



Bali Silent Retreat

FOR PRAYER AND MEDITATION

www.balisilentretreat.com

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

Located, 1hr NW of Ubud and 2hrs North of Denpasar, in Tabanan near Mt. Batu Karu. Bali Silent Retreat is a 6-hectare eco-sanctuary plus a 10-hectare view of rice fields and mountains, located near the world-famous UNESCO World Heritage Site. The Espa Hot Springs is 5 minutes to the south and Batu Karu temple is 15 minutes to the north.

PHILOSOPHY: Inspired by spiritual wisdom with profound peace and silence, the Retreat's magical energy is legendary. It is grounded in green-to-the-extreme' eco-principles, including 'off-the-grid' energy conservation. Bali Silent Retreat is a restorative and inspirational sanctuary removed from the daily chaos. It is Device-Free, digital detox, except at the CoWork space.

Rest, Sleep, Eat and Repeat or join 20+ programs: daily, weekly, and monthly, including lectures and tours on permaculture practice in the tropics and Balinese culture.

COMFORT: A few ashram-style systems (wash your own dishes) and 5-star appointments (100% cotton linens & a memory-foam-mattress)

FOOD: All-Day-Buffer with internationally acclaimed organic vegetarian cuisine.

SCHEDULE: Guests can stay any amount of time (1 day or forever). Nourish body & soul and reconnect to Self in one's own individual way and time.

ACCOMMODATION: 5room styles: Private Wooden Bungalows (2 styles) and Single Rooms (3 styles). All rooms include a mosquito net, 100% cotton sheets, a warm blanket (it can get cold at night), kimono, towel and special hair towel, torch, lap desk, reading light. AND to take home with you – a bookmark, pen and notebook/journal

DAY PASS & PROGRAMS Included in the Day Pass are all Food & Programs:

FOOD

- Internationally acclaimed organic cuisine freshly picked from the gardens.
- All-Day-Buffer (8:30am-6pm): during meal times
- All-Day-Grazing-Table (8am-8pm): fresh herbs for tea, cookies, snacks, juices, fruits

PROGRAMS Scheduled and 'Explore for Yourself' programs, with Daily, Weekly and Monthly classes and events:

Scheduled:

- **Daily:** Movement & Meditation in mornings & afternoons. Daily trip to the Hot-Springs
- **Weekly classes & events:** Balinese Culture, (learn to play the bamboo Gamelan or how make those cute little offerings), Permaculture tour, Food Demo, Ohm Bath Sound Healing, Medicine Herb lecture.
- **Monthly:** Full Moon & New Moon Fire Ceremony.

Explore Yourself:

- Labyrinth Walking Meditation
- Water Meditation: holy-spring-water
- Jogging path through the rice fields
- Fire Pit nightly or lazy in a hammock in the day
- Star Bed platforms for cloud or star gazing
- Crying Bench by the river
- Jungle Walk, for a safe jungle experience
- Library (over 1000 books)

OTHER SERVICES:

- Transport Services available
- Free Wi-Fi Co-Work Space near office with 360 degrees view of rice terraces and mountains.
- Laundry service available
- Balinese Massage available
- Multi-lingual staff

CURRENCY: Indonesian Rupiah (Rp)

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 available for most nationalities. Visitors should consult their local Indonesian consulates for visa requirements.

The airport is in Denpasar, Bali, Indonesia.
Airport code: DPS