

# Far Out

BALI

YOGA & MEDITATION ♦ SPA ♦ ACCOMMODATION ♦ FOOD ♦ CULTURE



## FOR HAPPY TRAVELLERS

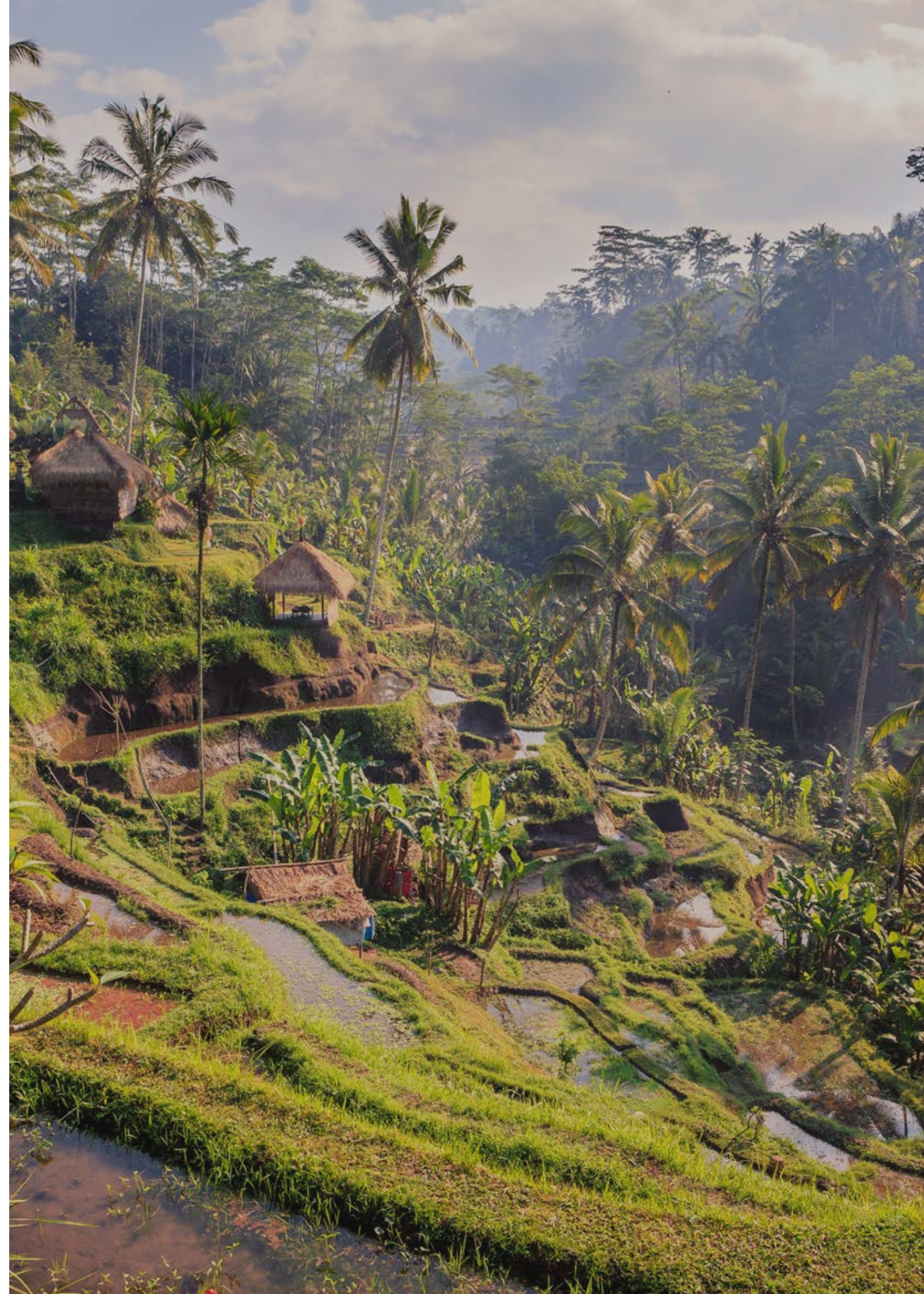
Far Out Bali is a family run business based in both hemispheres helping people who like the idea of a holiday in Bali and want to enjoy a real Bali experience. An adventurous Asian experience safe in the knowledge that you're going to make the most of your precious holiday because someone is going to make sure you do.

We are able to offer this sort of service because we live in the West and know what you want but we're Balinese so we know the real Bali.

