



Return to the Heart Retreat - Bali - May 2025

Event Overview

Dates: 19th – 26th May 2025

Location: Ubud – Bali Indonesia

Accommodation: 7 nights half-board - 5* Hotel Retreat Space

Retreat Experience

Escape to the Hidden Serenity of Bali for a transformative week-long retreat focused on rejuvenation, relaxation, rest, and reset. Set amidst the lush rice paddies of Ubud, our luxurious accommodations offer a seamless blend of modern comfort and authentic Balinese tradition, providing the perfect backdrop for your journey towards holistic well-being.

Your retreat begins with a Sacred Water Healing Ceremony, an age-old Balinese practice to cleanse the body and spirit. As you immerse yourself in the sacred waters, you'll feel the stress and tension wash away, leaving you refreshed and renewed.

Participate in a Flower Ceremony at our serene venue, where the vibrant colours and delicate scents of blossoms enhance your sense of peace and tranquillity. This ritual, steeped in Balinese tradition, serves as a beautiful reminder of the island's spiritual richness and natural beauty.

Venture into history with a visit to Goa Gajah Cave, an archaeological wonder dating back to the 9th century. As you explore its intricate carvings and ancient relics, you'll feel a palpable connection to Bali's storied past. Continue your historical exploration with trips to Tirta Empul and Gunung Kawi Cave Temples. At Tirta Empul, partake in a purification ritual in the sacred springs, while at Gunung Kawi, marvel at the majestic shrines carved into the cliffside, each telling tales of ancient kings and deities.

Witness the breathtaking beauty of Tanah Lot Temple, an iconic sea temple perched on a rocky outcrop. This stunning site offers not only spiritual solace but also mesmerising views, especially during sunset when the temple is silhouetted against a fiery sky.

Delve deeper into Bali's spiritual heart with a visit to Besakih Temple, known as the "Mother Temple." This grand temple complex, nestled on the slopes of Mount Agung, is the holiest and largest in Bali. Here, you'll experience the island's profound spirituality and gain insight into its intricate rituals and traditions.

Reconnect with nature on a waterfall excursion, where the sight and sound of cascading water provide a soothing balm for the soul. As you hike through lush landscapes to reach these hidden gems, the physical activity combined with the natural beauty will leave you feeling invigorated and at peace.

Dive into the rich culinary heritage of Bali with a Traditional Balinese Cooking Class. Under the guidance of local chefs, you'll explore the vibrant flavours and fragrant spices that define Balinese cuisine. The hands-on experience not only enriches your culinary skills but also provides a deeper connection to the island's culture.

Throughout your retreat, indulge in moments of pure relaxation.

Our luxurious accommodation, is against the tranquil backdrop of Ubud's rice paddies, offering an ideal environment for unwinding.

Enjoy spa treatments, meditation sessions, and yoga classes designed to relax your body and calm your mind, enhancing your overall sense of well-being.

Join us for this incredible week-long retreat in Bali, where the island's natural beauty, rich history, and vibrant culture create a truly unforgettable experience.

Allow yourself to be enveloped by the Hidden Serenity of Bali, as you rejuvenate, relax, and reset in this enchanting paradise.

This 7-day immersive retreat includes Yoga classes, Meditation, Temple Ceremonies, Healing Journeys, Sacred trips and a chance to visit some of the most beautiful sites Bali has to offer.

There will also be the opportunity to receive One to One Energy Alchemy sessions with Charlene receiving some incredible activations and Life changing insights whilst on the incredible lands of Bali.

Our Venue

Our chosen venue is tucked away amongst the vibrant rice paddies of Ubud, enveloped by rows of swaying coconut palms, Hidden Serenity offers a tranquil oasis in Bali, cradled in the renowned warmth of Balinese Hospitality.

