

March 24-31, 2017

Yoga in Bali with YuMee Chung

TIMELINE

- March 24: Arrival day. Check in from 3:00-7:00 p.m. Unpack and explore. Dinner will be served at 7:30 p.m.
- March 25-30: Regularly scheduled programming (see below)
- March 31: Departure day. Enjoy a final yoga class and brunch. Check out is at noon.

AIR TRAVEL

Airport

You will fly in and out of Denpasar Airport in Bali. The airport code is DPS. The airport is one hour away from Ubud (Bali's cultural hub), and three hours from our retreat center.

Passport

Please ensure your passport is valid for at least six months after your planned date of departure from Indonesia.

Travel Visa

Canadians do not need to pay for a Bali travel visa as we fall within a visa exemption. However, travellers who plan to stay for longer than 30 days should apply for a Visa on Arrival when they land at Denpasar Airport. The cost is currently \$35 USD.

GROUND TRANSPORT

On March 24, we will pick you up from the airport or the town of Ubud, if you choose to come early to explore on your own. The shuttle will arrive at the airport during the late morning and/or the early afternoon. We will do our best to minimize our carbon footprint and so you may be asked to wait for up to an hour for others to land. The cost of the shuttle is included.

Please send us your flight details as soon as you have them and please don't forget to update us if the airline changes your arrival or departure time. If you prefer to be picked up in Ubud, please let us know the name and address of your hotel well in advance.

We will send you an email specifying time and place of your pick-up, the names of the other participants riding with you, and contact information for the retreat centre, in case your plans shift at the last moment and you need to reach us.

CURRENCY

Both Indoensian rupiahs and US Dollars are accepted in Bali. The retreat centre also accepts Visa, Mastercard and debit cards, though you will pay an additional 3% for credit card and debit transactions. If you plan to use your credit cards or debit, please notify the bank of your travel plans in advance.

MEALS

The food at our retreat centre is delicious, plentiful, healthy, and vegetarian. Please flag any food allergies or special dietary needs when you register.

ROOMS

We have two room types available:

1. Shared room with two twin beds
2. Shared or single room with one queen sized bed

All rooms come with an air-conditioning unit

MEDICAL MATTERS

Please inform us of any serious, relevant health concerns when you register. Some doctors recommend Hepatitis A and Typhoid immunization for travel to Indonesia. Please discuss your travel medicine needs with your doctor.

WHAT TO BRING

- Passport (expiry date should be at least six months after travel date)
- Spending money (USD is widely accepted. Smaller denominations are easier to use)
- Camera
- Notebook, journal, pens
- Yoga appropriate clothing
- T-shirts, tank tops, and shorts (think cool, comfy and casual)
- Long sleeve top, long pants, and a light sweater (for night time)
- Sleepwear
- Swimwear
- Rainwear (the rainy season will be ending as we arrive. Northern Bali receives less rain than Ubud and the south but it's good to be prepared)
- Sandals/flip flops and sneakers
- Sun hat, sun glasses, and sun screen
- Toiletries, supplements, and prescription medications
- Bug repellent
- Reusable water bottle
- Flashlight (if you like nighttime walks)
- Electrical adaptor. The standard is a two-pin plug (round). The voltage is 230 V.

DETAILED SCHEDULE

Friday March 24

3:00-7:00 p.m.	Arrive, unpack and unwind
7:15 p.m.	Welcome meeting and orientation
7:30 p.m.	Dinner

Saturday March 25 through Monday March 27

7:00-8:00 a.m.	Light breakfast
8:00-8:30 a.m.	Meditation
9:00-11:30 am	Yoga
12:00-1:00 pm	Lunch
1:00-5:30 p.m.	Free time
5:30-7:00 p.m.	Evening yoga session
7:30 p.m.	Dinner

Tuesday March 28

7:00-7:30 a.m.	Meditation
7:30-9:00 a.m.	Yoga
9:00-10:00 a.m.	Brunch
10:00 a.m. onwards	Free day for optional excursions (dinner on your own or return to retreat centre for 7:30 p.m. dinner)

Wednesday March 29 through Thursday March 30

7:00-8:00 a.m.	Light breakfast
8:00-8:30 a.m.	Meditation
9:00-11:30 am	Yoga
12:00-1:00 pm	Lunch
1:00-5:30 p.m.	Free time
5:30-7:00 p.m.	Evening yoga session
7:30 p.m.	Dinner

Friday March 31

7:00-7:30 a.m.	Meditation
7:30-9:00 a.m.	Yoga
9:00-10:00 a.m.	Brunch
12:00 p.m.	Check out

OPTIONAL EXCURSIONS AND PRE-/POST-TRIP TRAVEL

Please see the retreat centre's website for a list of optional excursions and day tours. <http://www.poincianaresortbali.com>. Tuesday will be set aside for excursions. Bali is a travellers' wonderland—I strongly recommend you add on at least a few days pre- and/or post-retreat to enjoy the delights of Ubud and south Bali.