



Inner Alchemy Yoga Retreat

Balian, Bali

Gather with us for 6 nights in Balian, Bali

 the yoga travel co.



You hold the medicine to live your most empowered life.

Living in alignment with your authentic self is a revolutionary way of being. We all hold the power to transform our lives, by orienting our thoughts, beliefs, and actions with our true essence and heart's calling. This 6-night retreat, held in the healing cocoon of Bali, will be a powerful portal for transformation. A journey of exploration and self-discovery, where you will open up the book of wisdom that is already within you.

Through mindful movement, breathwork, sound healing, sacred ceremony and connection with nature, you'll anchor into the frequency of the heart and uplevel your tools for clarity, soulful awareness and vibrant living. Releasing limiting beliefs and outdated stories, so you can truly embrace and celebrate the magic that is you. Uncover your Inner Alchemist, and learn to live from a place of trust, reverence and abundant self-love.



Destination

Welcome to Bali's best kept secret

The mystical island of Bali has long been known as a unique place of healing and transformation. Tucked away on the rugged West Coast, lies Bali's best-kept secret — the charming village of Balian Beach. With a name that means 'Healer', this secret spot is revered for its sacred waters, postcard sunsets, and laid-back atmosphere. A place where time stands still and the energy of connection and presence is woven through the air.



Details

Inner Alchemy Retreat

with Kate McLeay & Bridget Schaeffers

Wed 30 Oct — Tue 5 Nov 2024

Day one begins at 4pm

Day seven ends at 12pm

Venue

Yama Balian Resort
Balian, Bali

Nearest Airport

Bali Ngurah Rai International Airport

Pricing

Twin-Share Ensuite:
\$3599 per person

Private Ensuite:
\$4599 per person



Experience

Packages start at \$3599 NZD per person twin-share and include:

- 6 nights luxury accommodation
- Nourishing plant-based meals
- Return transfers
- Opening and closing ceremonies
- Morning mantra & yoga
- Daily meditation
- Specialised workshops
- Water purification ceremony
- Breathwork journey
- Sound healing and yoga nidra
- Waterfall hike
- Cacao & fire ceremony
- River paddleboarding
- 60 minute Balinese massage
- Personalised support and guidance
- Plenty of free time to explore

What's not included:

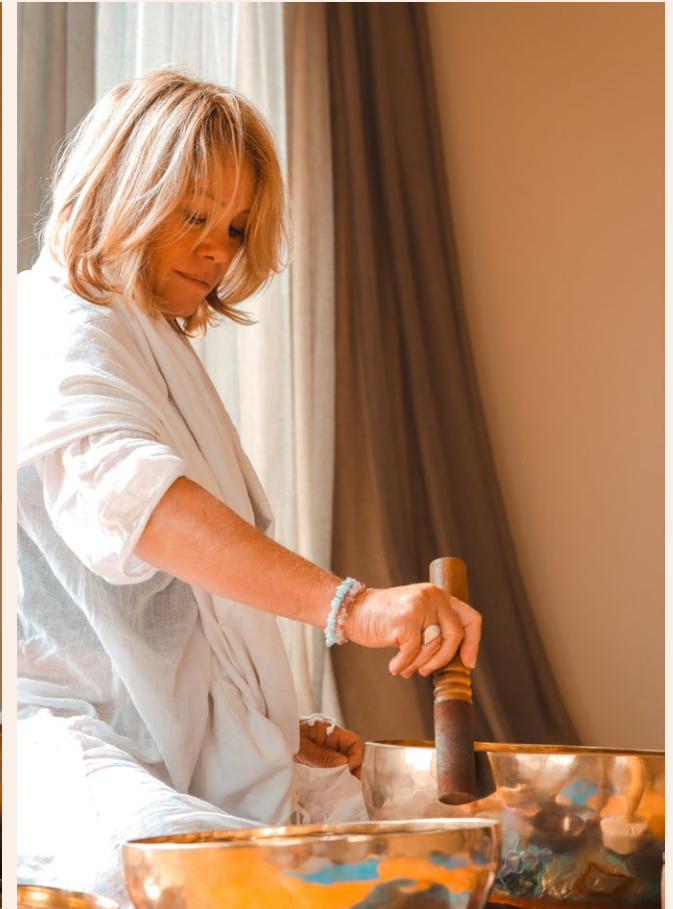
- Airfares & visas
- Travel insurance



Teachers

Kate McLeay

Kate McLeay gave up her day job as an international school principal in Uganda 15 years ago to pursue her passion in wellness after many years studying yoga, meditation, mindfulness and holistic healing. For well over a decade she has led classes, retreats and workshops in wellness. She is the resident retreat host at the iconic oasis of Cape South Country Estate and Wellness Retreat near Waimarama in the Hawkes Bay and is passionate about sharing the holistic practices that she loves within diverse areas of the community. Kate is known for her humour, deep knowledge and expertise to empower others.



