



GODDESS RETREAT IN BALI

11 – 22 November 2025

Connecting with your Divinity

Becoming Unconditional Love

Remembering that You Are an Alchemist

ITINERARY: 11 – 22 November 2025

DAY 1 | TUESDAY, 11th NOVEMBER

Meals: Dinner

You will arrive at our beautiful accommodation in Ubud. Check-in at the resort is from 2:00 PM onwards.



If you arrive early and need assistance with anything, the amazing resort team will be at your service to help.

On the first evening, we will take part in a beautiful Balinese Welcome Ceremony at 5:00 PM and then enjoy our first group dinner together at 7:00 PM at the resort (included at the retreat cost).

DAY 2 | WEDNESDAY, 12th NOVEMBER

Meals: Breakfast & Dinner

We will start this beautiful day with a delicious breakfast at 8:00 AM. After a nourishing breakfast, we will participate in a Sacred Cacao Ceremony and Alchemy Circle. We focus on Gratitude.

From 11:00 AM to 1:00 PM we will have free time and have lunch at your leisure (not included in the retreat cost).



At 2:00 PM, we will participate in an activity of making offerings called 'Canang Sari'.

These offerings can be as simple as a few grains of rice stuck to a slice of banana leaf or as ornate as an extraordinary floral arrangement. Balinese offerings are a conscious expression of gratitude intended to please and honor the Island of the Gods.

Dinner will be served at 7:00 PM at the resort (included in the retreat cost)

DAY 3 | THURSDAY, 13th NOVEMBER

Meals: Breakfast, Lunch & Dinner

We will start the day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 9:00 AM at the resort.

At 10:30 AM we will be ready to go to a sacred Water Temple surrounded by ancient shrines and crystal clear water fed by natural springs. The Balinese believe that bathing in these waters is a very healing and spiritual experience, and many important rituals are held here.

(Please note - women who are menstruating are unable to enter temples, they will meet the others later at the lunch and swing activity).



Following the water ceremony, we will head to the amazing Tegalallang Rice Terraces as we overlook the breath-taking scenery as we are having our lunch at 1:00PM (included in the retreat cost), then experience Balinese tea tasting & a swing to freedom over the rice fields.

We will have free time from 4:00 PM to 7:00 PM before dinner at 7:00 PM at the resort (included in the retreat cost).

DAY 4 | FRIDAY, 14th NOVEMBER

Meals: Breakfast & Dinner

We will start this beautiful day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

At 10:30 AM, we will head out to take part in an 'Ancient Sound Healing Experience' at the Pyramids of Chi.



The rhythmic frequencies produced by the ancient instruments propel you into a deep meditative state, connecting to the chakra system and allowing our bodies to feel, heal, relax, and release.

After the session at 1:00 PM, we will stop at a restaurant to have lunch. The lunch today is at your leisure (*not included in the retreat cost*).

The rest of the day is free time. Feel free to get some shopping in or explore a little more as you will have free time before dinner. Visit some cafes or shopping market at Ubud Central.

Dinner will be served at 7:00 PM at the resort (*included in the retreat cost*)

DAY 5 | SATURDAY, 15th NOVEMBER

Meals: Breakfast & Dinner

We will start the day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 8:00 AM at the resort.

At 10:00 AM we will go on an excursion to the most sacred temple of Bali - Besakih Temple.



Lunch is at your leisure (not included in the retreat cost), try a nice restaurant in Ubud as the rest of the day is your free time to enjoy.

You can explore Ubud for shopping or head back to the resort for some rest and then chilling by the pool or book your additional massage.

Delicious dinner will be served at the resort at 7:00 PM (included in the retreat cost).

DAY 6 | FRIDAY, 16th NOVEMBER

Meals: Breakfast & Dinner

We will start this day with a delicious breakfast at 8:00 AM. After a nourishing breakfast, we will join Alchemy Circle.

At 11:00 AM we will participate in a 1-hour Breathwork Session at our resort. Breath is the most powerful tool yet the most simple. Conscious Connected Breathing affects how we think, feel, and move throughout our lives - it integrates and assists in clearing emotional, physical, and energetic blockages. It can access our inner self for our personal growth, self-healing, and self-compassion.

Lunch will be at your leisure as the rest of the afternoon is your free time. Try nice local restaurant nearby.

We'll gather back at the resort at 6:00 PM for dinner (included in the retreat cost).

At 7:00 PM we are going to visit a Balinese Guru for a transformative Fire Healing Ceremony. We will receive a traditional blessing while sitting around an enchanting fire pit at a Balinese Guru's home turned Ashram. During the ceremony, you can make offerings and honor your higher power.



DAY 7 | SUNDAY, 17th NOVEMBER

Meals: Breakfast, Lunch & Dinner

We will start this beautiful day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

At 10:0 AM we will explore the stunning rice fields, learn how to make traditional Balinese coffee and coconut oil, and even plant rice ourselves to immerse ourselves in Balinese culture and daily life. You'll feel a deep connection to nature and the community and be inspired by the richness and beauty of Balinese culture.