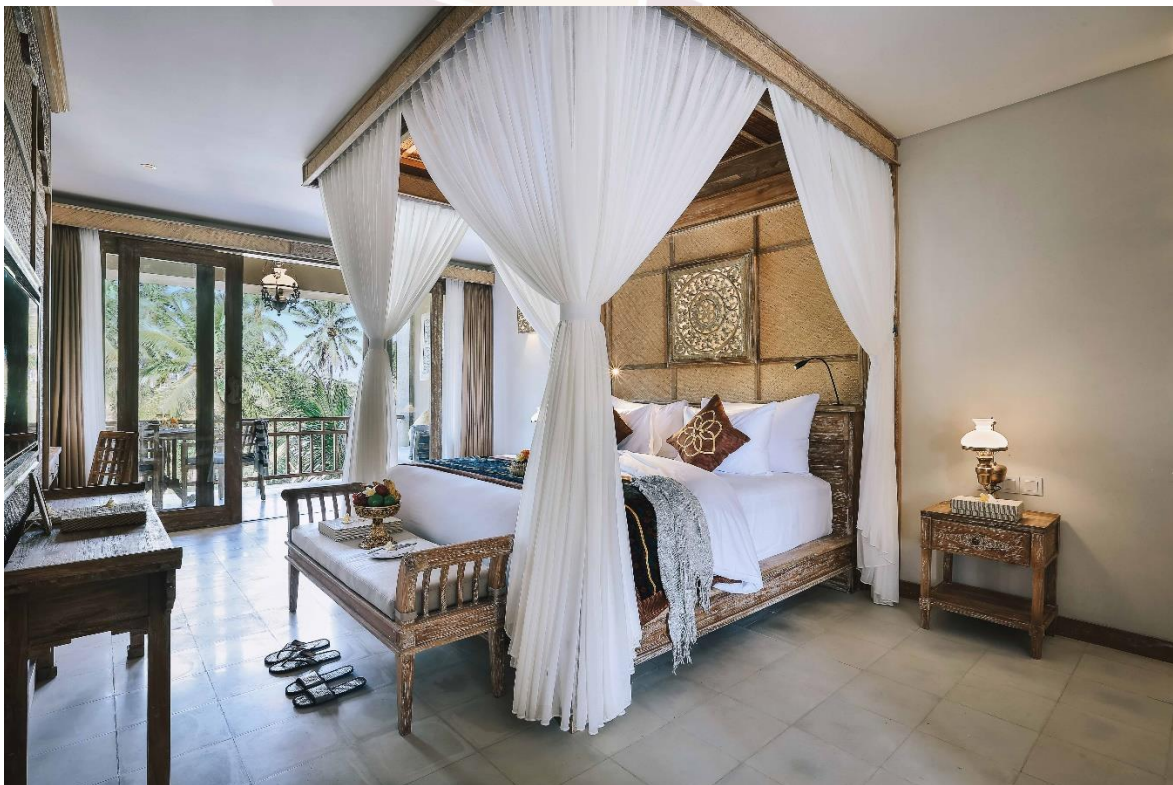
All rooms are air-conditioned and have beautiful ensuite facilities. Each features a private veranda, mini bar, and safe deposit box. LED cable TV, free wireless internet connection, IDD telephone, hot & cold shower and elegant bathroom amenities.

On site, we have two restaurants, Yoga Shalla, Pools, Gym and Spa Facilities.

All airport transfers, trips and half-board accommodation is taken care of by our carefully selected Balinese team.

You will also have the opportunity to book different styles of accommodation all dedicated to luxury and surrounding you in nature so you may relax, unwind and receive on this incredible journey.

Private Deluxe Room – 65 sqm suite.



Price – £2975.00 PP (USD 3825.00 PP) *based on single occupancy*

Price – £2555.00 PP (USD 3285.00 PP) *based upon two sharing*

Deluxe Hollywood Twin Suite – Sharing Option



Price – £2555.00 PP (USD 3285.00 PP) based upon two sharing - (NB. If sharing with a friend there are only 3 x Hollywood Twins available so early booking is recommended)

***Pool Villa – 120 sqm villa with private pool** **(only 4 available)*



Price – £3495.00 PP (USD 4475.00 PP)

Price – £2785.00 PP (USD 3575.00 PP) *based upon two sharing*









Rest, Receive and Reset...

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What You'll See...

Goa Gajah Cave Visit:

Known as the "Elephant Cave," Goa Gajah dates back to the 9th century and serves as an ancient sanctuary. The intricate carvings at the entrance and the serene bathing pools inside make it a fascinating exploration of Bali's spiritual heritage. Visiting Goa Gajah offers a unique opportunity to connect with the island's deep-rooted history and the spiritual practices of early Balinese culture.