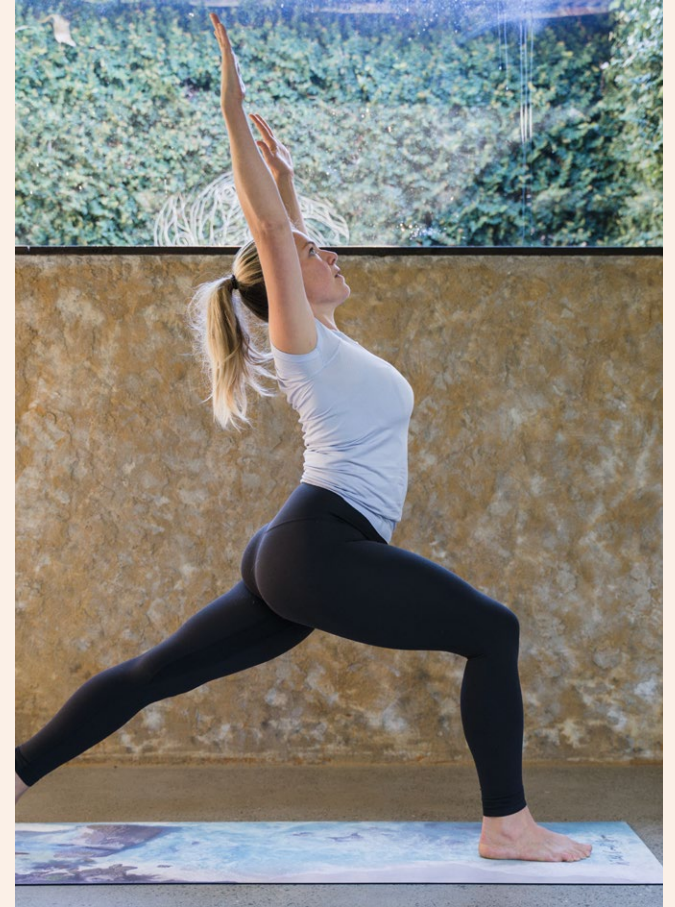
Teachers

Bridget Schaeffers

Bridget first discovered yoga in 2013 when her inner guide led her on a solo adventure to India. Under the guidance of skillful teachers and the lens of her own devoted curiosity, Bridget's practice has deepened and evolved.

Bridget founded the Yoga Travel Co. in 2018, combining her travel industry experience, with a vision to share the healing power of yoga with the world. She believes that we're all connected through the universal power of love and can experience divine moments of truth, healing, and transformation through these ancient practices.

Known for her accessibility, humour, and ability to empower students, Bridget teaches and lives from the heart. Her messages are ones of love, light, kindness, and compassion.



Stay

Overlooking the holy Balian River, surrounded by dense tropical jungle, and just a short stroll from the Indian Ocean, lies the idyllic Yama Hotel & Retreat Centre – an intimate resort offering a taste of barefoot luxury. Our exclusive private sanctuary includes a river-side pool, on-site spa, open-air restaurant and sacred yoga temple. It's here that you'll reconnect with the rhythms of nature, foster meaningful connections, and discover the tools needed to unveil you're most empowered self.



Sleep

Yama Balian has 10 thoughtfully designed bungalows, each seamlessly blending Mediterranean style with graceful Balinese accents. Nestled within lush tropical gardens, these bungalows provide stunning vistas of the picturesque Balian River.

Each room opens through sliding glass doors and showcases exquisite coconut and teak wood details. Featuring open-air showers and private terraces with daybeds, these intimate hideaways offer a perfect balance of privacy and connection to the outdoors.

Rooms are suitable for either single or twin occupancy. Whether you seek solitude or togetherness, these bungalows are the perfect sanctuary for your retreat experience.





Eat

Nourish your body temple

We believe that food is a vital component of our retreats. As part of this commitment to wellbeing, we offer a sophisticated culinary experience, designed to nourish the mind, body and spirit. With a farm-to-table approach, you'll enjoy locally sourced, healthy and energising food to support vitality and optimal energy during your stay.



Optional Extras

Add on a pre-retreat Ubud experience

Settle into Bali life and start your retreat refreshed with our pre-retreat Ubud experience. Join us for 2 nights at the 5-star Alaya Resort in the heart of Ubud. From here, you can explore the boutique eateries, day spas, and renowned Yoga Barn right on your doorstep. The perfect place to acquaint yourself with Bali and connect with the group before your retreat journey begins.

Inclusions

- 2 x nights at the 5-star Alaya Resort, Ubud (including breakfast)
- Return airport transfers

Pricing

- Twin Share: \$399 per person
- Private: \$699 per person
- Price excludes other meals, treatments and activities.



Optional Extras

We believe that a holistic retreat experience extends beyond our daily schedule. So, we've intentionally weaved in plenty of free time so you can enjoy the diverse range of activities on offer to enhance your retreat experience and make it truly transformative.

Here are some ideas which we can book for you on arrival.

- Reiki with Kate
- Additional spa treatments
- Surfing class
- Silver workshop
- Turtle release
- Essential oils workshop
- Cooking class
- Traditional basket weaving
- Offering making workshop



Important Travel Information

Insurance

All guests are required to have comprehensive travel insurance for the duration of the retreat. We suggest that you include “cancel for any reason” with your policy, as well as cancellation and medical cover for COVID-19 related incidents. You must purchase travel insurance that includes medical coverage. We strongly recommend that you book your insurance at the same time as you book your retreat.





Important Travel Information

Visa Requirements

- 92 countries, including New Zealand, are eligible for a Visa on Arrival (VOA-Visa).
- The cost is USD35.00 per person (approximately NZD 60.00).
- The VOA-Visa is valid for a single entry into Bali/Indonesia, for a stay of up to 30 days and can be extended once at the local Immigration Office (charges apply).

Visa Entry Requirements

- Your passport must have at least a minimum of 6 months validity from the date of arrival.
- You must show proof of a return airfare.

Pre-Arrival Application

- Indonesian Immigration has launched a new online [Pre-Arrival Application](#). We suggest completing this prior to departure to fast-track your airport experience.

Customs Declaration Form

- On arrival in Indonesia, you will be required to complete a [Customs Declaration \(BC 2.2\) form](#). We suggest completing this prior to departure so you have the QR Code ready on arrival.



Book your spot today

For bookings, pricing details, and more information, contact the Yoga Travel Co.

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 **the yoga travel co.**