CAROL GETS IT RIGHT & KAROL TRAVELLIFE

BALI EXPERIENCE

Explore & Realign

A TRANSFORMATIVE JOURNEY FOR MIND, BODY & SPIRIT



DATES	DURATION	GROUP SIZE
30 APR – 09 MAY 2027	10 DAYS · 9 NIGHTS	LIMITED TO 10 GUESTS



WELCOME TO BALI

More than a *holiday*

Ten days in the spiritual heart of Bali, designed to nourish your mind, body and spirit.

This journey was created to balance spirituality, nature and rest — without the rush of trying to see every tourist spot. You'll experience the serene energy of Ubud's lush nature and rice terraces, then close the journey with the lightness of Uluwatu's beaches and dramatic cliffs.

Expect sunrise yoga, sacred water temples, Balinese rituals, flower baths, quiet cafés surrounded by nature and golden sunsets over the Indian Ocean — and return home feeling that you have truly slowed down.







WHY JOIN US

Why choose this *Bali Experience?*

Meaningful Connection

Share this journey with a carefully curated group of like-minded travellers — never more than ten guests.

Holistic Wellbeing

An expertly curated programme that blends ancient Balinese wisdom with modern wellbeing practices.

Culture & Exploration

Walk among emerald rice terraces, visit sacred water temples and watch the sun set over the Indian Ocean from Uluwatu's dramatic cliffs.

Personal Transformation

Immerse yourself in Bali's living spirituality and return home feeling lighter, clearer and more aligned.

"Ten days to step through the gates, leave the noise behind and come home to yourself."



THE HEART OF THE JOURNEY

Reconnect & *Realign* Programme

At the heart of your Bali experience is our Reconnect & Realign programme, designed to restore balance and nurture spiritual growth. Each day follows a gentle rhythm:



Morning

Awaken your body and mind with yoga at the hotel, breath and light. Set the tone for the day.



Afternoon

Explore, connect and immerse yourself in Bali's nature, culture and sacred places.



