



Bali Silent Retreat

FOR PRAYER AND MEDITATION
www.balisilentretreat.org

FACT SHEET

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Photos downloadable from:

ADDRESS : Banjar Mongan, Penatahan, Tabanan Regency, Bali 82152, Indonesia

WEBSITE : www.balisilentretreat.com

OPENING DATE : October 2013

OWNERSHIP : PT. Hidup Damai

FOUNDERS : Sang Ketut Rai Wibawa and Patricia Miklautsch

DESIGNERS : Sang Ketut Rai Wibawa and Patricia Miklautsch

MANAGEMENT : Mr. Sang Ketut Rai Wibawa – Co-General Manager
Mr. Ketut Gede Putu Oka – Co-General Manager
Ms. Anya Kasmira – Director of Finance

LOCATION : Located at the base of holy mountain Batu Karu, in Tabanan, 1.5 hours northwest of Ubud and 2 hours north of Denpasar. Bali Silent Retreat is a 4-hectare sanctuary that is located at the end of a small countryside road in the midst of the world-famous UNESCO protected rice terraces on the southwest corner of Jatiluwih region. The Espa Hot Spring Resort is located only 5 minutes to the south of the retreat and the Batu Karu temple is 10 minutes to the north.

PHILOSOPHY

Inspired by spiritual wisdom, grounded in ‘green-to-the-extreme’ eco-principles and located in the picturesque ‘off-the-grid’ location, Bali Silent Retreat is more than a yoga and meditation retreat – it’s a restorative and inspirational sanctuary removed from the daily demands of life.

Combining ashram-style living with 5-star appointments and internationally acclaimed organic vegetarian cuisine. Guests can stay at any amount of time, nourishing their body & soul and reconnect to the true-self in their own way and time surrounded by profound peace and silence.

Rest, Sleep, Eat and Repeat or join the abundant programs happening daily, weekly, and monthly, including lectures and tours on permaculture practice in the tropics and hidden insights into Balinese culture.

CURRENCY:

Indonesian Rupiah (Rp)

- CLIMATE** : April to October is comfortably warm with relatively low humidity. November to March is warmer and more humid.
- ACCOMMODATION** : Several accommodation options are offered to suit all budgets and styles of traveler: Private Bungalows, Single Rooms and Dormitory. All of our accommodation options include a mosquito net, 100% cotton sheets, a down comforter (it can get cold at night), kimono, towel and special hair towel, torch, lap desk, solar reading light and to take home with you – a bookmark, pen and notebook journal.
- GROUNDS & FACILITIES** : Included in the Day Pass Food & Programs:
- Internationally acclaimed organic cuisine fresh from the-gardens. The buffet meals are available during the meal times in addition to the all-day grazing table of freshly picked herb teas, cookies, snacks, juices, and fresh baked breads.
 - Scheduled and ‘Explore for Yourself’ programs with daily, weekly and monthly events, happening on the retreat’s 4 hectare of vegetable gardens, jungle, and rice terraces.
 - Daily yoga asanas and meditation in the morning & afternoon.
 - Weekly lectures and tours on Balinese Culture and Permaculture gardening.
 - Bi-Monthly Full Moon & New Moon Agnihotra Fire Ceremony.
 - Explore Yourself:
 - Labyrinth Walking Meditation
 - Water Meditation- cool Holy Spring water
 - Fire House with lazy day hammocks
 - Star Bed platforms for cloud or star gazing
 - Jungle Walk for safe jungle experience
 - Hot Spring daily trip
 - Crying bench by the river
- SERVICES:**
- Transport Services available
 - Lodge with 360 degrees view of rice terraces and mountains, an extensive library, complimentary snacks, juices, fresh herbal teas from 8am-8pm.
 - Daily trip to the hot springs (5 minutes away)
 - Laundry service available
 - Balinese Massage available
 - Multi-lingual staff
- IMMIGRATION** : Visitors to Indonesia must possess a passport valid for at least six months upon arrival and proof of onward passage. Visa on Arrival is applicable for certain nationalities. Visitors should consult their local Indonesian consulates for visa requirements.