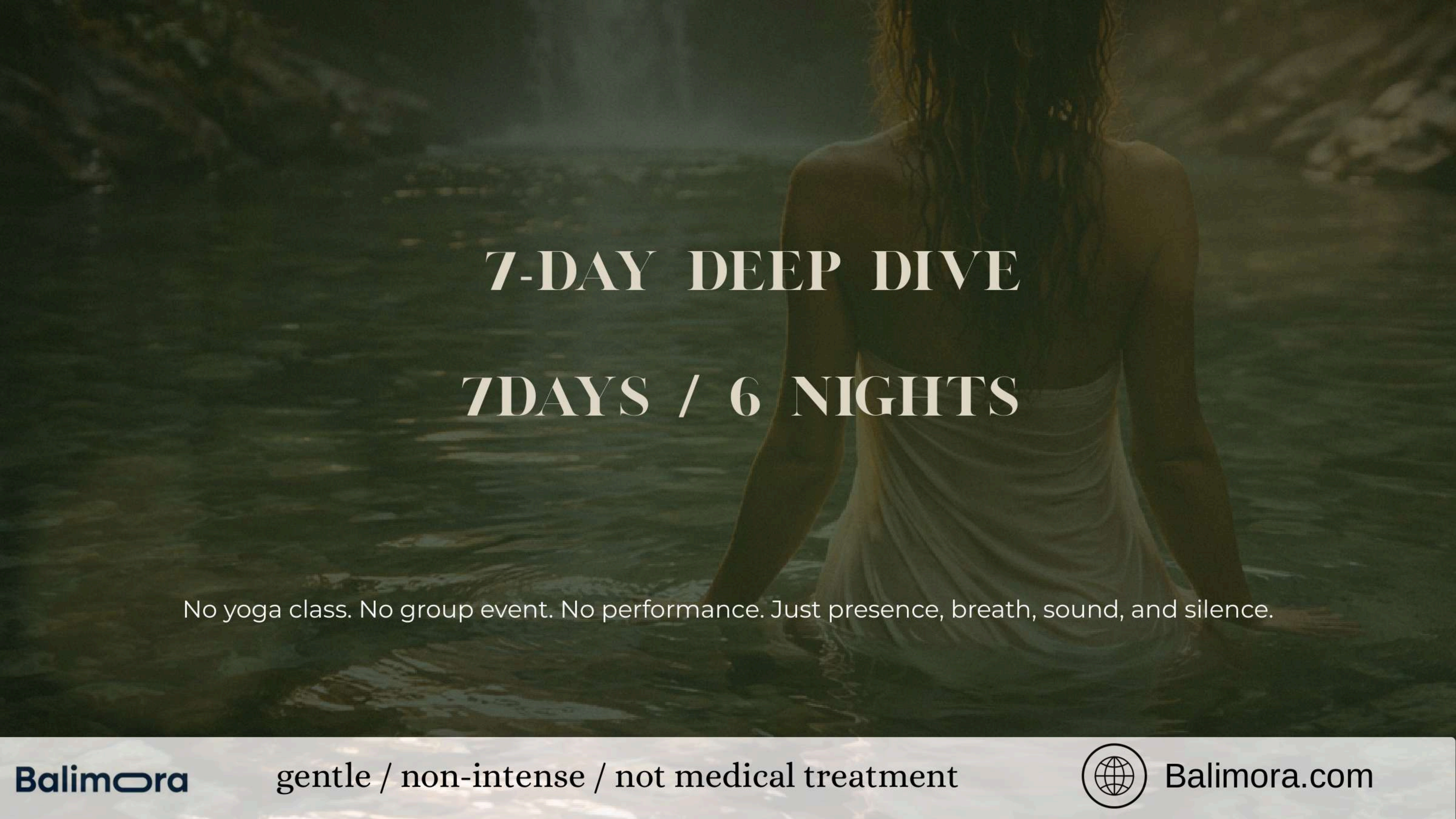




BALIMORA







# 7-DAY DEEP DIVE

## 7DAYS / 6 NIGHTS

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



**Seven days for a true downshift — not only to find peace, but to  
create new inner reference  
points you can return to after Bali. No yoga. No group classes. No  
performance.**

Format: Private · 1–4 guests · 7 Days / 6 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 — Nature Immersion I (Batur)

Theme: volcanic landscape + soft reset + early night.

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

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

## **Nature Immersion Day (10:30 am–3:30 pm) — Weather dependent**

## **Body & Sound Reset (3:30–5:30 pm)**

## **Evening Integration (6:30–9:00 pm)**



# Day 6 — Nature Immersion II (Jatiluwhi / Waterfall)

Theme: UNESCO rice fields or waterfall + sunset integration + closing dinner + featured sound.

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

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

## **Nature Immersion Day (10:30 am–3:30 pm) — Weather dependent**

## **Body & Sound Reset (3:30–5:30 pm)**

## **Evening Integration (6:30–9:00 pm)**



# Day 7 — 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).

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# Investment & booking

**\$4,990 per person** (with villa, private, based on 2 people).

Without villa: from \$2,790 per person.

## Location & Transfers

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

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