



# BALIMORA





SOUL & EMOTION MICRO

PRIVATE SUNSET INNER JOURNEY  
IN UBUD

**A private micro-ritual for letting go at the end of the day — a calm transition from emotional overload into release, inner space, and clarity. Quietly guided, nature-first, in the light of sunset.**

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**



# Breath + Gentle Body Release (35-50 min)

**Release tension without technique pressure or goals**

- **Slow downshift breathing (steady, non-intense)**
- **Jaw/neck/shoulder release (common stress zones)**
- **Soft chest/diaphragm easing (for a longer exhale)**
- **Long pauses to integrate**

### **3. Quiet Sound Frame (25–35 min)**

**Sound supports the process — it's a silent companion, not the main event**

- **The gong opens and closes each session**
- **Core set included: gong, handpan, singing bowls**
- **Extra instruments only if they genuinely support the process**
- **Silence gaps are part of the ritual (no overwhelm)**



## 4. Integration (15–20 min)

**Clear, simple impulses for “after” — practical and everyday-friendly.**

- **1–2 take-home tools (2–5 minutes each)**
- **Optional journaling prompt: “What can be softer now?”**

## 5. Tea Moment (15–25 min)

**A soft close — no abrupt ending, no rush.**

- **Tea & water (included)**
- **Optional After check-in (0–10): mental noise / body tension / presence**



# 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

# 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 area**

**Canggu / Pererenan / etc.:** transfers and location logistics are **quoted case-by-case.**

**WHATSAPP TO BOOK : +49 1512 9087953**

**RECEIVE A PERSONALIZED PROPOSAL WITHIN 24 HOURS**

# 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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# Booking Options

By default, this micro takes place at a nature location in Ubud.  
When you request your session, you can choose the vibe:

## A) Ubud Nature (included)

- Ricefields / garden / quiet natural platform (low stimulation)

## B) Mountain / Highland Sunset (optional upgrade)

- Cooler air, wide sky, “exhale” feeling (location depends on timing + access)

## C) Beach Sunset (optional upgrade)

- Ocean horizon, soft barefoot grounding
- Typically requires transfer coordination depending on where you’re staying (quoted case-by-case)

# Add - Ons

- First Light Breakfast Ritual | from \$45 - 90 per person
- Private Sound Session | \$120 -220 per session
- Calm Waterfall Slot | from \$60–140 per session
- Linen Picnic | from \$70–160 per session
- 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

