



Sacred Island of the Gods
With Dr Mark Vierra
Sept 5 – 15, 2023



Explore the wonder of Bali on this special sacred tour with Dr Mark Vierra and Jim Cramer (Founder of Spirit Tours) on the magical island of Bali. Jim has been leading tours to Bali for over 40 years, including 20 years with Spirit Tours. Savor the Balinese way of life while immersing yourself in Balinese spirituality.

Bali is commonly known as the *Island of the Gods* because of the devout spiritual practices of the Balinese people. On this sacred journey, you'll visit Sanur Beach, Candi Dasa Beach, and Ubud (Bali's cultural center). Experience a wonderful Ramayana Kecak performance on Candi Dasa's gorgeous oceanfront. Enjoy a beautiful rice-field sunrise walk, and snorkeling in a blue lagoon. Participate in a special Balinese ceremony every morning, before chanting the Gayatri Mantra with complementary Bali Mala Beads.

Jim Cramer and his family have a long history in Bali. Thanks to this unique connection, our trip provides special access to sites and temples that few tourists can experience. Open your soul to the deep spirituality that prevails throughout the island. Join us for an in-depth experience that touches the heart of Bali and transforms your heart forever.



SUMMARY OF ITINERARY

Day 1, Tues, Sept 5: Arrive in Bali and relax in Candi Dasa

Upon arrival, we travel to Candi Dasa, a secluded and peaceful seaside area in Eastern Bali. Our home in Candi Dasa is a gorgeous beachfront hotel, the [Ramayana Candidasa Ocean View](#). All rooms are decorated with Balinese harmony in mind. This will be home base for our Bali retreat for the first five days. Feel free to rest from your travels and take a dip in the beautiful pool overlooking the ocean. The evening is for dining on your own at the hotel's peaceful oceanfront dining room.



Day 2, Wed, Sept 6: Opening Circle / Massage / Slow Bali Pace

Every morning before starting our spiritual practice we practice a smudging ceremony with incense, blessing ourselves with water and receiving a flower. The Hindu Trinity: Brahma the Creator, represented by fire; Vishnu the Preserver, represented by water; and Shiva (Siwa) the renewer, represented by flower are all honored and invited into our practice and our day. On Bali, there are two ways to pray: 'mbakti' and 'muspa'. The first is worship through devotion, the second shows respect with flowers. Sarong and Sashes will be handed out following the morning chanting and meditation.

Enjoy a delicious breakfast buffet, followed by a complimentary welcome massage. On this day, we appreciate this simple Balinese way of life where every moment is a gift of harmony and balance. We intentionally slow down to a quieter pace and spend a day of peace and rejuvenation.



The day ends with a blessing at the hotel temple and a Welcome Dinner at our oceanfront restaurant.

Meals Included: Breakfast and Dinner

Day 3, Thurs, Sept 7: Pura Goa Lawah Temple



Following our morning chanting, meditation, and breakfast we travel back along the coast to visit the **Pura Goa Lawah** and receive an in-depth offering from a Balinese priest.

Pura Goa Lawah is one of Bali's holiest temples. It is this temple where the Balinese pray and say goodbye to loved ones they have lost. This will be our opportunity to pray and reflect on those we have lost - our loved ones who have passed. There will also be an opportunity to release unwanted fears, sadness, or to say goodbye to any darkness you wish to leave behind.

In the afternoon, we learn about the beautiful Balinese ritual of flower offerings and flower mandalas.



Dinner is on our own at the Hotel nearby recommended restaurant.

Meal Included: Breakfast

Day 4, Fri, Sept 8: Snorkeling / Beach Relaxing / Balinese Feast Kecak Dance Performance

After our morning spiritual practice and breakfast, you may enjoy an optional snorkel trip to nearby Blue Lagoon with its excellent corals (this extra option also includes lunch). This a very popular site for taking underwater photos. You can opt to relax and sit on the bright, white sand and enjoy the clear waters from the shore.



Upon returning to the hotel, you'll have time to visit the spa, Zen Garden, or pool. Dinner is a Balinese feast, followed by a special Kecak dance performance by local villagers.

Meals Included: Breakfast and Dinner

Day 5, Sat, Sept 9: Water Palace of Tirtagangga



We begin the day with morning chanting, meditation, and breakfast. Then we drive to the water palace of Tirtaangga, stopping for lunch along the way. Tirtagangga means *water from the Ganges* and it is a site of reverence for the Hindu Balinese. It is also a perfect place to celebrate the summer solstice as you immerse yourself in the clear waters and renew your body and soul. The healing waters flow from an underground spring beneath a giant Banyan Tree and is considered holy. The Balinese use the water for temple ceremonies.

The centerpiece of the palace is an eleven-tiered fountain and there are many beautiful carvings and statues adorning the gardens. as well as an amazing stone labyrinth to walk upon the water. The upper pool is for bathing so bring your swimsuit. Just outside the palace grounds, the views of the lush rice paddies of northeastern Bali are stunning.



Meals Included: Breakfast and Lunch

Day 6, Sun, Sept 10: Ubud

After our morning spiritual practice and breakfast, we head to the village of Ubud, the artistic and cultural center of Bali, where we spend 3 days and two nights.

In Ubud, we stay at the luxurious [Komaneka Rasa Sayang Resort](#) located off of Monkey Forest Road, in the center of Ubud's bustling activity. Ubud is the home to Bali's famous art museums and is a shopper's paradise.

