

BALIMORA



5-DAY CORE JOURNEY

5 DAYS / 4 NIGHTS

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

***A private, minimal, deeply regulating retreat designed to bring you
back to your core —
physically, mentally, emotionally, and spiritually — without
performance pressure, group
energy, or overload.***

Format: Private · 1–4 guests · 5 Days / 4 Nights
Nature-first

The Retreat Flow

(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.

Day 1 — Arrival & Downshift

Theme: Land safely, soften the body, slow the nervous system.

Check-in + Gentle Arrival (11:00 am–3:00 pm)

- Gentle breath regulation (no pushing, no intensity)

Downshift Session (3:00–4:30 pm)

- Gentle breath regulation + massage

Nature Restoration (6:00–7:00 pm)

- Slow walk or calm nature time

Welcome Dinner + Deep Rest (7:00–9:00 pm)

- Early, nourishing dinner

Day 2 — Deep Restoration

Theme: Deepen recovery, release stored tension, quiet the mind.

Morning Reset (5:00–9:00 am)

- **Gentle awakening practice (slow, supportive, grounding)**

Nature & Restoration (10:30 am–3:00 pm)

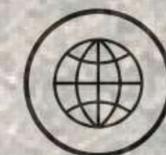
- **Protected nature time (low stimulation, no crowds)**

Afternoon Body / Sound Reset (3:00–6:00 pm)

- **Deeper physical release session**

Featured Live Sound Evening (7:00–9:30 pm)

- **Core set: gong, handpan, singing bowls**



Day 3 — Mind & Emotional Quiet (Clarity + Breathwork)

Theme: Clarity + inner quiet.

Morning Reset (5:00–9:00 am)

- Gentle awakening practice slow, supportive, grounding)

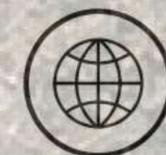
Nature & Restoration (10:30 am–3:00 pm)

- Protected nature time (low stimulation, no crowds)

Body & Sound Reset (4:30–6:30 pm)

Sound-guided silence + featured live evening.
(7:00–9:30 pm)

- Core set: gong, handpan, singing bowls



Day 4 - The Spiritual

Goal: a clean energetic reset — respectful, grounded, not performative.

Morning Reset + Clarity (5:00–9:00 am)

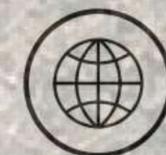
- **Practical “back-to-life” tools (simple, realistic)**

Nature & Restoration (10:30 am–2:30 pm)

- **Water Purification Ritual (Melukat-style, private)**

Body & Sound Reset (3:30–5:30 pm)

Evening Integration (6:30–9:00 pm)



Day 5 — Integration & Closing

Theme: Hold the calm, take it home, avoid “snapping”.

Morning Reset + Clarity (5:00–9:00 am)

- **Practical “back-to-life” tools (simple, realistic)**

Integration Block (10:00 am–1:00 pm)

- **Calm tea closing + Simple 7-day plan**

Check-out / Transfer (11:00 am–3:00 pm)

- **Departure aligned with your travel timing and energy**



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
- Daily breakfast
- Light lunch + Tea & snacks
- Local transfers (as arranged)

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.

Booking Options

Balimora “With Villa package”

- Curated private villa base (selected for calm, privacy, and reliable logistics).
- Private retreat guidance + curated practitioners (no groups).
- Daily breakfast.
- Light lunch.
- Tea & snacks.
- Local transfers during the retreat.
- Dinners.

Balimora “Without villa” option

Without Villa means you book the **private retreat experience only** — and we deliver it **at your location** (your villa / hotel / private retreat space), or at a curated Balimora nature spot if preferred.

What’s included (without villa):

- Delivery at your accommodation (if suitable: quiet space, open-air area, or private room)
- Optional nature locations when appropriate (low-crowd routing)

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
- Optional add-on: Arrival Easy — \$49 / car (1-4) • Alphard \$89 / car.



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)

Investment & booking

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

Micro Credit: 50% credit with previous Micro Ritual (within 14 days; not combinable with Early Bird).

WHATSAPP +61485707239 → PERSONALISED PROPOSAL WITHIN 24H

Investment & booking

\$3,690 per person (with villa, private, based on 2 people).

Without villa: from **\$1,990 per person**.

Location & Transfers

Ubud included vs outside Ubud quoted case-by-case

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