

## **Additional Information – Bali Training**

### **Daily Schedule (March 27 – April 3, 2021)**

11am – 5pm

Please note: There will only be ONE 20-minute break each day approximately mid-way through the teaching. Please 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-minute break as you will not have time to go buy something.

### **The Venue**

Radiantly Alive

**Address:** Jl. Jembawan 1 No.3, Ubud, Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

**Phone:** +62 361 978055

### **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.