

Bali Therapist Retreat - Preliminary Agenda

September 25- October 2, 2027 | Ubud, Bali, Indonesia

An 8-day/ 7-night all-inclusive retreat at Dwa Chandra, a 5-star resort designed for renewal, cultural immersion, and professional development. This is a preliminary agenda. All activities and trainings are optional. CE credits are awarded for attended trainings. Guests may use any time as personal downtime instead. All meals at the resort are included. Spa services are available onsite but at own expense.



12 CEs available (NBCC, APA, ASWB)

Overview:

Expert-led Trainings and Professional Development

- Day 2 (morning): Crystle Lampitt 4-hour training
- Day 3 (morning): Kira Harkins 4-hour training, Private Purification Ceremony
- Day 4 (afternoon/evening): Cultural Learning Tour offsite, Mastermind + Professional Development
- Day 5 (morning): Ngan Vuong 4-hour training, Jewelry-making
- Day 6 (afternoon/evening): Ubud Art Market + Sacred Monkey Forest, Mastermind + Professional Development
- Private Access to sacred Petanu River, 9th Century UNESCO temple, and meditation caves onsite
- Private access to 3 yoga shalas, pools and spa onsite

Creative Immersions

- Jewelry-making
- Ubud Art Market

Yoga onsite

Group Excursions:

- Sacred Monkey Forest
- Ubud Art Market
- Purification Ceremony
- Private Balinese Village tour- Architecture, food, cultural traditions
- Nature/Birdwatching hikes
- Goa Gajah Temple
- Options to add-on: Kintamani coffee with a view, Nusa Penida day tour, local waterfalls

Preliminary Day-to-Day Schedule

Day 1: Arrivals and Special Welcome Dinner

- Arrival and check-ins at Dwa Chandra
- Group Welcome Dinner at Resort Restaurant- Introductions, Resort Orientation

Day 2: Learning + Leisure

- Yoga
- Breakfast

- Crystle presentation
- Lunch at resort
- Relaxation at resort (massage/spa services, pools, fire circle, yoga/meditation caves)
- Optional birdwatching/nature hike
- Fire Circle meet and greet
- Dinner at resort

Day 3: Learning + Ceremony

- Breakfast
- Kira presentation
- Lunch at resort
- Melukat ceremony: Privately-held Purification Ceremony at river gorge
- Relaxation at resort
- Dinner at resort

Day 4: Local culture + mini-mastermind

- Yoga
- Breakfast
- Option for Group Rice Field walk– Birds of Bali, Goa Gajah Temple visit
- Lunch offsite: Private Tour of Balinese Village Architecture, Culture, Food
- Relaxation at resort
- Fire Circle mini-mastermind
- Dinner at resort

Day 5: Learning + Creativity

- Breakfast
- Ngan presentation
- Lunch at resort
- Macramé jewelry-making
- Dinner at resort

Day 6: Exploration, Awe, Nature

- Breakfast
- Monkey Forest + Ubud Art market
- Options for: Tegallalang rice terraces, Coffee plantation tours/tastings
- Lunch at local warung
- Fire Circle mini-mastermind
- Dinner at resort

Day 7: Choose your own adventure (relax at resort or optional add-on excursions)

- Yoga
- Breakfast
- Option to add-on excursions (extra cost)
 - Kintamani coffee spot with a view

- Nusa Penida tour
- Beach day- Keramas or Sanur
- Tegenungan and other waterfalls
- Balinese dance performances, Kecak dance
- Lunch at resort
- Farewell dinner and closing reflections at resort restaurant

Day 8: Departure

- Breakfast and closing circle
- Departures

What's Included

Fully-Hosted Venue

- Private staff: Onsite All-Day Hostess team
- Access to 3 yoga shalas
- Private access to sacred Petanu River gorge onsite
- Private access to natural volcanic cave formations, 9th century UNESCO temple carvings, and millennium-old meditation caves all onsite
- Resort yoga, meditation, private spa (individual spa services at own cost)

Food and Beverage

- Daily chef-prepared meals (breakfast, lunch, and dinner)
- Free-flowing drinking water, coffee, tea, and fresh tropical fruits
- All-day food and beverage service (alcoholic beverages at own cost)

Curated Activities

- Morning yoga
- Three 4-hour professional sessions by Crystle Lampitt, Ngan Vuong, and Kira Harkins
- Jewelry-making workshop
- Guided cultural experiences
 - Private Melukat Purification Ceremony
 - Private Balinese village/architecture tour including lunch
 - Nature/birdwatching walk through the rice fields
 - Goa Gajah Temple visit
 - Option for guided or self-guided rice field and waterfall hikes
 - Option for group Monkey Forest and Ubud Art Market outing
- 2x Fire Circle mini-mastermind sessions with the group onsite
- Optional add-on excursions nearby:
 - Kintamani coffee with a view
 - Nusa Penida day tour
 - Tengenungan and other local waterfalls

Transportation

- Round Trip Airport Pick up and Dropoff
- Round Trip Ubud excursion

What's not included

- Airfare
- Travel Insurance (required)
- Individual spa services
- Additional discretionary spending (shopping, add-on excursions, and other personal activities)
- *Note: limited local beer/wine is included, cocktails are available for purchase at the resort restaurant