



Kelapa Retreat & Spa, Bali - The Island of the Gods

FAQs - Yoga Retreat Package

1) Retreat Location - What can I expect?

Overlooking the Indian Ocean, Kelapa Retreat and Spa is directly situated on an enchanting beach surrounded by a beautifully landscaped coconut garden on the West Bali coastline. Our Balinese staff are extremely friendly and welcoming, always doing their very best to ensure your retreat runs smoothly.

Our yoga platform at the beach is roofed, has a wooden deck and is open on all sides to allow the feeling of being submerged in nature. Bamboo blinds are also fitted for a cosy atmosphere if desired - or to protect against the sun.

You will stay in one of our Ocean or Beach Villas (without private pool). An upgrade is possible at an extra cost on request. Please email us at info@kelaparetreat.com to check for availability.

2) How do I get there?

* We provide airport transfer for our yoga retreat package guests.

Our driver will meet you inside **Ngurah Rai International Airport** when you arrive, holding a sign with your name on it. No fuss and no waiting after a long flight.

Simply sit back in one of our comfortable air-conditioned cars and enjoy the tropical scenery on the way to the retreat.

It takes approximately 2.5 hours from Bali's International Airport to get to our peaceful haven, away from the hustle and bustle of the main tourist hub. Our five-star retreat offers a space of tranquility and relaxation where time slows down and rejuvenation and self-discovery is possible.

Please inform our driver if you would like to sample local coffee or herbal tea on the way.

Please confirm your flight number and time of arrival with us in advance by email info@kelaparetreat.com.

3) What type of Yoga do you teach at the Retreat?

Our friendly certified yoga instructors teach Hatha Yoga, (the traditional foundation of all asana based yoga styles). Lessons include Breath Awareness and Breathing Techniques, Guided Relaxation, Mindfulness and Meditation to help relieve pain, heal, strengthen, bring calmness and balance to restore body and mind to a state of harmony.

4) Do I need to have previous Yoga experience?

It doesn't matter which 'level' you are or how much experience you have. Everybody's body is different with a unique history. We start from where we are and focus on 'How We Are - In The Moment' rather than 'how much we can already do'. Don't worry if you aren't flexible! Not being able to touch your toes is of little importance. Learning patience, self-acceptance and compassion is a huge component of the practice. We want to be able to practice for the rest of our lives, and once you learn the practice it is yours forever to take anywhere you go, so there's no rush!

5) I am a beginner at Yoga – will I be able to keep up?

We cater for all levels and all ages. Whether you're a veteran or a beginner we will guide you according to the journey you are personally on. Special tips and modifications will be provided to beginners.

6) I've been practising Yoga for years – will I be able to learn something new?

The beauty of Yoga practice is that there are so many layers to uncover. We will help you refine and deepen your existing practice. Our instructors are dedicated yoga practitioners who continue to deepen their own practice and love to share the wisdom, insights and stories they've gained.

7) When do the yoga lessons start?

Our Yoga Retreat packages start every Monday morning to ensure quality lessons without unnecessary repetition.

- Guests are requested to arrive either Saturday or Sunday.
- There are 2 lessons per day, Monday - Friday.

8) Which meals and drinks are available at the restaurant?

* A daily healthy organic breakfast is included in your retreat price. Choose from 3 different 3 course breakfast options!

* 1 x extra fresh fruit juice or fresh coconut is included after your afternoon yoga session.

Other meals and drinks will be billed to you before departure.

* **Please visit our website [Restaurant Page](#) to view and download our menu and drinks list.**

9) I have a strict diet – will you be able to cater for me?

Yes we can. Whether you're vegetarian, vegan, require a Halal diet, have allergies or other needs. Please contact us prior to arrival and we'll cater to your special food requirements.

10) Is alcohol available at the retreat?

As well as non-alcoholic mocktails we have a range of alcohol available to purchase from our restaurant including a delicious range of beer, wine and cocktails.

11) I'm going to the retreat by myself – is this normal?

It's wonderful to have your own experiences and we highly encourage it! Kelapa Retreat and Spa is a perfect place to take a break from your normal routine, an opportunity to be inspired by your personal inner journey, have space for creativity and establish your yoga practice.

