



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 prefer to arrive a day or two earlier, we can assist you to book an extra night.

Please ensure that you arrive in Ubud with sufficient time to be ready for our Opening Ceremony at 5pm, bearing in mind that it could take up to an hour to exit the airport and up to 2 hours to travel to the hotel in Ubud from Denpasar International Airport.



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 in the retreat cost).

DAY 2 | WEDNESDAY, 12th NOVEMBER

Meals: Breakfast

We will start this beautiful day with a delicious breakfast at 8:00 AM.

After a nourishing breakfast, we will participate in an Alchemy Circle, where we meditate, sing mantras, connect with our Divinity/Soul and clear beliefs, old stories about ourselves and work on the base chakra where we ground ourselves after our International flight. We focus on Gratitude. (No previous is necessary for any of the activities, you will be guided every step of the way).

At 10am we depart for the Pyramids of Chi, where we will enjoy a beautiful Ancient Sound Healing Ceremony.

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. You can swim, relax, have a massage, or explore Ubud at your leisure.

Dinner is at your own expense and you can choose to eat at the hotel or in Ubud.

DAY 3 | THURSDAY, 13th NOVEMBER

Meals: Breakfast & Lunch

We will start the day with a delicious breakfast at 7.30AM at the resort.

At 8.30am we will be collected 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.

The Balinese purification ceremony known as “Melukat” holds an important place in the spiritual and cultural fabric of the Island of the Gods. Melukat involves a series of ritual practices that aim to purify the body, mind, and soul.

Participants gather at a sacred water source, such as a waterfall, river, or temple pond, where they perform prayers, offerings, and ritual bathing under the guidance of a priest.

Melukat is believed to cleanse an individual of negative energy, impurities, and spiritual blockages. It is a transformative experience that not only refreshes the body but also renews your spiritual connection.

(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 breathtaking scenery as we are having our lunch at 1:00PM. Lunch is for your own expense

We return to the hotel and the rest of the day is free for you to do whatever makes your heart sing.

Dinner for your own expense

DAY 4 | FRIDAY, 14th NOVEMBER

Meals: Breakfast & Lunch

We will start this beautiful day with an Alchemy Circle activity at 8:00 AM, followed by a delicious breakfast before we head off to a Cacao Factory where we will participate in some lovely activities including a tour of the Chocolate Factory, make a chocolate bar, make traditional hot chocolate, create an offering, explore the rice fields and finally learn a Traditional Balinese dance. A delicious traditional Balinese lunch is included.



Return to Ubud. Arrive after 5pm depending on traffic

Dinner at your own expense

DAY 5 | SATURDAY, 15th NOVEMBER

Meals: Breakfast

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 hotel.

Today is a free day.

You can explore Ubud for shopping or stay at the resort for some rest and chilling by the pool or book your additional massage.

You may want to visit the Goddess Temple, Pura Tamam Saraswati.

The temple is dedicated to the Goddess Saraswati and she is the Hindu Goddess of knowledge, learning, wisdom, flowing water, literature and art.

She is revered in India and you can also find Jains and Buddhists making offerings to the goddess.

She is commonly depicted as having four arms and holding a book, a rosary, a veena (a kind of musical instrument) and a water pot.

She is also regularly associated with a lotus pond which explains the presence of such a pond at this temple.



Dinner at your own expense

DAY 6 | SUNDAY, 16th NOVEMBER
Meals: Breakfast, Lunch & Dinner

We start our day with our Alchemy Circle at 8am and then have some delicious breakfast.

At 9.30am we will be collected for a fun activity. We head for the Swing to Freedom venue, where we hire beautiful dresses and experience the feeling of freedom of swinging over the rice fields. This is a fun activity and also a time to take great pics of a once in a lifetime opportunity!



Lunch will be included on this day at the Swing to Freedom venue.

After lunch we head back to the hotel to freshen up and then we will be collected at 2pm to go to our Bali Cooking experience, where we learn to make traditional Balinese food.



After the class and eating our delicious, self-prepared Balinese dinner, we head back to the hotel for some rest and free time.

DAY 7 | MONDAY, 17th 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.

We have the morning free, where you can shop, have a massage, swim or do whatever you feel you need on this day.



In the afternoon at 4.30pm we will be collected to attend a Fire Ceremony. Considered part of the five elements, fire represents transformation.

Attending this Balinese fire blessing offers an opportunity to offer negative thoughts or unwanted energy into the fire to be purified or transformed into more positive energy. This healing ritual is known to be effective in helping one let go of unwanted aspects in their lives and similarly, bring in and manifest new intentions and new life.