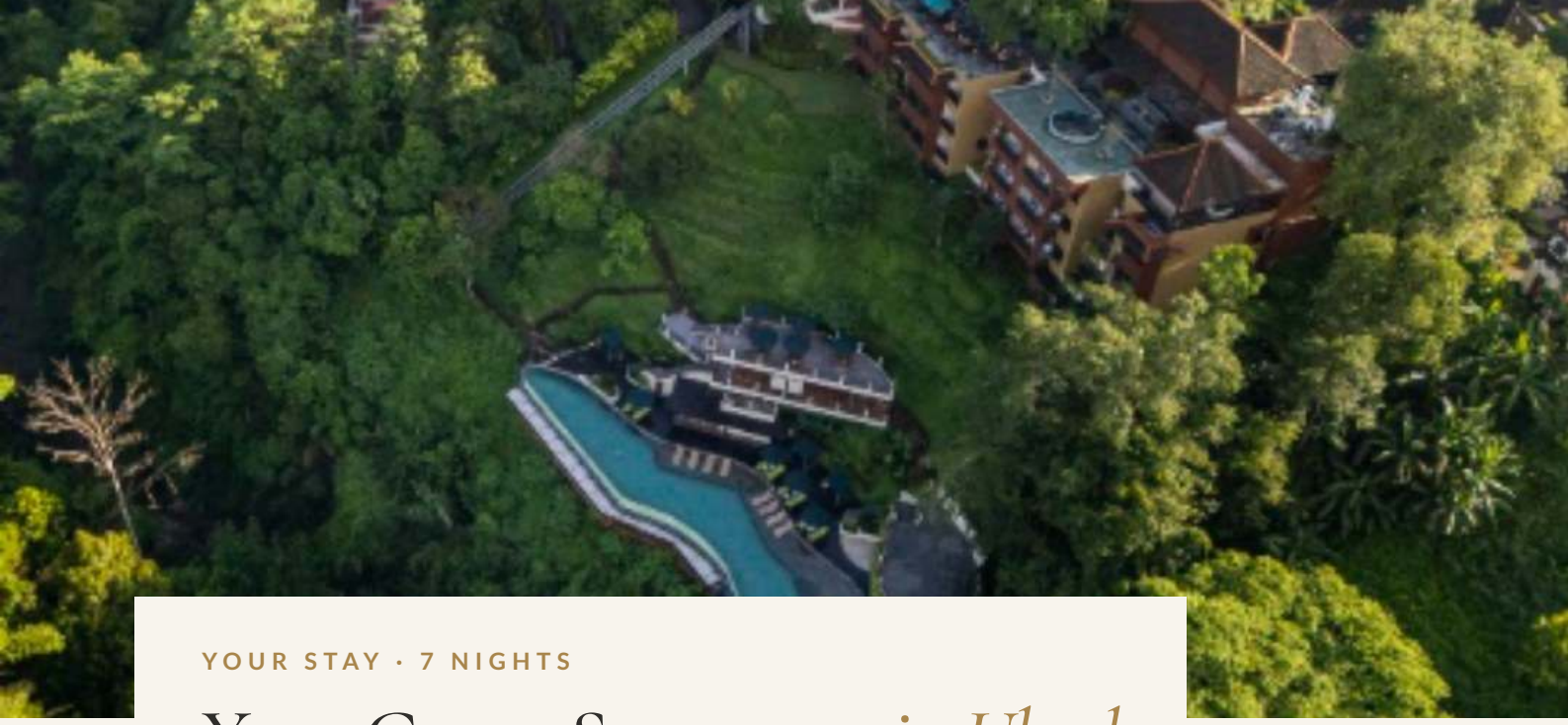
Evening

Unwind, reflect and relax through joyful, nourishing moments — and a quiet evening ritual.

DAILY PRACTICES

Our Wellbeing Practices

- Meditation
- Yoga
- Breathwork
- Mindfulness
- Reiki
- Gratitude Journaling
- Flower Bath
- Sharing Circle



YOUR STAY · 7 NIGHTS

Your Green Sanctuary *in Ubud*

30 APRIL – 7 MAY 2027

A peaceful retreat surrounded by nature, just outside Ubud.

Here, the days follow a gentler rhythm: morning light over the green valley, the sounds of nature and space to simply breathe. Your home for the first part of the journey, with yoga at the hotel and Balinese cultural experiences right on your doorstep.

INCLUDED IN YOUR STAY

- In-room welcome fruit basket on arrival
- Daily breakfast and afternoon tea
- Guest amenities by Sensatia Botanicals®
- Daily Balinese cultural activities
- Free shuttle to Ubud centre (scheduled)
- 4 bottles of mineral water replenished daily
- Daily housekeeping service
- Wi-Fi throughout the hotel









YOUR STAY · 2 NIGHTS

Your Clifftop Sanctuary *in Uluwatu*

7 – 9 MAY 2027

Imagine waking up surrounded by forest, watching the light change over the Indian Ocean, and falling asleep to the quiet sounds of nature.

Award-winning for its eco-conscious design, this is a sanctuary built from reclaimed wood, where luxury and sustainability walk hand in hand. Between ocean views, sunset rituals and time to integrate everything you've lived, this is where the journey settles within you.

AT THE RESORT

- **Wellness:** sauna, hot and cold plunge pools overlooking the ocean, an infinity pool and a Pilates Reformer studio
- **Spa:** ocean-view spa offering massages and Balinese rituals
- **Fire pit** for evening gatherings
- **Dining:** two restaurants, Bukit (ocean views) and Octagon (forest views), with vegetarian, vegan, Ayurveda-inspired, Western and Indonesian options







DAY BY DAY

Your *Journey*

UBUD · DAYS 1–3



01 FRIDAY · 30 APRIL

Arrival · Welcome & Slow Down

UBUD

MORNING	Private transfer from Bali Airport (DPS) to Ubud. Watch the temples, offerings and rice fields along the way.
AFTERNOON	Check in, rest by the pool and settle in. Late afternoon: a Balinese flower bath.
EVENING	Free evening.

"For these ten days, I choose to slow down, care for myself and let Bali transform my energy."



02 SATURDAY · 1 MAY

Grounding · Tegallalang Rice Terraces

TEGALLALANG & UBUD

MORNING	Wellness practice at the hotel with Carol, then the emerald Tegallalang Rice Terraces.
AFTERNOON	Balinese Spice cultural experience at the hotel.
EVENING	Ubud Palace, in the heart of town.

Feel the earth beneath your feet and let your intentions take root.



03 SUNDAY · 2 MAY

Letting Go · Tirta Empul Sacred Waters

TIRTA EMPUL & SURROUNDINGS

MORNING	Morning meditation and a visit to Tirta Empul water temple and its sacred springs.
AFTERNOON	Return to the hotel for an Energetic Healing session with Carol.
EVENING	Free evening.

Let the water carry away what no longer belongs to you.

Your *Journey*



04 MONDAY · 3 MAY

Flow · Kanto Lampo Waterfall

UBUD · KANTO LAMPO

MORNING	Wellness practice at the hotel with Carol, then Kanto Lampo Waterfall.
AFTERNOON	Making Canang — learn to craft traditional Balinese offerings at the hotel.
EVENING	Free evening.

Like the water, allow yourself to flow.



05 TUESDAY · 4 MAY

Free Day · Follow Your Own Path

UBUD

Yoga at the hotel, then a day that is entirely yours: rest by the pool, a massage, a walk through Ubud, journaling — or simply doing nothing. Listen to what your body and heart are asking for.



06 WEDNESDAY · 5 MAY

Purification · Melukat

UBUD

Melukat means "to purify" in Balinese — a sacred water ritual that renews body, mind and spirit. The day includes an opening conversation and spiritual guidance, the purification ceremony with offerings, prayers and blessings, meditation, a flower bath and a final moment of reflection, followed by lunch at the hotel. A free afternoon to rest and integrate.

