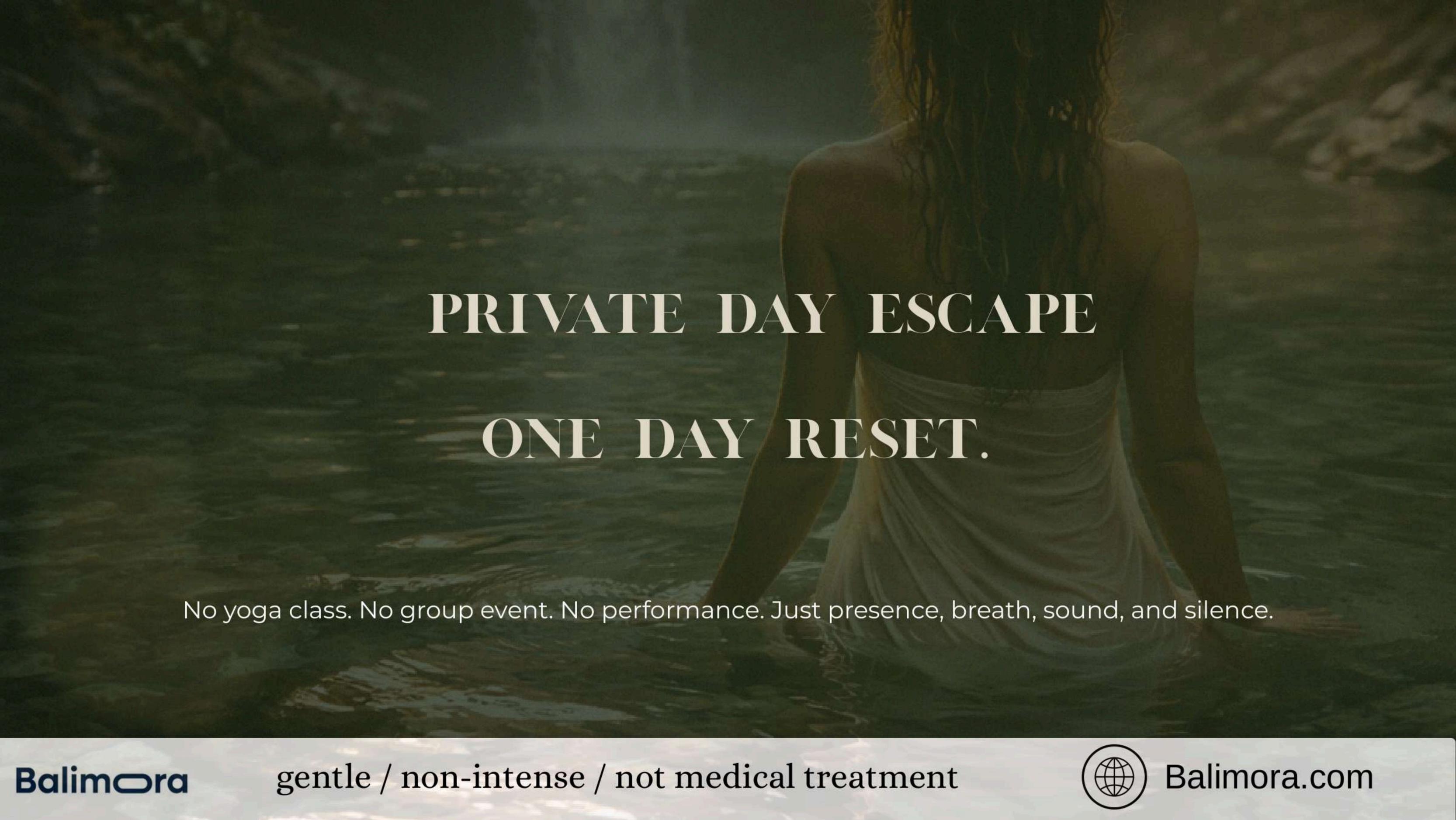




BALIMORA





**PRIVATE DAY ESCAPE**

**ONE DAY RESET.**

No yoga class. No group event. No performance. Just presence, breath, sound, and silence.

