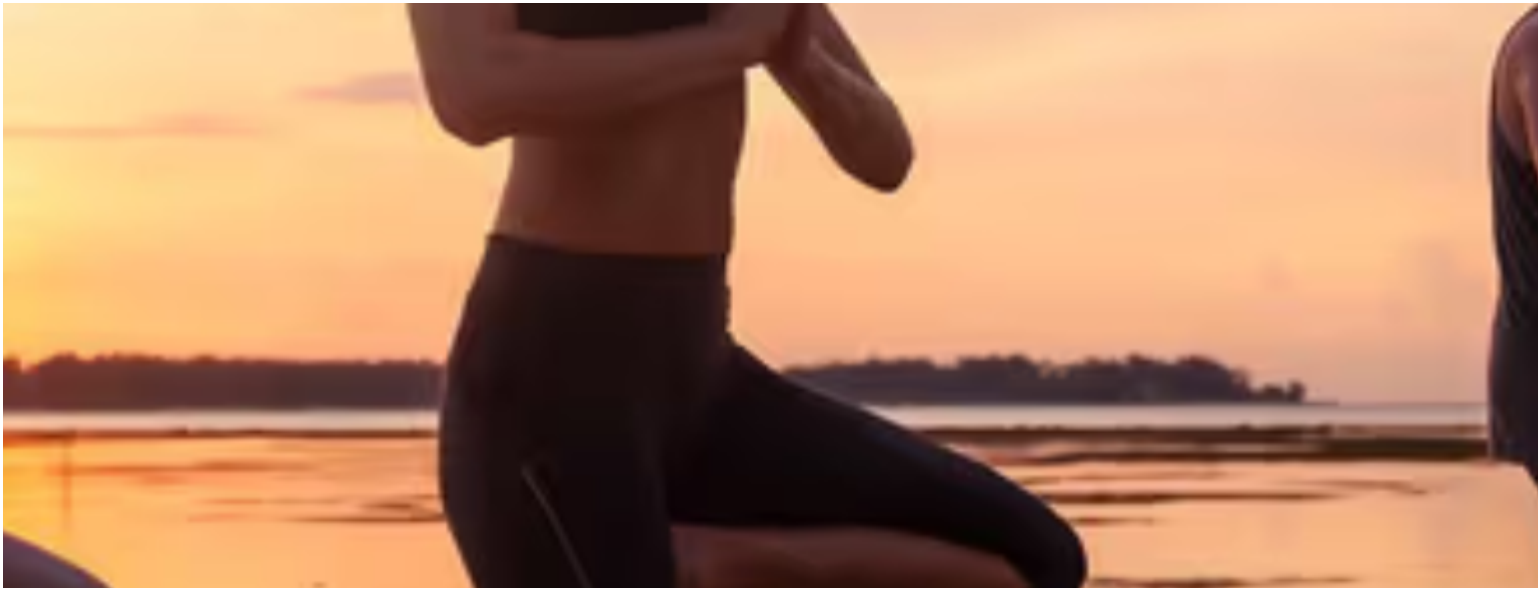


## 9D8N Wellness Bali (AEUSW)

Price per person  
from  
MYR 7581



### 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	-	-
31 May 2026	08 Jun 2026	RM 8,975	On Request		
28 Jun 2026	06 Jul 2026	RM 8,565	On Request		
12 Jul 2026	20 Jul 2026	RM 7,581	On Request		
26 July 2026	03 Aug 2026	RM 7,581	On Request		
23 Aug 2026	31 Aug 2026	RM 7,581	On Request		
20 Sep 2026	28 Sep 2026	RM 8,565	On Request		
18 Oct 2026	26 Oct 2026	RM 8,606	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