We will head back to the resort and having lunch at 2:00 PM (included in the retreat cost). The rest of the day is your free time, take some time to relax pool side or explore the charming town of Ubud.



We'll come together over an incredible feast for dinner (included in the retreat cost) at 7:00 PM at the resort.

DAY 8 | MONDAY, 18th NOVEMBER

Meals: Breakfast & Dinner

We will start the day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 9:00 AM at the resort.

Be ready at 10:00 AM as we will head to the Wellness Rock Pools. Enjoy a relaxing soak in hot and cold pools set in the mythical stone cavern. They have hot and cold whirlpool baths, sauna, and steam room as they admire the impressive stone carvings and the valley below.

There are at least 100 steps involved to get to the Rock Pools.



The rest of the day you'll have some free time to dive into the beauty of the island and revisit the charming town of Ubud. Lunch will be at your leisure. Feel free to book a relaxing massage, indulge in some delicious local dishes, and more.

At 7:00 PM, get ready for our final dinner at the resort, which is included in your retreat package. Let's cherish these last moments in this peaceful atmosphere.

DAY 9 | TUESDAY, 19th NOVEMBER

Meals: Breakfast & Dinner

Let's begin our last day in Ubud with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast at 9:00 AM at the resort.

We will check out from Boutique Rice Fields Resort at 12:00 PM and head to Sudamala Sanur. It is approximately 60 minutes drive from Ubud. During our time spent in Sanur, on the coast, think beautiful clear Turquoise Ocean and white sand, we have time to integrate changes in our persona that happened in Ubud. This will be a time of deep reflection, integration, bonding and relaxation, where you get to do what makes your heart sing and what your body desires.



After check-in at the Sudamala Sanur, it is free time. Dinner will be served at 7:00 PM at the resort (included in the retreat cost).

DAY 10 | WEDNESDAY, 20th NOVEMBER

Meals: Breakfast & Dinner

We will begin this beautiful day with a scrumptious breakfast at the resort from 8:00 AM to 9:00 AM, followed by Alchemy Circle at 9:00 AM.

Today you have all day to yourself, it is a free day for you to do what you wish. Here's your chance for some last-minute shopping in town Or you can schedule a final massage or spa treatment, or rent a bicycle to continue exploring the area in casual comfort.

There is also the opportunity to go snorkelling for the day, and I think I may just be doing that.



The beach is so close, maybe you'd like to spend the rest of your afternoon catching a few rays.

Dinner will be served at 6:00 PM at the resort (included in the retreat cost)

DAY 11 | THURSDAY, 21st NOVEMBER

Meals: Breakfast & Dinner

We'll kick off the day with a tasty breakfast at 8:00 AM, followed by an Alchemy Circle activity at the resort.

From 10:00 AM onwards, you'll have some free time to dive into the beauty of the island and explore Sanur or anywhere around Bali as you please. Feel free to book a relaxing massage, indulge in some delicious local dishes, and more. Remember to pick up a few souvenirs for your loved ones!



At 6:00 PM, get ready for our final dinner at the resort, which is included in your retreat package.

After dinner, we'll gather for a closing ceremony wrapping up our retreat in a heartfelt and meaningful way.

DAY 12 | FRIDAY, 22nd NOVEMBER

Meals: Breakfast

We begin our last day in Bali with a delicious breakfast at the resort at 8:00 AM.

Check out time is at 12:00 Noon. So, you still have enough time to relax and to pack.

May you leave feeling Joy-filled, Love Filled, Alchemist that is your true nature.

Thank you for sharing this magical experience with us in Bali.

Michelle Leske

COST: (In US\$)

Per Person Sharing in a Twin room US\$3620

Per person in a Single Room US\$4340

Included:

8 Nights at Boutique Rice Fields Resort in Ubud

8 Breakfasts, 2 Lunches, 7 Dinners

3 Nights at Sudamala Resort in Sanur

3 Breakfasts and 3 dinners

- All meals mentioned in the itinerary:
- 11 Breakfasts, 2 Lunches, 10 Dinners
- Airport Transfers on arrival and departure
- All transportation to sites
- All Entrance Fees
- All activities mentioned in the itinerary
- Guided Healing Sessions
- A Manual including Mantras and Healing Activities

Not Included:

- International Flight
- Meals not mentioned in the Itinerary (10 Lunches)
- Travel Insurance Compulsory
- Visas
- Drinks/Alcohol/Water
- Laundry
- Any other extras not mentioned in the itinerary

PLEASE SEE THE PAYMENT PLAN ON THE NEXT PAGE

PAYMENT PLAN	Per Person Sharing a <u>Twin Room</u>	Per Person in a <u>Single Room</u>
Payment Date	Amount	Amount
Deposit on Booking	US\$1000	US\$1000
Payment due on 2025/05/28	US\$524	US\$668
Payment due on 2025/06/28	US\$524	US\$668
Payment due on 2025/07/28	US\$524	US\$668
Payment due on 2025/08/28	US\$524	US\$668
Payment due on 2025/09/28	US\$524	US\$668
TOTAL COST	US\$3620	US\$4340

Payments can be made into my Wise Account:

leskemichelle47@gmail.com