



BALI SOUL RETREAT

TIME TO CHECK IN - WITH YOURSELF

THEBALISOULRETREAT.COM



YOUR FLEXIBLE NO PRESSURE SCHEDULE

DAY ONE -ARRIVE & LAND

Settle, soften, and arrive into yourself.

You'll arrive at the villa from 3pm and be welcomed with a gentle Balinese blessing, offering a peaceful entry into our space. Take your time to unpack, unwind, and let your body exhale after your travels. Light refreshments will be available as you settle in.

Opening Circle

In the late afternoon, we gather for a soft opening circle of intention-setting and grounding meditation. A relaxed space to land, meet new faces, share a smile, and start the week with ease — grounded, open, and softly connected, with a touch of lightness to ease us in.

Dinner at the Villa

A nourishing welcome dinner will be served at the villa as we ease into a restful first evening.

Today is about grounding and gently arriving — in the space, and in yourself.



DAY TWO - RECONNECT

Morning Practice — Hatha Flow / Mindful Movement

We begin the morning with a gentle, uplifting practice designed to reconnect you with your breath, body, and inner steadiness. Breakfast follows at the villa.

Midday — Rest & Complimentary Massage

The late morning and early afternoon are yours to enjoy. You may relax by the pool, journal, wander to a nearby café, and give yourself time to enjoy your complimentary massage.

Afternoon Workshop

Later in the day, we'll gather for a grounding workshop exploring nervous system balance, breathwork, and cultivating daily calm.

Evening Practice — Candlelit Yin

In the early evening we travel to a serene Ubud shala nestled in the jungle for a candlelit yin class — a deeply releasing practice that closes the day with softness. -**Dinner is served back at the villa.**



DAY THREE - PURIFY & RESET

Morning Practice — Empowering Vinyasa Flow

An uplifting vinyasa practice designed to reconnect you with inner strength before moving into a day of reset and renewal.

Late Morning / Early Afternoon — Water Temple Cleansing Ritual

Together we visit a Balinese water temple for a guided purification ceremony. This is a beautiful opportunity to release anything within yourself or the outside world that is holding you back.

Afternoon — Rest & Unwind

Whether that's poolside stillness or a little walk around ubud markets or simply enjoy doing absolutely nothing.

Evening Sound Bath — Villa Experience

As the day unwinds, we gather at the villa for a soul-nourishing sound bath. Surrounded by the calm of the evening, your sound healer will guide you through a deeply restorative journey of vibration and stillness — a gentle space to soften, release, and settle into the night.- **A nourishing light dinner served at the villa.**



DAY FOUR – MUNDUK NATURE IMMERSION

Waterfall Immersion — Munduk

Munduk holds a different kind of beauty — the kind that catches you off guard. The moment you step into the cool mountain air, everything feels a little fresher, a little clearer. Walking through quiet jungle paths and arriving at 2–3 powerful waterfalls feels grounding in a way you can't quite describe until you're there.

The waterfalls here are even more breathtaking in person — vast, pure, alive. Standing in front of them has a way of putting things into perspective; troubles feel smaller, the mind softens, and the body naturally drops into a deeper exhale.

Lunch in the Highlands

We'll pause for a relaxed lunch surrounded by sweeping valley views — a soft moment to rest, chat, and take in the stillness of the mountains.

Optional Add-Ons

If the group feels called we may add on - Twin Lakes Viewpoint — Ulun Danu Beratan Temple



DAY SIX – INTEGRATE

Gather the wisdom of your week and rise into what's next

Morning Practice — Meditation & Integration Flow

A blended practice that brings together strength, softness, breath, and stillness — supporting you in integrating everything you've opened up to within yourself, as you move into your next chapter of growth, opportunity and connection.

Closing Circle & Brunch

We gather for a final empowering circle and share reflections, gratitude, and the shifts you're taking home.

A final brunch is served at the villa.

Departures

Soft check-outs and private transport arranged.



ON YOUR OWN TERMS

Everything is optional, and during your free time we can help personalise any additional experiences you'd like to explore. Ubud offers an abundance of gentle, soulful, and cultural adventures — from sound healing at the Pyramids of Chi, local cooking classes, or the Mount Batur sunrise hike, to quieter gems such as Tibumana Waterfall, rice-field walks, traditional temples, and artisan villages.

This retreat is designed for you — to enjoy on your own terms, in your own way, and at your own pace.

YOUR HOST & LEAD INSTRUCTOR

VICTORIA



Victoria is a 500-hour RYT yoga teacher specialising in Vinyasa, Hatha, Yin, Power, and Ashtanga. Originally from the UK, she has spent the last several years studying and teaching yoga in Bali, the UK, and India. With a strong fitness background and ongoing study of how the nervous system and traditional yogic principles come together in modern daily practice, she brings a grounded blend of strength, softness, and depth to her classes.

Victoria also teaches yoga anatomy on Yoga Teacher Training programs in Bali, guiding upcoming teachers with clarity, compassion, and a focus on functional movement and personal growth. Known for her warm presence and ability to create safe, connected spaces, she supports students through both the physical practice and the subtle inner healing work that unfolds within it.



GUEST TEACHERS

Victoria will lead most of the yoga sessions during the retreat. For diversity and depth, a small number of guest teachers are invited — carefully chosen for how they hold space and the grounded, supportive environments they create.