**A quiet, private reset to reduce mental noise, release tension, and return to clarity – calmly guided, without pressure, performance, or “retreat drama.”**

Format: Private · 1–4 guests · 9:00-18:00 · Nature-first ·  
Covered Plan B for heavy rain / thunderstorms

# One Day ResetFlow

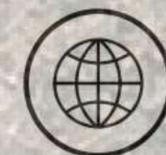
## (Step-by-step, with timing)

*All times are approximate windows. We keep the rhythm calm and flexible, adjusting to your sleep, energy, and sensitivity level.*

# 1. Morning Reset

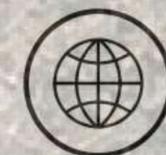
**A soft landing — no rush, no small talk pressure.**

**A quiet, nervous-system-friendly start — gentle breath regulation, simple grounding, and a few minutes of guided stillness. No intensity, no pressure. Just enough structure to feel calm, clear, and “back in your body.”**



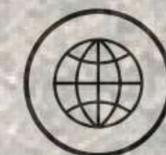
## 2. Nature & Restoration

**We anchor the day in low-crowd Bali nature (rice fields, gardens, waterfalls, mountains — chosen for privacy and mood). Then we protect spacious rest blocks: pool time, reading, naps, silence. This is where your system actually recovers.**



## 3. Body / Sound Downshift

**A slow body release session to soften common stress areas (jaw, neck, shoulders, hips, diaphragm), followed by quiet sound support (bowls / soft gong accents) with long spaces of silence. It's never a performance — the goal is deep downshifting and safety.**



## 4. Evening Integration

**A warm tea ritual, a soft closure, and an early-night rhythm to protect sleep. Optional light journaling or a single reflection question — then we keep the evening calm, so the reset continues overnight.**



# What's Included

- Private session for 1–4 guests (no groups, no social pressure)
- A calm, minimal structure — no performance, no “spiritual show,” no intensive practices
- Flexible time windows (no rigid timetable)
- Short pre-check-in via WhatsApp to understand your needs and energy level and Quick alignment on your wishes.
- Weather backup plan
- Tea + water
- Closing integration + take-home micro-tools (7-day re-entry)

# Add-Ons

- First Light Breakfast Ritual | from \$45-90 pp
- Private Sound Session | \$120-220
- Calm Waterfall Slot | \$60-140
- Linen Picnic | from \$70-160
- Private Craft + Tea (atelier) ceramics/flowers in a small studio, private slot (60-90 min) | from \$60-150 pp
- Golden Hour Dinner (chef-to-villa light) calm 2-3 course dinner at your villa (90-120 min) | from \$45-90 pp
- Return Home Kit (7-day reset) \$25-45

# Privacy levels Add-Ons

## 1) Standard Private (Included)

Private by design — calm, curated, low-crowd.

- Private format for 1–4 guests (no groups, no social pressure)
- Curated daily rhythm + gentle pacing

## 2) Executive Privacy (+20%)

For founders, executives, public-facing guests — privacy-first handling.

- “No-exposure” approach: we minimize visibility in transit + during experiences
- Tighter timing choreography (arrivals/departures planned to avoid crowds)

## 3) Ultra Discreet Mode (+50%) — By Request

Maximum discretion, villa-first delivery, dedicated logistics.

- If needed: retreat delivered primarily at your villa (minimal external exposure)
- Dedicated standby logistics (driver / coordinator availability, flexible rerouting)

# Booking Options

## **Option 1 “Full Control” (Most Popular)**

You simply tell us:

- your date window
- number of guests (1–4)
- where you’re staying
- 1–2 words about how you feel (e.g., “overloaded,” “jet lag,” “burnout”)

*We take care of the rest and send you a clear booking confirmation.*

## **Option 2 “Co-Create” (Choose Together)**

We propose 2–3 simple versions of the session (e.g., more breath, more body release, more nature stillness) and you choose what feels best.

# Investment & booking

**Early Bird:** 10% off (30+ days in advance)

**Micro Credit:** If you extend into a 3–7 day retreat within 14 days, 50% of your micro rate is credited (not combinable with Early Bird)

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# Investment & booking

**\$490 per person** (private, based on 2 people).

## **Typical window:**

Your exact start time is confirmed after booking,

## **Location & Transfers**

**Ubud** included vs outside Ubud quoted case-by-case

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