

EXOTIC BALI

Presented by Cross Cultural Journeys and Quest for Global Healing

Join us for a relaxed journey exploring Balinese ways of being. Experience and participate with the Balinese in their traditional practices around health and healing, ritual, art, spirituality and their lives in community. Explore how they actively seek to live in harmony with the natural world, with each other and with spirit. Bring home insights that will transform your personal world and the world we share.

HIGHLIGHTS

- Six days in Ubud, the beautiful cultural capital of Bali, staying in a specular, comfortable, Balinese resort.
- Two days and nights in the mountain resort village of Munduk.
- Two days and nights at the beautiful Taman Sari seaside resort adjacent to a world renown coral restoration project.
- Discuss with village elders the Balinese “Banjar” system of community, their temple system and their centuries old ‘subak’ field irrigation system.
- A day with a traditional Balinese healer.
- Take classes in traditional Balinese mask making, dance or gamelan.
- Sunrise trip to the temple atop sacred Mount Agung, the highest peak in Bali.
- Two special Balinese dance performances, the *Kecak* and *Peliatan Legong*.
- Visits to the homes and studios of artists and craftsmen as well as to museums.

DATES: August 30 - September 23, 2009

COST: call for information

A group air discount from San Francisco with 10 travelers participating, is available until June 2009.



LEADERS:

- **Carole Angermeir**, Founder, Cross Cultural Journeys and Cross Cultural Journeys Foundation
- **Wilford Welch**, Co-Founder, Quest for Global Healing, Author, *Tactics of Hope*, former Diplomat
- **Numerous Balinese** friends knowledgeable in the arts and traditions of Bali will assist and accompany the group



ITINERARY:

Day 1, Sunday, August 30, 2009

Group departure from San Francisco, California

CALL 800-353-2276 • WWW.CROSSCULTURALJOURNEYS.COM • CAROLE@CROSSCULTURALJOURNEYS.COM

Day 2, Monday, August 31: Arrive Bali

After customs, you will be whisked away to our beautiful garden accommodations in Ubud for a good nights rest.

Day 3, Tuesday, September 1: Ubud.

Breakfast followed by an orientation session on Balinese customs and a walking tour of Ubud. After lunch we will visit one of the oldest and most beautiful temples in Ubud and learn the subtleties of the Balinese temple system.

(B, L, D)

Day 4, Wednesday, September 2: Ubud, Singgpadu

Following breakfast and group discussion, we will drive to the Singgpadu village to explore Bali's unique village and banjar system, and visit the palace of Singgpadu for a private demonstration of sacred masks carving. After lunch, we will learn about Balinese dance, and Gamelan, the famous Balinese musical instrument. In the evening we will attend the famous Kecak dance performance.

(B, L, D)

Day 5, Thursday, September 3: Ubud & Mount Agung

Half the group will spend the early morning as the sun rises with Agung Rai, the founder of the ARMA Museum exploring on foot and by vehicle the Balinese landscape, village life and spirit world, followed by breakfast at the museum. The other members will join Zan Zan, a young Balinese of great wisdom and insight, on a trip to Mount Agung, the most sacred mountain in Bali. Afternoon options include hands on classes in mask making, dance, gamelan or just relaxing.

(B, D)

Day 6, Friday, September 4: Ubud & Mount Agung

Join Agung Rai and Zan Zan for the experience you missed the morning before. Afternoon choices are again mask making, dance or gamelan. In the evening we enjoy the Peliatan Legong Balinese dance performance. **(B, D)**

Day 7, Saturday, September 5: Ubud

Breakfast and group "circle" followed by a day with, a powerful Balinese traditional healer. We will observe his healing sessions with local Balinese, and some of us will ask to have an optional session with him while others observe. **(B, L)**

Day 8, Sunday, September 6: Ubud and Munduk

After a leisurely breakfast we will drive up Bali's South West coast to the small mountain village of Munduk, stop at the fruit and vegetable market and also the famous Ulun Danu temple by the lake. After we check into the hotel we will walk to Bali's highest waterfall, followed by visits to coffee, clove and coco plantations.

Munduk Hotel (B, L, D)

Day 9, Monday, September 7: Munduk

Following breakfast we explore the "subak", the farmers local cooperative. After lunch we will visit a coffee mill and a farm to taste fruits you have never seen, heard of or tasted before. **Munduk Hotel (B, L, D)**

Day 10, Tuesday, September 8: Taman Sari Resort

We will drive up to the North coast of Bali to visit the famous Taman Sari resort and coral reef restoration project. On the way we will stop at an exquisite Buddhist Monastery and nearby hot springs.

Taman Sari Beach Hotel (B,L,D)

Day 11, Wednesday, September 9:

Taman Sari Coral Reef Resort

We will meet with Agung Prana, the much honored founder of the Coral Reef Restoration Project. The rest of the day will be spent relaxing, shopping and joining with each other in a final "circle".

Taman Sari Beach Hotel (B, D)

Day 12, Thursday, September 9: Taman Sari to Denpasar

After a leisurely breakfast and swim we drive to Denpasar where we celebrate with a gala farewell dinner. **(B, L, D)**

Day 13, Friday, September 10: Depart Bali, arrive San Francisco

With mixed emotions we board our flight back to the United States, arriving the

same night, regaining the day we lost on the way over. **(B)**

INCLUDED:

Hotels with pools (double occupancy); most meals (B,L,D per itinerary); leaders; local guides; two performances. two afternoons of Balinese mask making, dancing or gamelan; entrance fees; bottled water; local transportation and baggage tipping at hotels and group meals.

NOT INCLUDED:

Airline fuel surcharge or airfare increase will be passed on to group air participants; Indonesian visa (\$25 upon arrival); departure tax (\$12); laundry; overweight luggage fees; tips to Balinese leader, drivers (optional, yet customary); alcoholic beverages; medical insurance (strongly recommended, information will be sent upon registration).