Release, renew and listen within. One of the most special days of the journey.

DAY BY DAY

Your *Journey*

UBUD → ULUWATU · DAYS 7–10



07 THURSDAY · 6 MAY

Crossing the Threshold · Lempuyang

EAST BALI

DAWN	Very early departure to the Gates of Heaven at Lempuyang Temple.
AFTERNOON	Tirta Gangga Water Palace.
EVENING	Return to Ubud in the evening.

Step through the gate and open yourself to the new. Our longest day — and absolutely worth it.



08 FRIDAY · 7 MAY

Transition · From Rice Fields to Ocean

UBUD → ULUWATU

Breakfast, then a private transfer south with a stop at Melasti Beach — your first encounter with the ocean. Check in at your clifftop sanctuary and, at sunset, Uluwatu Temple and the Kecak fire dance — inspired by the Ramayana, with no instruments: dozens of men seated in a circle create the rhythm with their voices alone.



09 SATURDAY · 8 MAY

Integration · Padang Padang & Celebration

ULUWATU

A morning at Padang Padang, the beach made famous by *Eat Pray Love*. A free afternoon to rest and, in the evening, our farewell dinner to celebrate together everything this journey has awakened.



10 SUNDAY · 9 MAY

Gratitude · Farewell, Bali

ULUWATU

Beach, pool, a massage, coffee with an ocean view and one last Bali sunset, before your transfer to the airport.

The programme may be adjusted if necessary due to weather or local conditions.

MEET YOUR HOSTS

Your *Guides*



Carol de Padua

HOST & CURATOR · CAROL GETS IT RIGHT TRAVEL

Brazilian by birth and international by nature, Carol is a life mentor, energy healer, professional organiser, and travel curator with a passion for creating meaningful experiences. Having travelled through 39 countries, she believes that travel is about more than discovering new places; it is an opportunity to reconnect with ourselves, embrace new perspectives and experience the world differently.

Through her Explore & Realign retreats, Carol brings together travel, nature, wellbeing and personal growth, creating thoughtfully curated journeys that invite people to explore the world beyond the familiar, while reconnecting with themselves along the way.

Dr. Édel Henrique Pontes

FACILITATOR · SCHOOL OF NEUROPRODUCTIVITY

Ph.D. in Neuromarketing, Master's in International Business, author and founder of the School of Neuroproductivity in the United States. Creator of Neuroproductivity and author of *Humano Integrado*, *O Cérebro de Jesus*, *Você É o Que Pensa* and *Caderno da Gratidão*, he has dedicated his career to understanding the human mind and integrating its mental, emotional and spiritual dimensions. As a mediator of international experiences, he invites each participant to expand their awareness, embrace new perspectives and sustain who they truly are — in real life.





Karol Pontes

CO-HOST · KAROL TRAVELLIFE

Karol is a Brazilian travel content creator based in London, sharing adventure and nature journeys on @karol.travellife. She co-hosts the Bali Experience alongside Carol, bringing her love of exploring the world with intention.

INVESTMENT

Investment & *Inclusions*

Private room Your own room throughout the journey	£2,300 pounds PER PERSON
Shared room · one double bed Ideal for couples	£4,000 pounds PER PAIR
Shared room · double + single bed Ideal for friends travelling together	£4,100 pounds PER PAIR

International flights not included. Prices are subject to availability at the time of booking.

WHAT'S INCLUDED

Accommodation

- 9 nights — 7 in Ubud and 2 in Uluwatu
- In Ubud: breakfast and afternoon tea
- In Uluwatu: breakfast and 1 farewell dinner
- Lunch at the hotel on the Melukat day

Transport

- Airport transfers in Bali
- Private transfer between Ubud and Uluwatu
- Private van on excursion days
- Personal travel support throughout

Activities

- Yoga at the hotel and the Reconnect & Realign programme with Carol
- Balinese flower bath on arrival
- Melukat purification ritual
- Tegallalang Rice Terraces
- Tirta Empul Water Temple
- Kanto Lampo Waterfall
- Gates of Heaven · Lempuyang Temple
- Tirta Gangga Water Palace
- Uluwatu Temple and the Kecak fire dance
- Padang Padang Beach
- Balinese Spice experience at the hotel
- Making Canang (Balinese offerings)

NOT INCLUDED

- International flights
- Travel insurance
- Visa on arrival and Bali tourist levy
- Other lunches, dinners and drinks
- Massages and spa treatments
- Personal expenses

Only 10 places

A small group, so everyone feels truly cared for.



YOUR JOURNEY AWAITS

Reconnect, Realign, *Renew*

One day, you'll look back and realise it wasn't just a trip to Bali. It was the moment you chose yourself.

You deserve it — book your spot.

LIMITED TO 10 GUESTS

Bali Experience

Explore & Realign

30 April – 09 May 2027

10 days · 9 nights

Carol Gets It Right Travel

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