

Bali Wellness Retreat

16-21 September 2026

A Journey to Inner
Peace

Ubud, Bali

Nestled in the heart of Bali's
forests and rice fields

● hosted by Divyangana Choudhary

Your sanctuary in the heart of Bali's forests and rice fields ●

Welcome to Bali's Serenity

Five days of yoga,
nature, nourishing food,
meaningful
conversations, creativity,
and deep rest.

*your private retreat
in the heart of the
island of Gods,
Bali.*

Wellness Experiences

- Daily yoga & breath-work to ground and calm the nervous system.
- Guided pottery & painting workshop.
- Guided kombucha & coconut yogurt workshop to learn gut-friendly fermentation.



Restore & Reconnect

- One Balinese massage & foot reflexology session included.
- Gentle daily walks through Bali's rice fields & forests.
- Hidden jungle waterfall just minutes away.
- Guided journaling in nature.





Balinese Cultural & Spiritual Experiences

- Traditional Balinese water purification ceremony
- Visit Bali's sacred holy water temple.
- Meet a local Balinese priest & healer

Reflection, Growth & Connection

Through daily guided journaling, grounding practices, and time immersed in nature, you'll create space to reflect, set meaningful intentions, and leave with greater clarity. Along the way, you'll share the journey with a small community of like-minded individuals.

*Leave with Clarity &
Connection*

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Wholesome Nourishment

- Three nourishing vegetarian & vegan meals prepared with fresh Balinese flavours.
- Protein-rich, wholesome cuisine featuring lentils, legumes, tofu, tempeh, and seasonal ingredients.
- A refreshing evening snack to keep you energized and nourished.
- Simply arrive, unwind, and let us take care of the rest.

A Glimpse Into Your Days

Morning

- Gentle yoga
- Breathwork
- Nourishing breakfast
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Midday

- Creative workshop, nature walk or cultural experience
- Free time to rest, journal or explore
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Evening

- Shared dinner
- Reflection circle or quiet time



Your Investment

- Private Room: USD 1,400
- Sharing Room: USD 1,200

Your investment includes 5 nights' accommodation, all wellness experiences, daily yoga, nourishing meals, workshops, Balinese cultural and spiritual activities, airport transfers, and transportation to all retreat experiences and locations.

- Reserve your place with a fully refundable USD 200 deposit.
- The remaining balance is due by 10 August.
- Limited to 12 guests for a more intimate and personalized experience.



for more details

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