

Info Sheet for Bali

Daily Schedule (10 – 19 Jan)

11am – 5pm

* there will only be ONE 20 mins break in between. Please kindly ensure that you have a full meal before coming to class because there will be no additional breaks. You may also want to consider packing some light snacks for the 20 mins breaks as you will not have time to go buy something.

The Venue

The Yoga Barn

Jln. Raya Pengoseken

Gianyar 80571

Ubud – Bali, Indonesia

Tel: +62361 971 236 OR +62361 971 407

Yoga Props

All yoga mats and props will be provided by the studio.

Tropical Climate

Bali has a tropical climate all year round with a high daily temperature of around 30 degrees Celsius (86 Fahrenheit) and is highly humid most of the day. Simple cotton tanks and crops or shorts will be appropriate for this temperature. Avoid thick clothes because you most probably will never wear them. January is also typically the rainy season for Bali. Do bring umbrellas, ponchos and flip-flops, though these are easily available for sale in Bali.

Getting to Bali

All international students must fly to Denpasar (DPS) Ngurah Rai International Airport in Bali. Ubud is about 75 – 90 min taxi ride from the airport. You can easily hire a cab from the airport to get to Ubud. It will cost around 400,000 rupiah (approx. US\$28). You will need to negotiate the rate before you board because the taxis often do not use meters in Bali. Taxis only accept **cash payment** in Indonesian Rupiah.

Visa to Bali

Visa Free Entry on arrival for 30 (thirty) days free of charge is available for nationals of more than 140 countries. All tourist visas are only valid for 30 days (non-extendable), your arrival day is counted as your first day, and you must leave the country on the 30th day. If you know you will stay longer than 30 days, you may apply for Visa on Arrival (US\$35 cash) with an agent once you are in Bali. You will be required to make a day trip to Denpasar (90 mins ride) to get the visa extended though. You are not allowed to miss any lesson during the training to get this done. Please do so before or after the training. Your passport must be valid for a minimum of 6 (six) months from the date of entry into Indonesia. However, the immigration rules in Bali changes frequently. Please check with your local Indonesian embassy for any updates before you travel.

Accommodation

Alaya Resort Ubud (5*Hotel)

Our Rate: IDR 1,800,000 net/room/night including breakfast (approx. US\$125)

Hotel's Rate: IDR 2,107,000 net/room/night including breakfast (approx.. US\$146)

Booking Code “**alyinspirationgroup2020**”

Contact: Anik Yuliastini, Sales Executive

Email: **sales2.ubud@alayahotels.com**

Website: www.alayahotels.com

Ubud Aura (3*Hotel)

Email : **yustiani@ubudaura.com**

Website : **www.ubudaura.com**

Please quote « Sarah Powers Yin Training » for special rates.

Ubud Aura has 14 rooms with specification below:

1. Suite (5 rooms) – 875,000 rp nett/nite

This unique 45sqm Suite room has exquisitely carved majestic teak doors. Further equipped with king size bed, triple or twin-size bed. Self controlled air conditioner, 42' Satellite LED TV, Mini Bar, Coffee/ Tea Making facilities, IDD Telephone, Personal safety box and wireless internet connection, en-suit bathroom with bathtub and rain drop shower

2. Deluxe (3 rooms) – 750,000 rp nett/nite

42sqm deluxe room choice of king or queen bed, allows you to truly take advantage of the unique surroundings of Ubud Aura Retreat Centre. You can relax on your own spacious outdoor verandah surrounded by tropical gardens, natural breezes and sunlight. Self controlled air conditioner, Satellite TV, Mini Bar, Coffee/ Tea Making facilities, IDD Telephone, Personal safety box and wireless internet connection, en-suite bathroom with bathtub and rain drop shower

3. Superior (2 rooms) – 575,000 rp nett/nite

The superior room has simple, calm décor with elegance. Situated on the second floor of the building, equipped with single bed or queen bed. Self-controlled air conditioner, Coffee/ Tea Making facilities, IDD Telephone, Personal safety box and wireless internet connection.

4. Garden (2 rooms) – 450,000rp nett/nite

Situated in our beautiful garden floor, just on step to the pool. You can truly enjoy the Ubud Aura surroundings. The 14sqm rooms are designed in the simplest way with single size bed and en suit bathroom. Self controlled air conditioner, IDD Telephone, Personal safety box and wireless internet connection.

5. ZEN (2 rooms) – 320,000rp nett/nite

A budget traveler's room with simple and basic furnishing. The traveler has the feel of nature when inside these compact light and airy rooms with trees at the windows. The rooms are designed in the simplest way for a single person. A ceiling fan, and communal balcony leads to the shared shower room located outside the room.

Airport Pickup : Rp. 375,000

Airport Dropoff : Rp. 350,000

*Free motorbike transport within Ubud town. Includes daily breakfast, wifi, drinking water, 1 free 30 mins back massage and 10% discount spa treatment.