

Bali Therapist Retreat - Preliminary Agenda

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

A 7-night all-inclusive 5-star retreat venue designed for renewal, cultural immersion, and professional development. This is a preliminary agenda. All activities and trainings are optional and 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) *These are all currently pending still

I am so excited to invite you to my childhood homeland! For years I've had the joy of bringing friends and family to the sacred lands of Bali. The 2027 Bali retreat is all about renewal, authentic Balinese experiences, and professional connection. I chose this site specifically because it sits atop a sacred river that flows through a historic cave and temple. We will have exclusive access to the river, caves, temples, yoga shalas and fire circle. Whether you're seeking space to slow down, or you're gearing up for a jungle and beach adventure (complete with monkeys and tropical bird sightings), the heart of Bali has it. Plus, you'll have space to integrate professional sessions centered around nervous system regulation, burnout prevention, and psychedelics, all while enjoying the natural awe Bali brings.

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 (topics TBD)
- 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 self-guided rice field and waterfall hikes
- Option for group Monkey Forest and Ubud Art Market
- 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)
- Alcoholic Beverages
- Individual spa services
- Additional discretionary spending (shopping, add-on excursions, and other personal activities)