Tirta Empul Temple:

Tirta Empul is renowned for its sacred spring, which is believed to have purifying properties. Devotees from all over Bali come here for ritual cleansing in its holy waters. As we partake in this purification ritual, it offers a profound spiritual experience, allowing us to cleanse not just our bodies but our spirits, fostering a sense of renewal and peace.



Gunung Kawi Cave Temple:

This ancient temple complex features ten rock-cut shrines carved into the cliffs, dating back to the 11th century. These monumental carvings are dedicated to ancient Balinese royalty and deities. Visiting Gunung Kawi provides a deep sense of connection to Bali's spiritual and royal heritage, making it a place of reflection and reverence.



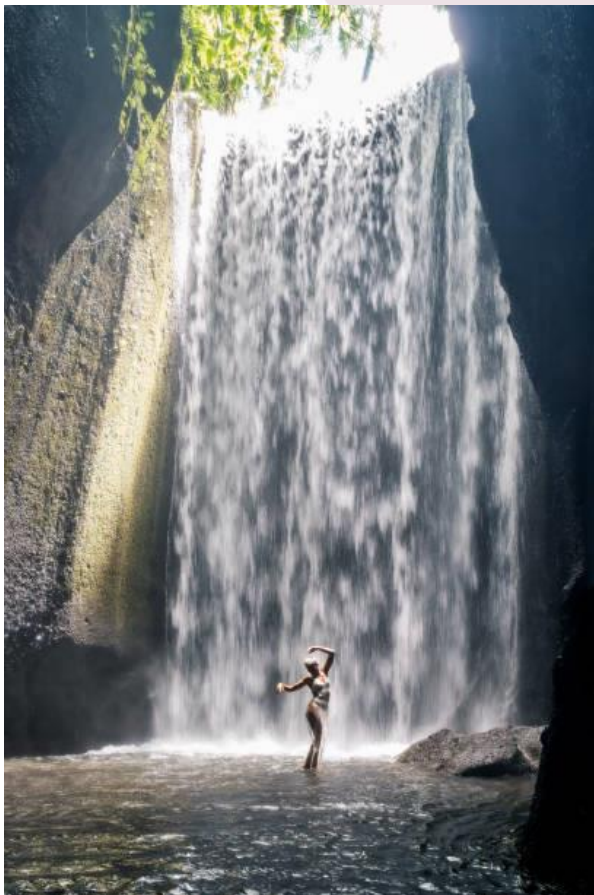
Tanah Lot Temple Excursion:

Tanah Lot, an iconic sea temple, is perched on a rocky outcrop surrounded by the ocean. It is one of Bali's most picturesque and spiritually significant temples, especially revered for its stunning sunset views. A visit here offers not just visual splendor but also a chance to feel the powerful spiritual energy that has made it a pilgrimage site for centuries.



Besakih Temple:

Known as the "Mother Temple" of Bali, Besakih is the largest and holiest temple complex on the island. Located on the slopes of Mount Agung, it consists of 23 separate temples. This sacred site is central to Balinese spiritual life, and our visit here provides an unparalleled opportunity to witness and partake in Bali's most profound and ancient religious practices.



Waterfall Excursion:

Bali's waterfalls are not just natural wonders but also hold spiritual significance for the local people. The flowing water is seen as a symbol of purification and renewal. Visiting these majestic falls allows us to immerse ourselves in the natural beauty and spiritual cleansing that these sacred sites offer, leaving us feeling refreshed and rejuvenated.

These visits are designed to deepen our understanding of Bali's rich spiritual tapestry and provide moments of reflection, peace, and connection to the island's ancient traditions.

Join Us

Are you ready to rest, receive, and reset while exploring the magical lands of Bali?
Join us for an unforgettable retreat and secure your place today!

For more details email: hello@trinityretreats.com

To reserve your place, please find the deposit link below:

<https://buy.stripe.com/4gw9DK9COFpKdpubJ4>

We look forward to journeying with you...

Further Information

- Retreat Start Date Monday 19th May 2025
- Flight arrivals Denpasar Airport (DPS)
- Retreat End Date Monday 26th May 2025
- When arranging International Flights please ensure they are scheduled to arrive before the retreat start date
- Prices quoted in both GBP & USD (correct as of July 2024) Please note that fluctuations may occur due to changes in exchange rates.
- All prices quoted exclude International Flights & Visa
- Travel Insurance is mandatory for all participants
- Terms & Conditions will be provided