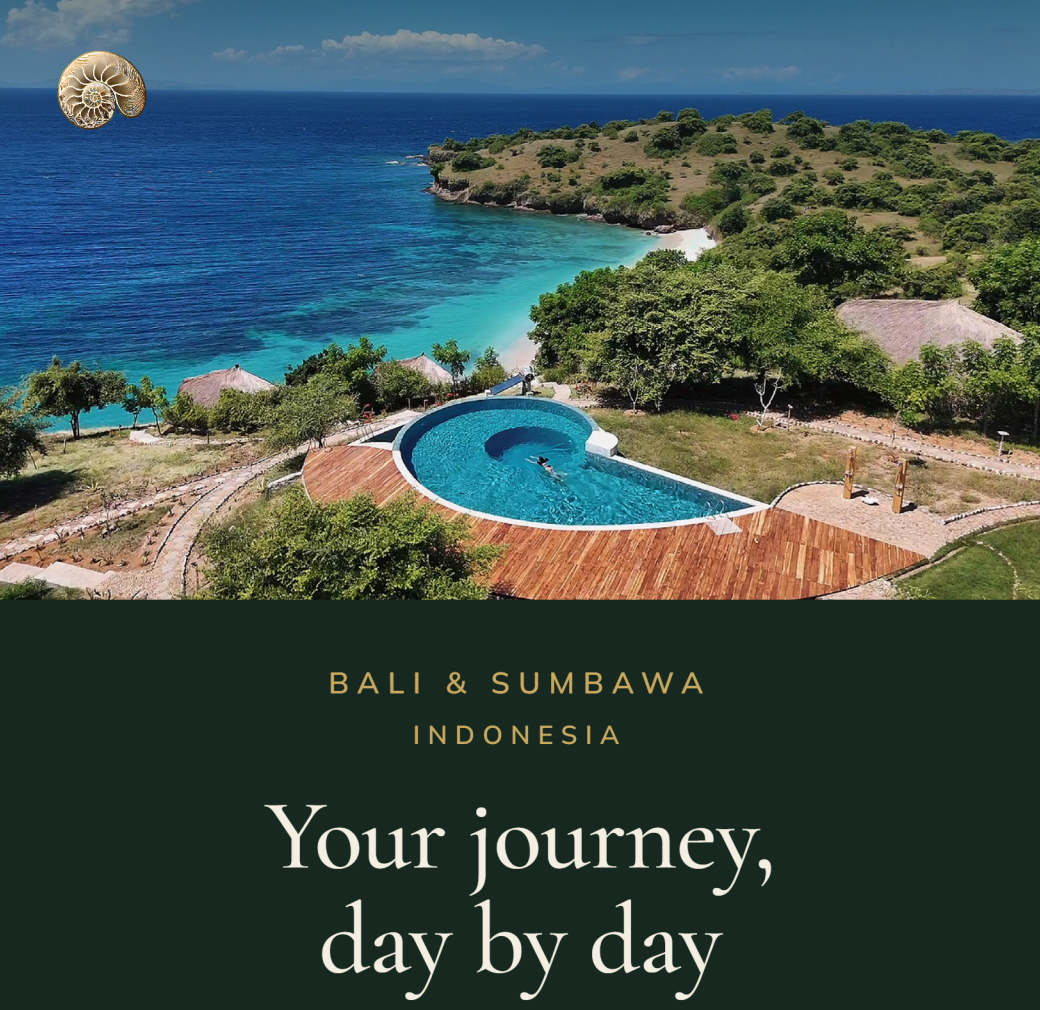




BALI & SUMBAWA

INDONESIA

## Your journey, day by day

From the rice fields of Ubud to the stillness of the ocean — a slow unfolding of eight days.

### BEFORE ANYTHING ELSE

## Book your Bali – Bima flights

Flights between Bali (DPS) and Bima (BMU) are **not included** in the programme and are booked by you. All airport transfers on both islands are included.

