANGUAGES:

English, Greek, Indonesian

EXPERTISE:

Local culture, community visits, traditions, nature walks

APPROACH:

Guest-centered, culturally respectful, safety minded



WHAT YOU WILL LEAVE WITH

- A **deeper understanding** of Balinese culture and traditions
- First-hand experience of **daily local life**
- Practical **cultural knowledge and stories** to carry forward
- Meaningful **connections** with place and people
- A **renewed perspective** shaped by time, content and presence
- Memories rooted in **authenticity rather than spectacle**

THINGS YOU SHOULD KNOW

REQUIREMENTS

- **No previous experience required**
- **Comfort with walking on natural terrain and outdoor environments**
- **Respect for Balinese customs and group dynamics**
- **Willingness to engage and participate**

CONTRAINDICATIONS

This experience may not be suitable for individuals with mobility limitations or medical conditions requiring close supervision.



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DAILY SCHEDULE



Free time at the end of the day may include walks around Ubud for dining, shopping, or leisure activities outside the scheduled program. On many occasions, participants choose to explore Ubud's evening life together with the program's team leader, who remains available beyond official program hours to provide support and assistance if requested.

DAY 1

Arrival & Grounding

- Arrival in Ubud
- Check-in at YogaUnion accommodation, set within the Subak Sok Wayah rice fields
- Welcome gathering & dinner
- Introduction to the experience and the group
- Free time to rest and settle in

DAY 2

First Encounter with Balinese Art

- Breakfast
- Guided visit to a local art museum, introducing the foundations of Balinese visual culture
- Lunch at YogaUnion Bali
- Painting workshop, exploration of techniques and artistic process
- Sunset walk through the rice fields and nearby nature areas, great opportunities for photography in nature
- Free evening

DAY 3

Craft, Skill & Creative Practice

- Breakfast
- Visit to a local art museum or curated gallery space
- Lunch
- Handicraft workshop led by local artisans
- Hands-on creative practice in a relaxed setting
- Free evening

DAY 4

Culture & Everyday Life in Ubud

- Breakfast
- Visit to a local art museum or cultural space
- Lunch
- Walk through Ubud neighbourhoods, temples, and locals
- Moments for observation and connection
- Sunset stroll in nature
- Free evening

DAY 5

Integration & Renewal

- Breakfast
- Gentle morning walk to a cultural space
- 60-minute massage
- Lunch
- Closing event gathering
- Group reflections and integration of the experience
- Free evening

DAY 6

Day 6 – Departure

- Breakfast
- Check-out and departures during the day

All program activities are subject to environmental conditions such as weather, traffic and local events.

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DATES

27 April – 2 May

25 – 30 May

14 – 19 September

12 – 17 October

9 – 14 November

Minimum participants: 4 people
Maximum participants: 8 people

Advance booking required: minimum 1 week
prior to the program date

▲ INCLUDED

- Airport pick-up and drop-off
- Accommodation
- 2 buffet-style meals per day served at the YogaUnion restaurant
- Fees to museums, cultural sites and attractions included in the program
- Experienced local guides and cultural hosts
- Guided cultural activities

▼ NOT INCLUDED

- Airplane flight tickets
- Medical or travel insurance
- Personal expenses and laundry
- Visa fees
- Meals at restaurants outside of YogaUnion
- Activities outside the program schedule
- Entrance fees to museums, cultural sites, or attractions not included in the program
- Participation in optional or alternative workshops not included in the base program

PRICES



5 nights
6 days
in Ubud, Bali

OPTION A

Shared / DoubleRoom: €1,220 per person

OPTION B

Private / SingleRoom: €1,450 per person

A €500 deposit is required to secure your spot. The deposit is non-refundable and fully transferable to another available date. The remaining balance is due prior to the start of the program.

Prices are based on current operational costs and conditions. YogaUnion Bali reserves the right to adjust prices in the event of significant cost changes in local fees, currency fluctuations, government taxes or other unforeseen circumstances beyond our control. Secures bookings by deposit will be honoured at the agreed rate.

PARTICIPATION & BOOKING INFORMATION



Please transfer your deposit via online banking to one of the accounts listed in the attached document.

