

Embracing Health Detox, Healing & Raw Food Retreat *Ubud, Bali – Indonesia*

Getting There:

The Embracing Health Retreat is being held at:

Kori Ubud Resort
Jalan Raya Sanggingan
18 Tjampuhan
Ubud, Bali 80571, Indonesia
0011 62-361-972487

Flying:

The airport to fly into is Denpasar, Bali, which is about one and a half hours from Ubud. Flights direct to Denpasar leave from all major Australian city airports. Kori Ubud staff will meet your flight and transport you directly to the resort. Please ensure that you arrive no later than 2pm into Denpasar on the first day of the retreat, so that you don't miss the introduction to the retreat which is held at 5.30pm that evening.

Please note: Both the opening introduction on Friday evening, and the closing of the retreat on the Saturday morning, are two of the most important parts of the retreat experience and attendance at both is required. There will be no option to join the retreat after it has started, or to leave the retreat early unless it is an emergency situation.

Visa Requirements:

There are no prior visa entry arrangements to make for arrival into Bali for a trip of less than thirty days, but you must have a passport with a minimum of six months' validity from the date of travel, and be able to show your return ticket.

Travel Insurance:

Purchasing Travel Insurance is highly recommended for your trip. I have found purchasing insurance online at <http://www.travelinsurancedirect.com.au/> is quite cost effective.

Crime

The Balinese people are known for their friendly smiles and gentle natures, however crime can happen anywhere in the world, so sensible precautions are recommended. A photocopy of your driver's licence and passport carried in a separate bag is wise, and a secure shoulder bag or bum-bag for shopping. Also, having locks on your suitcases while travelling is advised.

Embracing Health Detox, Healing & Raw Food Retreat *Ubud, Bali – Indonesia*

Check-in & Check-out:

Check-in is from 2pm Bali time on the day the retreat starts, and our first group get-together will be at 5.30pm that evening. Arrival prior to this time is essential, so that you don't miss the introduction to the retreat and explanation of the detox program.

Check-out is at midday on the final day of the retreat, and we will be finished our breakfast and closing by 9.30am. Return transport can take you directly to the airport, or feel free to make your own travel arrangements. Please remember when booking your flights that you need to be at the airport two hours before your flight and the trip to Denpasar can take up to two hours, so please book flights that do not leave before late-afternoon or evening on the last day of the retreat. Late check-out for evening flights can be arranged.

What to bring:

- Light, loose clothing, as it will be hot, humid & sticky
- Cotton 'bike pants' to wear under dresses or skirts for comfort, are a good idea
- Swimwear & Hat
- Non-toxic sunscreen and insect repellent
- A torch and an umbrella are both handy to have
- Ear plugs (noisy ceremonies can happen at night!)
- An alarm clock
- An electrical adaptor plug or two, for Bali
- Comfortable clothes suitable for Yoga
- Hiking boots or suitable shoes for the optional Mt Batur climb
- One warm jacket & small backpack for the optional Mt Batur climb
- A shawl or covering for your shoulders for entry into temples
- A beach towel
- Books or magazines for reading by the pool
- Non-toxic personal care products
- Any supplements such as those suggested below
- A stainless steel water bottle to carry with you such as the one you would have received at previous Embracing Health Retreats.
- A fun attitude

Embracing Health Detox, Healing & Raw Food Retreat *Ubud, Bali – Indonesia*

What NOT to bring:

- Any food or snacks
- Tea or coffee (herbal teas will be provided)
- Cigarettes
- Alcohol
- Only bring necessary medication and an accompanying letter from your doctor authorising the prescription is a good idea.
- Perfume or personal care products with a strong scent – as a courtesy as some people are allergic or sensitive to any scented products
- Video cameras or recording devices – personal use only. We request that no recordings of the event on video or tape are made. Cameras for still photographs are fine, and there will be comprehensive notes given at each lecture, so you won't miss anything!
- Workbooks, pens and paper will be provided

Phone & Internet

Please contact your phone provider to discuss your mobile phone options when travelling overseas. Many unwary travelers have come home to exceptionally large bills from using their mobile phone whilst overseas. Specific settings are required, and you may need your phone company to switch off data roaming at their end before you leave.

Wi-Fi is complimentary at Kori Ubud, so contacting home via the Viber app on your phone or iPad, or via Skype is recommended, rather than using traditional mobile services. Local SIM cards can be purchased cheaply in Bali, and can be used while you are there.

Bali Belly:

Most people have heard of the possibility of food and water borne illness in Bali. We will be providing clean water at the retreat for drinking, and bottled water is recommended when away from the retreat venue.

To avoid Bali Belly, there are some supplements that you can bring with you to support your digestive system.

- **Colostrum** – a natural product made from bovine colostrum (not suitable for vegans) which acts as a prevention for travelers' diarrhoea. It is available from your naturopath, health food store or chemist. Brands such as Metagenics Ultra-Probioplex or Travelan are suitable. Consume 1 – 2 tablets before each meal.



Embracing Health Detox, Healing & Raw Food Retreat *Ubud, Bali – Indonesia*

- **Betaine Hydrochloride** supplements such as Metagenics Metagest or Orthoplex Hydrozyme – most pathogens cannot live in a highly acidic environment, which should be the natural state of our stomach. However, under stress our acid levels may decline and supplementation can assist in killing pathogens before they enter our system. I will have some of this product with me at the retreat, however you may choose to also bring your own supply. 1 – 2 tablets with meals.
- **Probiotics** – there is a strain of good bacteria which can prevent Bali Belly and relieve the symptoms should you contract any illness. This is found in a product called Metagenics Ultra-Flora Dysbiosis. Having a bottle of this on hand as both a preventative or treatment is recommended.
- **Antiseptic hand gel** is always a good idea to carry in your purse for use before eating and after the bathroom. **Tissues** or wet wipes are also handy to have just in case you visit a bathroom which does not have toilet paper.
- **Homoeopathics** – Dengue Fever is a slight risk for travellers to Bali and I will be providing a homoeopathic preventative remedy for each guest at the retreat. Avoiding being bitten by mosquitos is the best prevention, so insect repellent at dawn and dusk, and wearing long pants and sleeves at these times is recommended.

Spa recommendations for extra massages, facials, manicures, pedicures, hair cream baths (!) will be shared upon your arrival at the retreat. I will also be doing short consultations with each guest in the first day or two of the retreat to ensure that your program is adjusted for any personal needs.

There will be ample time to enjoy the magical surrounds of Ubud during the week together, as we combine our detox retreat with an authentic Bali experience.

I look forward to a great retreat with you!

Leisa

Healing is a journey, not just a ^{raw food} diet.

