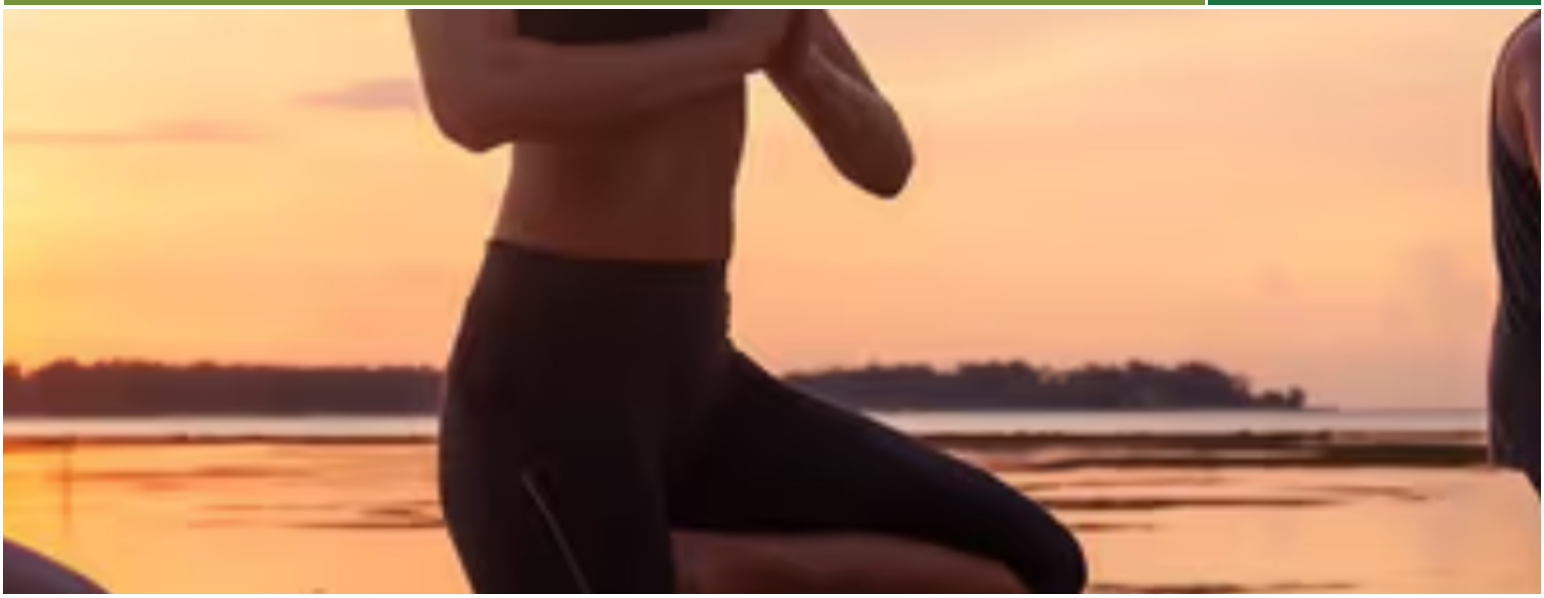
9D8N Wellness Bali (AEUSW)

Price per person from MYR 8283



Tour Description

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

Tour Itinerary

Day 1 :- Ubud

Arrive at any time. Your arrival transfer is included. This evening, meet the group and CEO for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

Day 2 :- Ubud

Enjoy an early morning yoga class before a healthy breakfast. Participate in a day exploring the spiritual side of Bali in depth, including visits to Hindu temples Tirta Empul where you will take a holy bath to purify yourself, and Gunung Kawi, the ancient funeral monument of the Balinese Kings. Stop for lunch at the G Adventures supported-Bali Community Training Lunch Program. Opt to wind down with a yoga and meditation session.

Before departing, create an offering called Canang in Balinese. This offering will be brought with you to the temples to ask for permission from the gods to enter.

Breakfast Lunch

Day 3 :- Ubud

Enjoy an early morning yoga class before a healthy breakfast. Visit an organic farm accompanied by a chef who will explain the ingredients used in Balinese cuisine, then get your hands dirty and enjoy the ritual of preparing a typical Balinese meal in a traditional Balinese kitchen. Learn various techniques and get to know the equipment. Afternoon at leisure with the option for a yoga and meditation session.

