



BALIMORA



ANTI-STRESS MICRO NERVOUS SYSTEM RESET

PRIVATE MICRO-RITUAL IN UBUD

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 · 2–3 hours · Nature location in Ubud

The Micro-Ritual 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.

1. Arrival & Check-in (10–15 min)

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

- **Welcome + tea/water**
- **Quick alignment: what you need most today (quiet mind / body release / sleep support)**
- **Before check-in : mental noise / body tension / presence**

2. Downshift Breathing (15–20 min)

Gentle, adapted breathing to guide your body out of stress mode

- **Coherent breathing (steady, non-intense)**
- **Grounding touch (hand on chest / hand on belly)**
- **Slow exhale focus (for immediate nervous system settling)**

3. Restorative Release (45–60 min)

Comfort-based body release — no pushing, no performance.

- **Supported restorative / yin-inspired holds**
- **Jaw–neck–shoulder release (common stress zones)• Hips + diaphragm softening (for deeper exhale and calm)**
- **Long pauses to let the body integrate**



4. Quiet Sound Reset (25–35 min)

A calm soundscape that deepens silence and stabilizes your inner state

- **Gong opens and closes the sound space**
- **Core set: gong, handpan, singing bowls**
- **Silence is part of the reset (no “concert feeling,” no overwhelm)**



5. Integration (15–20 min)

Simple, practical take-home tools — light, realistic, usable.

- **Two micro-tools for the next 7 days (e.g., 3-minute downshift + bedtime unwind)**
- **After check-in (0–10): mental noise / body tension / presence**
- **Calm close + short return-to-day buffer (no abrupt ending)**



What's Included

- Private session for 1–4 guests (no groups, no social pressure)
- 2–3 hour guided reset designed to reduce mental noise and body tension
- A calm, minimal structure — no performance, no “spiritual show,” no intensive practices
- Short pre-check-in via WhatsApp to understand your needs and energy level and Quick alignment on your wishes.
- Weather backup plan
- Tea + water

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



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)

WHATSAPP +61485707239 → PERSONALISED PROPOSAL WITHIN 24H

Investment & booking

1 person: \$190 | 2 persons: \$290 total | 3-4 persons: \$420 total

Typical window: 2-3 hours

Your exact start time is confirmed after booking,

Location & Transfers

Ubud included vs outside Ubud quoted case-by-case

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