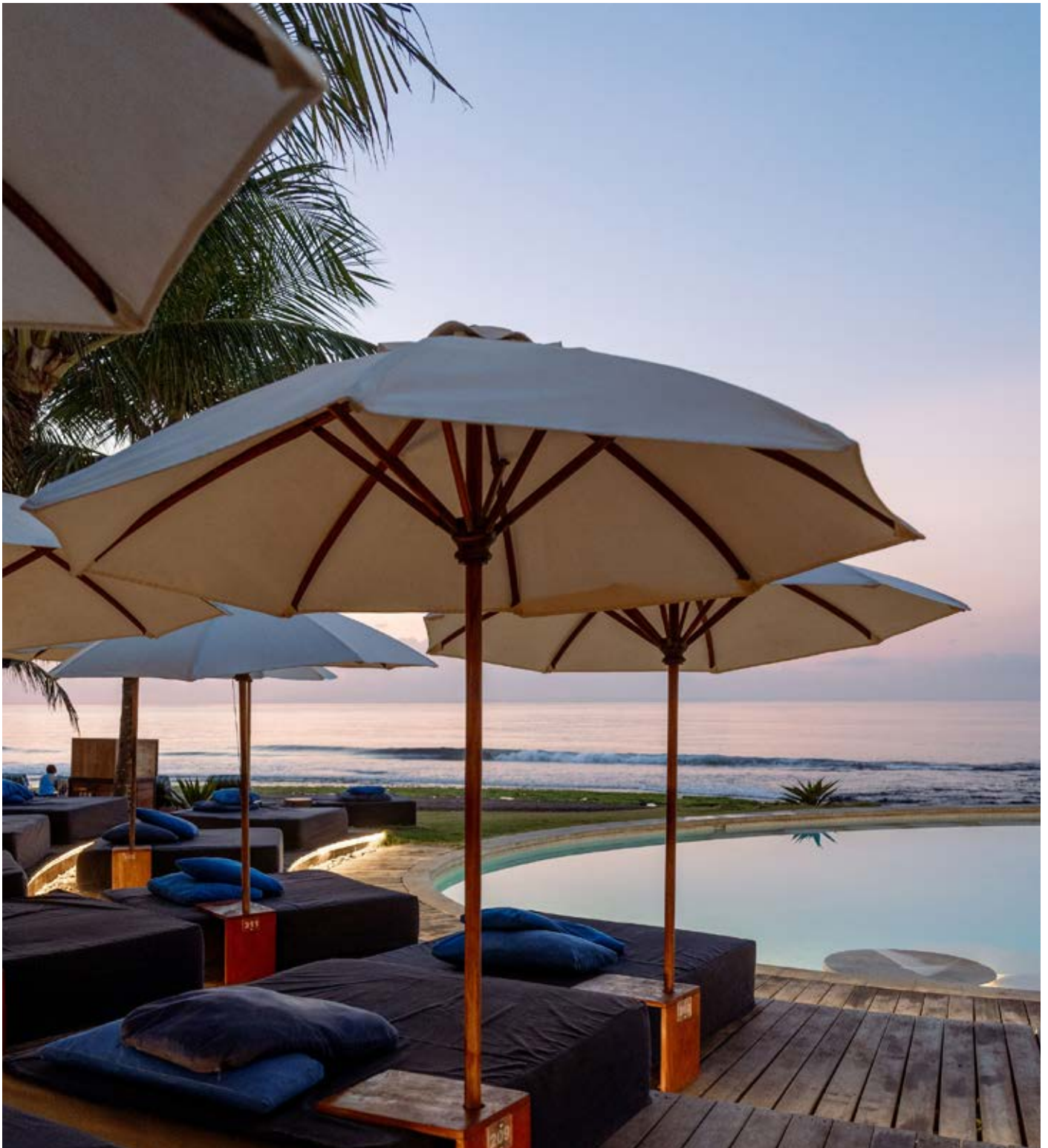


Bali Yoga Retreat & Conference

KOMUNE RESORT



Bali

Retreat in
indulgent luxury.



Join us on a transformative journey to the secluded unspoilt East Coast of Bali, where lush landscapes, sun-kissed beaches, and vibrant culture await. Our 6-day, 5-night retreat offers a unique blend of relaxation, exploration, community and personal growth.