Breakfast Lunch

Day 4 :- Ubud - Pemuteran

Depart for Pemuteran via Tabanan, where you will stop at a traditional Balinese house compound and experience their healing ceremony. Learn about typical Balinese life including how to write in the Balinese alphabet, then enjoy a family-style regional lunch. Continue to Pemuteran and enjoy a free
afternoon.

Breakfast Lunch

Day 5 :- Pemuteran

Begin the day breathing through a special Balinese Healing Yoga session followed by a healthy breakfast. Afterwards, drive to the pier for a short boat ride to Menjangan Island for a day of snorkeling over magnificent underwater vistas. Return to hotel with the rest of the day to spend at your leisure.

Breakfast Lunch

Day 6 :- Pemuteran - Nusa Dua

Depart for Nusa Dua. En route your first stop will be Munduk, perhaps Bali’s most beautiful waterfall. Next visit Ulundanu Temple, a Balinese Hindu Temple located in the Candi Kuning highland countryside. Continue to Jatiluwih to begin a gentle trek through rice fields and enjoy bathing in the beautiful greenery. On arrival in Nusa Dua, relax with a cold drink by the ocean.

Breakfast

Day 7 :- Nusa Dua

Start the day with a morning yoga session in view of the ocean waves. This afternoon opt for an in depth Balinese dance class or try your hand at massage by taking an informative course.

Breakfast

Day 8 :- Nusa Dua

After breakfast enjoy the unique experience of doing anti-gravity yoga in a local families backyard. The rest of your day is free to explore this beach town.

Breakfast

Day 9 :- Nusa Dua - Sanur

Your trip ends today in Sanur. Take an included shuttle from Nusa Dua to Sanur, or opt to be dropped off at the airport. Your trip ends on arrival to Sanur.

There will be multiple shuttle departure times today to Sanur and the airport. You can choose which time works the best for you. We recommend booking departure flights no earlier than 12:00 pm today.

Breakfast

Tour Prices

Start Date	End Date	Twin	Single	-	-
21 Mar 2027	29 Mar 2027	RM 9,346	On Request		
04 Apr 2027	12 Apr 2027	RM 9,346	On Request		
11 Apr 2027	19 Apr 2027	RM 9,346	On Request		
16 May 2027	24 May 2027	RM 9,346	On Request		
13 Jun 2027	21 Jun 2027	RM 8,921	On Request		
11 Jul 2027	19 Jul 2027	RM 8,283	On Request		
15 Aug 2027	23 Aug 2027	RM 8,283	On Request		
19 Sep 2027	27 Sep 2027	RM 8,921	On Request		
17 Oct 2027	25 Oct 2027	RM 8,921	On Request		
14 Nov 2027	22 Nov 2027	RM 8,921	On Request		
06 Feb 2028	14 Feb 2028	RM 8,921	On Request		
13 Feb 2028	21 Feb 2028	RM 8,921	On Request		
12 Mar 2028	20 Mar 2028	RM 9,346	On Request		
02 Apr 2028	10 Apr 2028	RM 9,346	On Request		
16 Apr 2028	24 Apr 2028	RM 9,346	On Request		
30 Apr 2028	08 May 2028	RM 9,346	On Request		
14 May 2028	22 May 2028	RM 9,346	On Request		
11 Jun 2028	19 Jun 2028	RM 8,921	On Request		
09 Jul 2028	17 Jul 2028	RM 8,283	On Request		
06 Aug 2028	14 Aug 2028	RM 8,283	On Request		
20 Aug 2028	28 Aug 2028	RM 8,283	On Request		
03 Sep 2028	11 Sep 2028	RM 8,921	On Request		
29 Oct 2028	06 Nov 2028	RM 8,921	On Request		
26 Nov 2028	04 Dec 2028	RM 8,921	On Request		
24 Dec 2028	01 Jan 2029	RM 8,921	On Request		

What's included

Destination Indonesia
Departure Location Ubud

Return Location Sanur

Price includes

- Arrival transfer
- All transport between destinations and to/from included activities
- Meals as per itinerary

Price does not include

- ~ International flight ticket
- Travel insurance
- Visa (if any)
- ~ Tippings
- Others not mentioned