### DAY 3 · BALI → BIMA

**09:35** TransNusa — **our recommendation**

**11:40** Wings Air

### DAY 8 · BIMA → BALI

**11:00** TransNusa — **our recommendation**

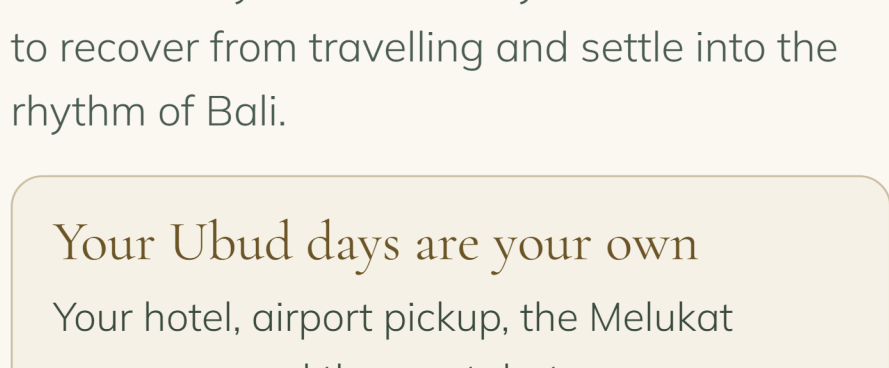
**14:00** Wings Air

### Why TransNusa

TransNusa flies daily, while Wings Air operates only three times a week. Both flights work, but the 09:35 TransNusa includes 20 kg of baggage and brings you to Ocean Mantra Village in time for lunch.

### DAY 1

## Soft landing in Ubud



Your journey begins with a warm welcome at Bali Airport. Our driver meets you on arrival and takes you to Arya Arkananta, a peaceful hotel surrounded by rice fields.

- Airport pickup and private transfer to Ubud
- Check-in and time to rest
- Optional relaxing massage
- Gentle walk through the surrounding rice fields
- Dinner at Moksa, a plant-based restaurant with a quiet garden setting

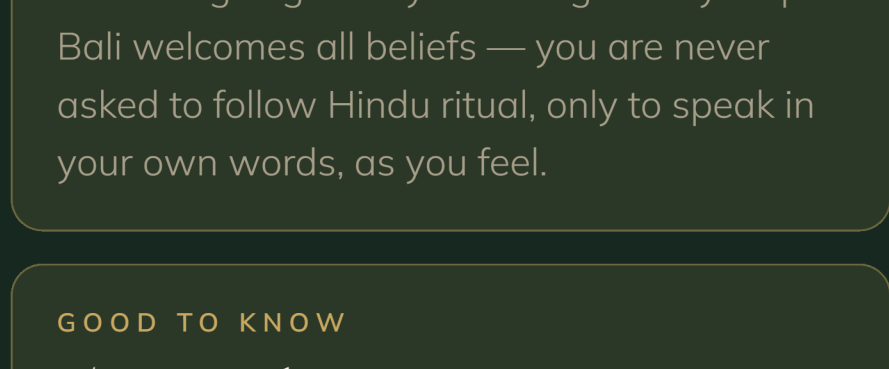
This first day is intentionally unhurried — time to recover from travelling and settle into the rhythm of Bali.

### Your Ubud days are your own

Your hotel, airport pickup, the Melukat ceremony and the crystal-stone cave are arranged by us. Meals and massages in Ubud are not included — the restaurants and spa treatments here are our warm recommendations, which you book and pay for yourself. All of them are easy to find online.

### DAY 2

## Emotional and energetic cleansing



The day begins with a Melukat purification ceremony in a Balinese temple. Guided by a local Mangku, a Balinese priest, this water ritual supports emotional release and a fresh inner beginning.

- Melukat ceremony with a local Mangku
- Return to the hotel for breakfast
- Lunch at the hotel restaurant
- Time to rest and enjoy the pools
- Crystal-stone relaxation in the hotel's stone cave
- Optional massage
- Dinner at Mana Kitchen, a welcoming Ubud restaurant with fresh, wholesome cuisine

### GOOD TO KNOW

#### Preparing for the water ceremony

The Melukat is performed in water, so bring a swimsuit — you will be wearing it under a sarong, which the temple provides. Expect to be wet from head to toe, and pack a change of clothes for the changing room afterwards.