Bali Retreat Inclusions

- 6 days, 5 nights in luxurious accommodation
- Welcome drink & cool towel on arrival
- Opening blessing, dinner & farewell party
- Yoga mat, props & bolster provided
- Week long yoga immersion (Multiple classes including: Hatha, Sound Healing, Yin, Yoga Nidra, Vinyasa +more)
- Daily morning & evening yoga sessions
- 3X nourishing gourmet meals each day
- 1X Ice Bath recovery session & Aerial Yoga class.
- 1X Traditional Balinese cooking class
- Full access to Komune's premium resort facilities including fully equipped gym & 2 resort pools.
- 2x bottles mineral water in room replenished daily
- Free high-speed Wi-Fi throughout rooms & resort
- Free flow mineral water throughout resort

Not Included

All flights/travel

Airport transfers

Alcoholic beverages & personal purchases

Travel & medical insurance (mandatory for all participants)

Additional Food and drink outside of set meals

Excursions & additional spa treatments



Choose your yoga journey

Respond to what your body and soul needs, design your own retreat each day. Select from different fully optional yoga, sound healing & wellness sessions. Each one tailored to suit all ability levels and carefully matched to the resorts four different beachfront and jungle yoga shalas. The retreat will feature 5 days of yoga immersion with multiple sessions from different teachers to choose from each day.





Yoga

Do as much or as little yoga as you like each day. Sleep in, read a book and enjoy the evening classes or start your retreat early and take in a full day.

Some highlights of the week will include:

Asana (Yoga Flows)

Vinyasa Flows, Hatha Yoga, Slow Flows & Ashtanga Yoga.

Relaxing Yoga

Yoga Nidra, I-Rest, Yin Yoga & Restorative Yoga.

Sound & Ceremony

Breathwork, Kundalini Yoga, Cacao Ceremony & Sound Healings

Workshops

Vedic Meditation, Aurvedic Health, (Prei)menopause Yoga, Chant & Mudras.

Sample Day

Meditation / Breathwork

6:30 - 6:45am (Garden Shala)

Sunrise Yoga

7 - 8:00am (Beachfront Shala)

Breakfast

8 - 9:00am (Jungle Health Hub)

Yoga

10am - 12pm (Jungle Shala)

Lunch

12 - 1pm (Jungle Health Hub)

Workshop / Wellness Session

1:30 - 3:30pm (Jungle Shala)

Afternoon Yoga

4 - 5pm (Garden Shala)

Sunset Breathwork/Meditation/Nidra

5 - 6pm (Beachfront Shala)

Dinner

6pm (Jungle Health Hub)

Restorative Yoga / Singing Crystal Bowls

(Garden Shala) 7:30 - 8:30pm

Social Hour / Relax

8.30 - 9.30pm

Daily Meals



3X nourishing meals each day. The resort serves only the freshest, most nutritious meals and drinks in the Jungle Hub catering to all dietary requirements for breakfast, lunch and dinner.

Retreat meals will cater for vegan, vegetarian, pescatarian and gluten-free diets. Komune grow some of their own food on site in their very own organic garden. The rest is sourced and carefully handpicked from local, organic and sustainable farmers.



More than yoga & meals

In addition to daily yoga and meals your retreat also includes:



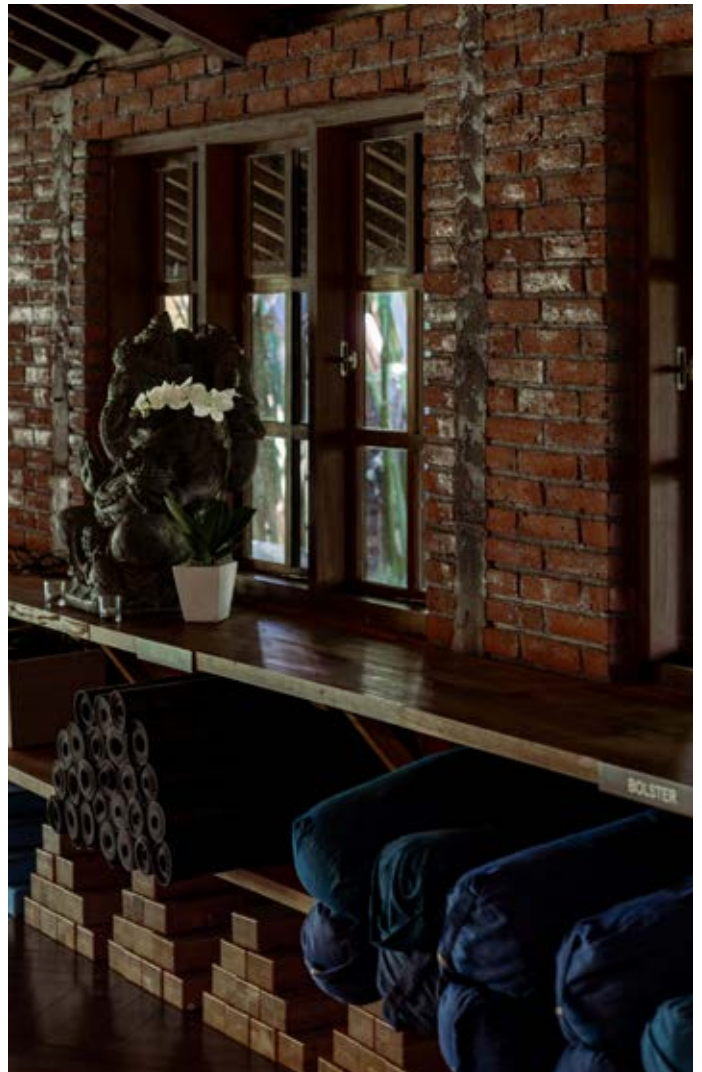
Balinese cooking class



Ice Bath



Aerial Yoga



Props Mats and Bolsters.

Yoga Shalas

Explore yoga, ceremony, workshops and sound across 5 different resort yoga shalas



Garden Shala



Beachfront Shala



Fully AC Jungle Shala



Open Air Jungle Shala



Ocean Yoga Pad

Resort facilities



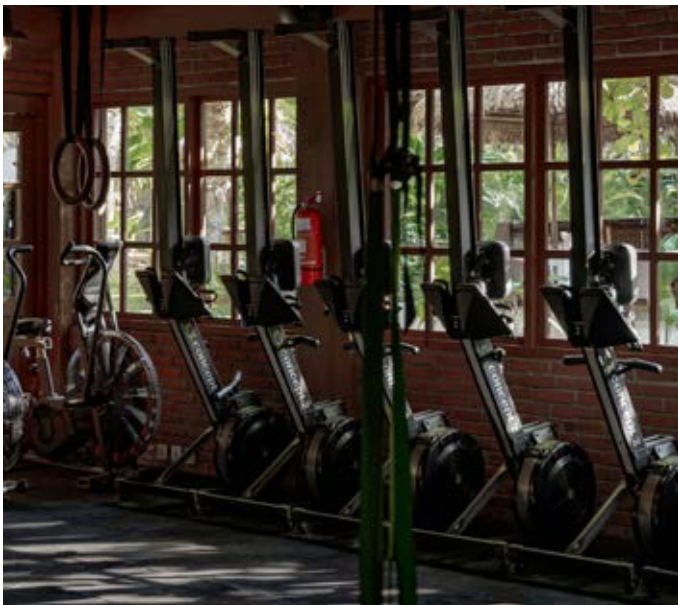
Beachfront Bar & Restaurant

The beach club is designed as your all-day place kick back & listen to tunes, scope the net, check the waves and mix good times with good people.



Jungle Health Hub

Nestled in a tropical jungle amid a village of 200-year-old traditional Joglos you will find the Jungle Health Hub dining area for group meals.



Air Conditioned Gym

Hit the fully equipped air conditioned gym whenever you like with all day every day access included in your retreat. The gym features free-weights and comprehensive cardio equipment.



On-site Day Spa

Treat yourself to extra massages, facials and beauty treatments such as manicures, pedicures and hair styling.*
(*At your own additional cost)

Choose your vibe, beach or jungle?



Komune is unique in being able to offer you the best of both worlds. Relax after yoga by the adults only jungle pool in the Health Hub, a tranquil space with vegan food, lush greenery and the sounds of nature.

Or if the mood takes you unwind at the beach club with a cheeky cocktail* in the pool while you watch the sunset over the rolling waves.

*at your own additional expense

Unspoilt East Bali.



Komune is only a 45minute drive from Denpasar airport but it feels like a world away. Located in East Bali Komune enjoys a calm, local and less developed feel than the South and West of the Island.

Komune is committed to sustainable tourism. The resort employs local villagers who make up 70% of staff. They grow their own organic produce and use solar power. The resort is also plastic bottle free and all of their waste is recycled and processed by a certified waste processing plant.

Komune also ensures 100% of waste water is treated and prevented from entering local waterways and prevents beach erosion by not building any sea walls or barriers. Your stay helps keep Bali beautiful.



Resort accommodation options.

Twin Room



Private Room



All rooms include:

- Private bathroom
- Air conditioning
- Separate closet
- Luxury linen
- Robes & towels
- Work desk
- Tea & coffee facilities
- In room safe
- WiFi & Cable TV
- Hairdryer