12) What else can I do apart from Yoga?

We aim to maintain tranquillity at the retreat so that our guests can fully relax, rejuvenate and come 'home' to themselves.

Walk on the endless empty fine silver-grey beach in both directions. A twenty minute stroll along the beach to the original fishing village of Pekutatan with its friendly residents is worthy of a visit. Swim and float while contemplating lush tropical nature in our large infinity pools. Body boards are freely available. The surf beach of Medewi is a short hop away by car. The retreat is also an ideal environment for creatives to access their intuitive flow, whether that be photography, painting, drawing, writing or other forms of artistic inspiration.

Mopeds and mountain bikes are available for rental.

Go on a mountain bike tour with a guide through local rice fields.

Go on an adventure to a hilltop village along a winding road through beautiful landscape to an ancient sacred Banyan tree - so big the road runs through it! It's situated on the ridge of a hill and flanked by clove plantations and a gorge with lush green tropical forest.

We can also drive you and your mountain bike up to the tree so you can enjoy a leisurely downhill ride back to Kelapa Retreat!

* A cultural tour of the local village of Pekutatan with a guide to discover the community's tiny home cottage industries and take in daily village life is included in the price of your booking.

13) What's the weather like in Bali?

We have two distinct seasons here in Bali, the temperature for both is around 30° C. 'Dry' season from April - October, is beautifully sunny and warm during the day and refreshingly cool at night (no less than 25°C). 'Green' season from November to March welcomes a daily shower which keeps Bali beautiful and lush. They normally last for an hour or so, late afternoon or early evening. These showers are nothing to worry about, in fact, they can be a blessing, a great time to indulge in some pampering at our luxury Spa.

14) What time is check-in / check-out?

Check in is any time, each Sunday. Our first yoga lesson starts each Monday.

* If arriving on Saturday, please note that the last yoga session will finish on Friday by 6pm.

15) Which Spa Treatments are available?

There are a range of delicious treatments available at our luxury Spa facing the ocean so that you can deeply relax to the rhythm of breaking waves.

Please visit our Website Spa page to view and download our Samudra (Ocean) Spa Menu.

* 1 x hour long Traditional Balinese Massage is included in your Yoga Retreat package.

16) Do you have internet access at the retreat?

We have complimentary WiFi available. Please bring your own laptop or other device.

17) Is there an ATM nearby?

Yes there are ATMs on the main road near the village. We also provide currency exchange (USD, EUR, AUD and British Pounds).

18) Are there shops nearby?

There are local shops on the main road in the village. The nearest town is called Negara (a 30 minute drive away), here you can visit the traditional market, buy sarongs and other local produce and souvenirs.

19) Is there an age minimum?

Yes, guests must be 18 years or older to attend our yoga lessons. Children's bones are still gaining density and postures held for long periods are not beneficial to structural development.

20) Do I need to bring special yoga clothes?

No, wear anything you are comfortable and can bend in. Stretchy fabric is best. Any kind of T-shirt, leggings or stretchy shorts that will move when you move!

Otherwise, lightweight natural fabrics are best. Include long sleeved tops for the evenings, flip-flops or sandals. Don't forget your swimmers!

21) Pricing

Low Season = mid January - 30 June

High Season = 1 July - 30 September

Low Season = 1st Oct - mid Dec

Peak Season = mid Dec - mid January

Weekly 7 Day Retreat package:

Low Season - 1 person USD 999 / 2 people USD 1499

High / Peak Season - 1 person = USD 1249 / 2 people = USD 1749

* Two people can either share a king-sized bed or a single bed can be added to the villa at no extra cost.

22) When is payment due?

50% of total payment is due at booking time to reserve your spot.

50% of total payment is due one month before arrival date.

* If booking last minute, the full amount is payable at booking time.

* Any extra food, drink, spa treatments / extra tours will be payable at checkout time.

23) Which village projects will a portion of the yoga retreat package proceeds go towards?

Presently our projects include the building of a Kid's Skill Development Centre, Support for the Sick & Elderly, Sustainable Living & Permaculture for the hotel and local community and a recycling system to support the local environment. Please visit our our website Community Page for more details!