The ritual begins with meditation in the Agni Hotra ceremonial fire space, while listening to the hotri(s), ceremony priest or facilitator as he rings the Balinese bell and chants Sanskrit mantras to evoke the Divine and blessings of health and abundance. Following the lighting of the fire, you are invited to participate by making offerings of grains, lentils and other foods into the fire. A silent meditation is shared toward the end to compliment this ancient ritual.



Dinner is included, and we will be enjoying this at the Five Elements resort after the Fire Ceremony

DAY 8 | TUESDAY, 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 be guided through a Sacred Cacao Ceremony.

Renowned for its ability to open the heart, cacao helps release emotional blockages, fostering connection and love within yourself and with others. It can enhance mood, increase feelings of joy, and promote a sense of well-being. With its natural compounds, cacao supports relaxation, boosts creativity, and encourages deeper meditation, making it the perfect companion for your healing journey.

What to Expect:

- Cacao Preparation: Witness the ceremonial preparation of cacao, infused with intention and love, setting the tone for a heart-opening experience.
- Heart-Centered Intentions: As you sip your cacao, you'll be invited to set personal intentions, creating a meaningful connection to your journey.
- Restorative Yin Yoga: Experience a gentle flow of restorative yoga poses that encourage deep stretching and relaxation, allowing you to release tension and find peace within.
- Sound Healing Experience: The sound healer will guide you through an immersive sound journey, enveloping you in soothing frequencies that harmonize your energy and promote deep healing.
- Integration Time: After the practices, there will be time to reflect and share your experiences, fostering a sense of community and support.



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 | WEDNESDAY, 19th NOVEMBER

Meals: Breakfast

We 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 the Resort at 9:30am and head to Sanur, a coastal town where you get the opportunity to integrate, rest and enjoy the ocean.

It is approximately a 60 minute drive from Ubud.

On the way to Sanur we stop off at the Elephant Cave (Goa Gajah Temple)



We will also stop off to do some shopping and have lunch

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.

On arrival in Sanur, we check into the hotel and then we will have dinner at a restaurant where we will be entertained with music and get the opportunity to let our hair down and dance!

Dinner at your own expense

DAY 10 | THURSDAY, 20th NOVEMBER

Meals: Breakfast

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.



DAY 11 | FRIDAY, 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 the day off 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 | SATURDAY, 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:

US\$300 discount applicable on condition that you book your space by 30 August 2025

PAYMENT PLAN AVAILABLE, SEE PAGE 14 FOR DETAILS

Per Person Sharing in a Twin room **US\$2550**
Canadian \$3500
Australian \$3907

Per person in a Single Room **US\$3070**
Canadian \$4222
Australian \$4704

Included:

8 Nights in Ubud

8 Breakfasts, 2 Lunches, 3 Dinners

3 Nights in Sanur

3 Breakfasts and 1 dinner

- All meals mentioned in the itinerary:
- 11 Breakfasts, 2 Lunches, 4 Dinners
- 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
- Transfer from the Airport to the hotel on arrival (we can assist you to arrange this) (US\$25)
- Transfer from the hotel to the Airport on departure (we can assist you to arrange this) (US\$25)
- Meals not mentioned in the Itinerary (10 Lunches 7 Dinners)
- Travel Insurance Compulsory
- Visas
- Drinks/Alcohol/Water
- Laundry
- Any other extras not mentioned in the itinerary

PAYMENT PLAN DETAILS ON THE NEXT PAGE



THE FOLLOWING PAYMENT TERMS ARE TO BE ADHERED TO PLEASE:

**US\$300 discount applicable on condition that you book your space
by 30 August 2025**

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\$ 600 Canadian \$ 900 Australian \$ 1000	US\$600 Canadian \$ 1060 Australian \$ 1180
Payment due on 2025/08/30	US\$ 650 Canadian \$ 870 Australian \$ 1000	US\$830 Canadian \$ 1054 Australian \$ 1180
Payment due on 2025/09/30	US\$ 650 Canadian \$ 870 Australian \$ 1000	US\$830 Canadian \$ 1054 Australian \$ 1180
Payment due on 2025/10/30	US\$ 650 Canadian \$ 860 Australian \$ 907	US\$810 Canadian \$ 1054 Australian \$ 1164
TOTAL COST	US\$2550 Canadian \$ 3500 Australian \$ 3907	US\$3070 Canadian \$ 4222 Australian \$ 4704

**Payments can be made into my Wise Account:
leskemichelle47@gmail.com**

