

## 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** (ASWB, APA, NBCC)

### Overview:

#### *Expert-led Trainings and Professional Development*

- Day 2 (morning): Crystle Lampitt 4-hour training, Private Purification Ceremony
- Day 3 (morning): Kira Harkins 4-hour training
- 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
- Options to add-on: Goa Gajah Temple, Gunung Kawi, Kintamani coffee with a view, local waterfalls and beaches

### 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 + Ceremony

- Yoga
- Breakfast

- Crystle presentation
- Lunch at resort
- Melukat ceremony: Privately-held Purification Ceremony at river gorge
- Relaxation at resort (massage/spa services, pools, fire circle, yoga/meditation caves)
- Dinner at resort

#### Day 3: Learning + Leisure

- Breakfast
- Kira presentation
- Lunch at resort
- Relaxation at resort
- Optional birdwatching/nature hike
- 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: Tegalalang 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
  - Beach day- Keramas or Sanur

- Tegenungan and other waterfalls
- Balinese dance performances, Kecak dance
- Gunung Kawi
- 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
  - Tegenungan 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; additional beer, wine, cocktails are available for purchase at the resort restaurant