The Ubud market has an exotic and vast array of locally produced handicrafts. You have the afternoon to explore Ubud on your own.

Tonight, we have dinner together at the nearby Café Wayan.

Meals Included: Breakfast and Dinner

Day 7, Mon, Sept 11: Sunrise Walk / Balinese Massage / Gunung Kawi Sebatu Temple



This morning you may enjoy an optional sunrise guided walk through the rice fields. After our morning of chanting, meditation, and breakfast, you have time to enjoy Ubud. We can make appointments for those who wish to receive a Balinese massage at Ubud's old style family run Nur Salon with its Mandi Lulur or flower bath massage treatment (one of the most popular optional experiences on our tours).

Later in the afternoon, we visit Gunung **Kawi Sebatu Temple**. It is one of the least visited temple complexes on the island of Bali yet is one of the most beautiful and tranquil. It features verdant gardens around ponds filled with carp and blooming lotuses, and ancient shrines surrounded by crystal clear pools fed by natural springs. The temple is dedicated to the God Vishnu (rules over water); enjoy this sacred temple and collect holy water from Bali.



We return to Ubud for dinner on your own.

Meal Included: Breakfast

Day 8, Tues, Sept 12: Ubud Shopping / Sanur Beach



The morning begins with spiritual practice and breakfast. You have time to do last minute shopping before we transfer to the [Puri Santrian Beach Resort & Spa](#) in Sanur Beach. This beachfront hotel is a short ride from Bali's international airport. Puri Santrian is a modern Balinese resort strategically positioned on the beach at the tranquil southern end of Sanur. We have the afternoon and evening free to relax at their pools or go for an evening swim in the Indian Ocean. Dinner is on your own.

Meal Included: Breakfast

Day 9, Wed, Sept 13: Tanah Lot Temple

Following morning chanting, meditation, and breakfast, we take a pilgrimage to the west coast of Bali, to visit the famous seaside temple, Tanah Lot (Land in the Sea). This temple was founded by a Brahman priest from Java, named Nirartha. He is believed to have been seen meditating on this rock in the 16th Century. The local villagers saw a light shining down where he was meditating and built a temple there in his honor. The temple sits on a large offshore rock, which has been shaped continuously over the years by the ocean tide. At the base of the rock is a holy freshwater spring; we receive blessings before our prayer service and then have exclusive access inside the holy temple where tourists are not allowed.



Meal Included: Breakfast

Day 10, Thurs, Sept 14: Free Day – Shop / Beach Time / Spa Time

Early morning chanting, meditation, and breakfast. Today is our final full day in Bali. The rest of the day is free to explore, shop, go to the beach, or spend time at the spa. This evening we have our Farewell Dinner.

Meals Included: Breakfast and Dinner

Day 11, Fri, Sept 15: Closing Circle / Travel Home

Following our final morning of spiritual practice, we close our circle of connection (for now), have breakfast, and depart for the airport for our flights home taking transformation, spiritual insights, priceless memories, and new spiritual practices with us.

Meal Included: Breakfast

PRICING FOR 11-DAYS and 10-NIGHTS LAND PACKAGE:

Per person Double Occupancy: \$3,489

There is a \$800 nonrefundable deposit required to reserve your spot as tours are limited to small groups.

WHAT'S INCLUDED IN THE LAND PACKAGE PRICING:

- All tours, tour transfers and tour ground transportation
- Entrance fees to all group visits mentioned in the above itinerary
- 10 nights at luxury hotels or guesthouses
 - 5 nights at Ramayana Candidasa Oceanview Sept 5th – 9th
 - 2 nights at Komananeka at Rasa Sayang Sept 10th – 11th
 - 3 nights at Puri Santrian Sept 12th – 14th
- All hotel taxes, service charges, and government sales tax

- Daily breakfast at hotels
- Dinners & Lunches as indicated
- Welcome Dinner and Farewell dinner
- Spirit Tours tour coordination services in Bali
- Local tour guide
- Ground Transportation to/from airport
- Porter service (luggage) included at all accommodations
- Welcome Massage
- Balinese Sarong, Sash, and Mala Beads
- Water while traveling in vehicles

WHAT'S EXCLUDED:

- International airline tickets
- Travel & medical Insurance and other items of a personal nature
- Meals, drinks, and activities not specified in the itinerary along with tips, laundry, telephone calls, etc.

PAYMENT SCHEDULE AND CANCELLATION POLICY:

There is a \$800 nonrefundable deposit required to reserve your spot as tours are limited to small groups.

Additional \$1,300 due by January 15, 2023

Remaining balance of total tour cost is due by May 15, 2023

NOTE: We're happy to extend discounts for: paying by check and full payment upfront. Reach out to us directly before making deposit/payments to take advantage of discounts.

If cancelled outside of 90 days of tour date – full refund of total tour cost minus \$800 nonrefundable deposit
 If cancelled between 89 and 61 days – 50% of total tour cost is refundable minus \$800 nonrefundable deposit
 If cancelled within 60 days – No Refund

Trip Insurance (Cancellation/Interruption/Medical) recommended and medical insurance required for all international tours. Assistance with this is available through Spirit Tours.

Spirit Tours, LLC
<https://spirit.tours/>
karen@spirit.tours

Toll Free (844) 478-8728
 PO Box 801893
 Dallas, TX 75380