Use "Your Name" as the payment reference.

All payments are made to a Euro account. Other currencies will be converted automatically.

Email your payment receipt to:

retreats@yogaunionbali.com

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FREQUENTLY ASKED QUESTIONS (FAQ)



Below you'll find some of the **more common questions** from participants before joining the Program. If you have any new questions or need more information, **please contact us** at retreats@yogaunionbali.com.

Our friendly team is looking forward to help you with any inquiries.

Is this a retreat or a wellness program?

No, it's neither. This is a cultural immersion program focused on Balinese art, traditions, everyday life, and community interaction. It is not a retreat, yoga, or wellness program.



Do I need previous art experience?

No previous artistic or creative experience is required. Activities are designed to be accessible and exploratory, focusing on observation, process, and cultural understanding rather than technical skill or artistic output.

Is the program physically demanding?

The program involves walking at a relaxed pace through cultural sites, villages, and urban areas of Ubud. Participants should be comfortable with light walking and being active during the day, without the need for any special physical condition.

What kind of activities are included?

The program includes guided visits to museums and cultural sites, encounters with local residents and artists, and hands-on workshops. Activities may vary depending on availability, season, and local conditions.



Is this experience suitable for everyone?

Yes, the program is designed for adults who are curious about culture, art, and everyday Balinese life. It may not be suitable for those expecting a structured artistic course, luxury retreat conditions, or constant guided supervision.



Will we encounter animals or insects?

Yes. This program takes place within a natural environment. Accommodation is located among the rice fields, beside natural wildlife, and Ubud itself is a town deeply embedded in nature. As a result, animals are part of everyday life, even in the most ordinary settings.

What meals are included?

Breakfast and a buffet-style lunch are included and served at the YogaUnion restaurant using fresh, local ingredients. Dietary requirements must be communicated in advance.



Dinner is not included. The team leader often accompanies the group to local restaurants, while participants may also dine independently.

Insects are common, as well as monkeys, frogs, lizards of various sizes, field mice, snakes, crabs, spiders, birds, ducks, chickens, dogs and cats. These are normal, amazingly beautiful and integral parts of the local ecosystem.

It is also very common to see small geckos or lizards inside rooms. They are harmless, avoid human presence, and usually hide quickly. Their presence is considered normal, as they help control mosquitoes, flies, and other annoying insects.

The program is designed with respect for the natural environment and the life that exists within it. Participants are expected to approach these encounters with awareness, understanding, and respect.

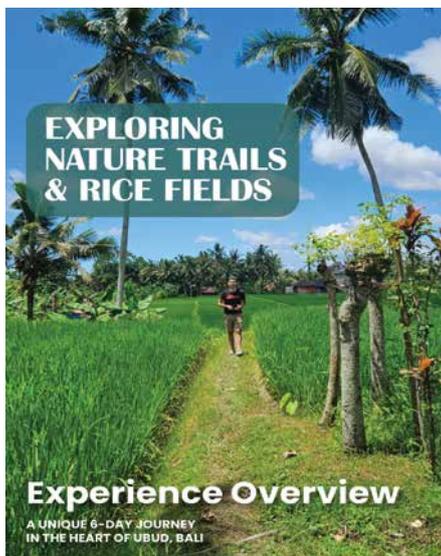


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**A UNIQUE
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This program is part of the “Live it Like a Local” series, which is designed to create meaningful experiences that invite participants to connect with and understand the local identity through everyday life, culture, and human interaction.

ASK US ABOUT THE “EXPLORING NATURE TRAILS & RICE FIELDS” EXPERIENCE



This experience is designed for travellers 18 years and above who seek a deeper and more meaningful connection with Bali beyond traditional sightseeing. It is perfect for those who are curious about everyday local life and wish to experience nature in an authentic, grounded way.

The program is ideal for participants who appreciate small-group, guided experiences, enjoy learning through direct engagement with nature, art, food, craftsmanship, community and value structure that supports exploration without rigidity or pressure.

No prior experience or special skills are required. An open mindset, curiosity, and respect for local culture are all that is needed to create special memories and broaden your experience on this amazing planet.