The Mangku guides you through every step. Bali welcomes all beliefs — you are never asked to follow Hindu ritual, only to speak in your own words, as you feel.

### GOOD TO KNOW

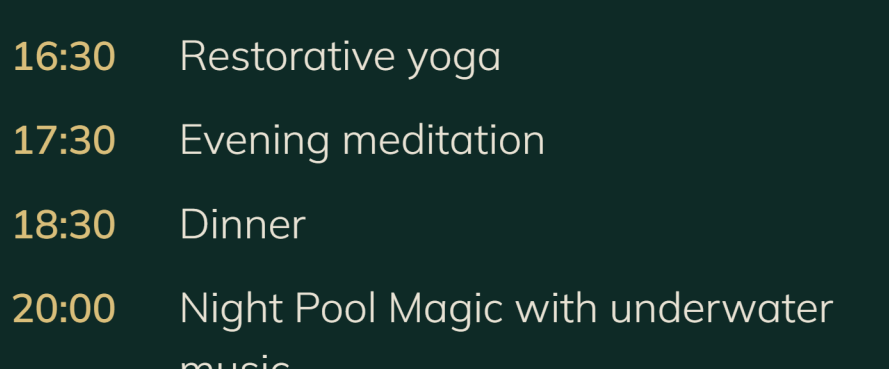
#### The crystal-stone cave

A rare experience: a 60-minute meditation in which you lie in turn on each of the crystal stones, equal time on every one. The energetic cleansing is surprisingly tangible — we recommend it warmly, even to sceptics. We were one ourselves. Try it once and see.

One practical tip: ask the spa for towels before you begin — two, if you can. An hour on cold stone is chilly, and placing a towel underneath is completely normal. You may want something over you as well.

### DAY 3

## From Bali to Ocean Mantra Village



In the early morning you leave Ubud for Bali Airport and the short flight to Bima in East Sumbawa.

**06:30** Departure from Arya Arkananta

**08:30** Arrival at Bali Airport

- Morning flight from Bali to Bima, met by the Ocean Mantra team
- Private transfer through the landscapes of East Sumbawa
- Arrival, lunch, and time to settle into your ocean-view lodge

**16:40** Restorative yoga

- Dinner and rest by the sea

### DAYS 4 – 7

## Ocean connection and renewal

From here you join the group, and everything is included — all meals, practices and guided sessions. Four days settle into the natural rhythm of the village. Yoga, meditation, mindful freediving and unhurried time in nature create space for deep rest.

### No experience needed

Mindful freediving is approached gently, without competition or pressure. The practice is about relaxation, breath awareness, presence, and trust in the water.

### A DAY IN THE VILLAGE

**05:45** Sunrise Theater and tea

**06:30** Morning meditation

**07:00** Active yoga

**08:30** Breakfast

**10:00** Guided underwater meditation

**13:00** Lunch

**14:30** Guided underwater meditation

**16:30** Restorative yoga

**17:30** Evening meditation

**18:30** Dinner

**20:00** Night Pool Magic with underwater music

Follow the full programme or choose the sessions that feel supportive — between practices there is time to swim, walk the beaches, rest by the pool, read or simply be still. The schedule may shift slightly with the weather, the ocean and the group.

### DAY 8

## Return to Bali

One final morning overlooking the ocean before the journey home.

**07:00** Breakfast

**07:30** Departure from Ocean Mantra Village and transfer to Bima Airport

**11:00** Flight from Bima to Bali

**12:00** Arrival at Bali Airport

You leave lighter and calmer, carrying the stillness of the ocean into the next chapter.

### WE ARE A MESSAGE AWAY

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Emergency: **+62 853 3339 9766** · [ocean-mantra.com](https://ocean-mantra.com)

See you where the ocean meets the sky.