In February 2017 Far Out Bali are organising their first Yoga Retreat to the Naya in Ubud with the highly respected and talented Guernsey yoga teacher, Caroline Wickham, places are limited so if you're interested then e-mail us soon.

**February 4th – February 14th 2017**  
**10 nights at the Naya Retreat Ubud from**  
**£960, flights not included**

All our guests will be met at Ngurah Rai Airport, Bali by our friend, driver and tour guide Agus and Dayu from the Far Out Bali family who'll be your guides during your stay.







## WHERE IS NAYA?

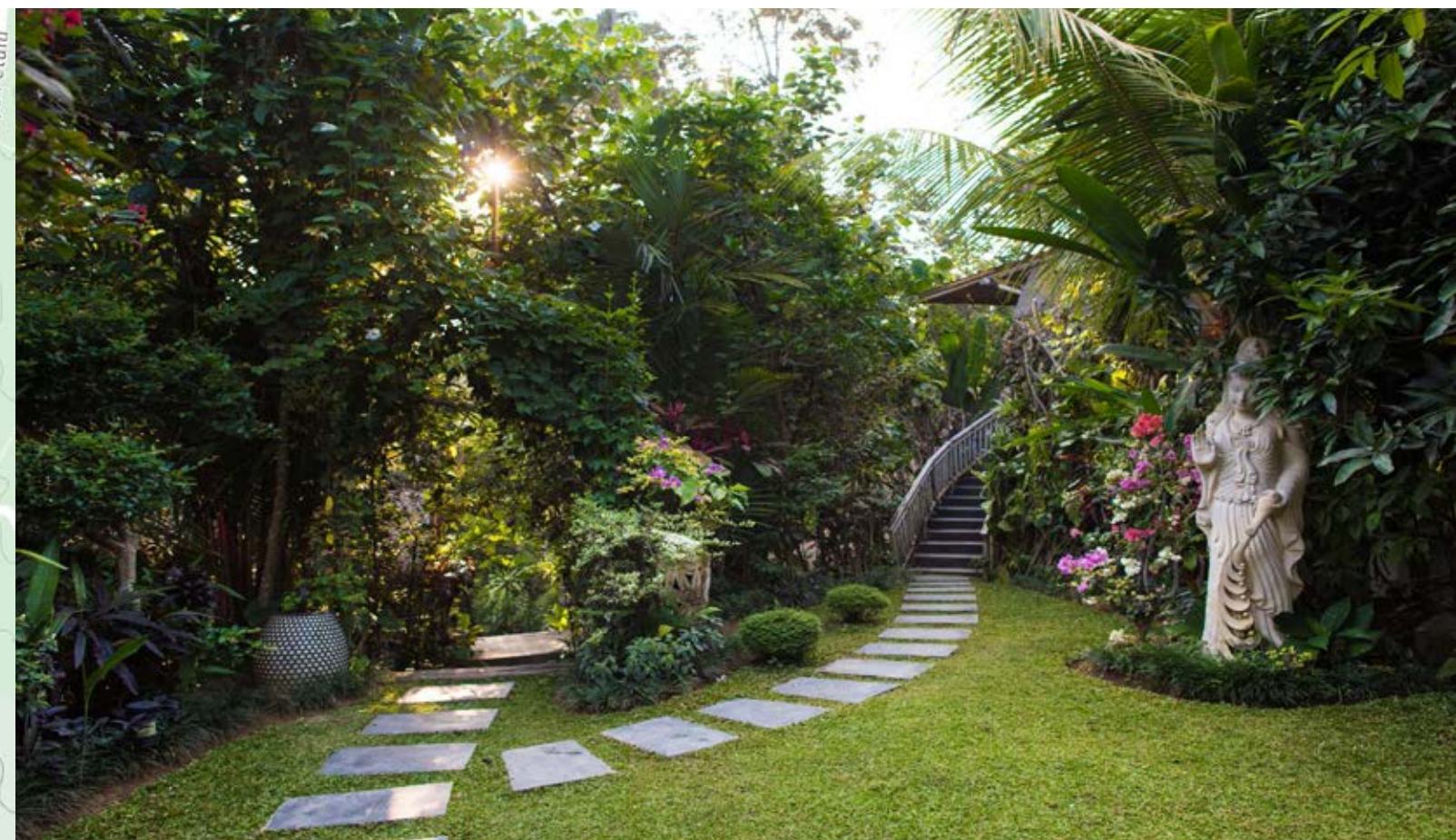
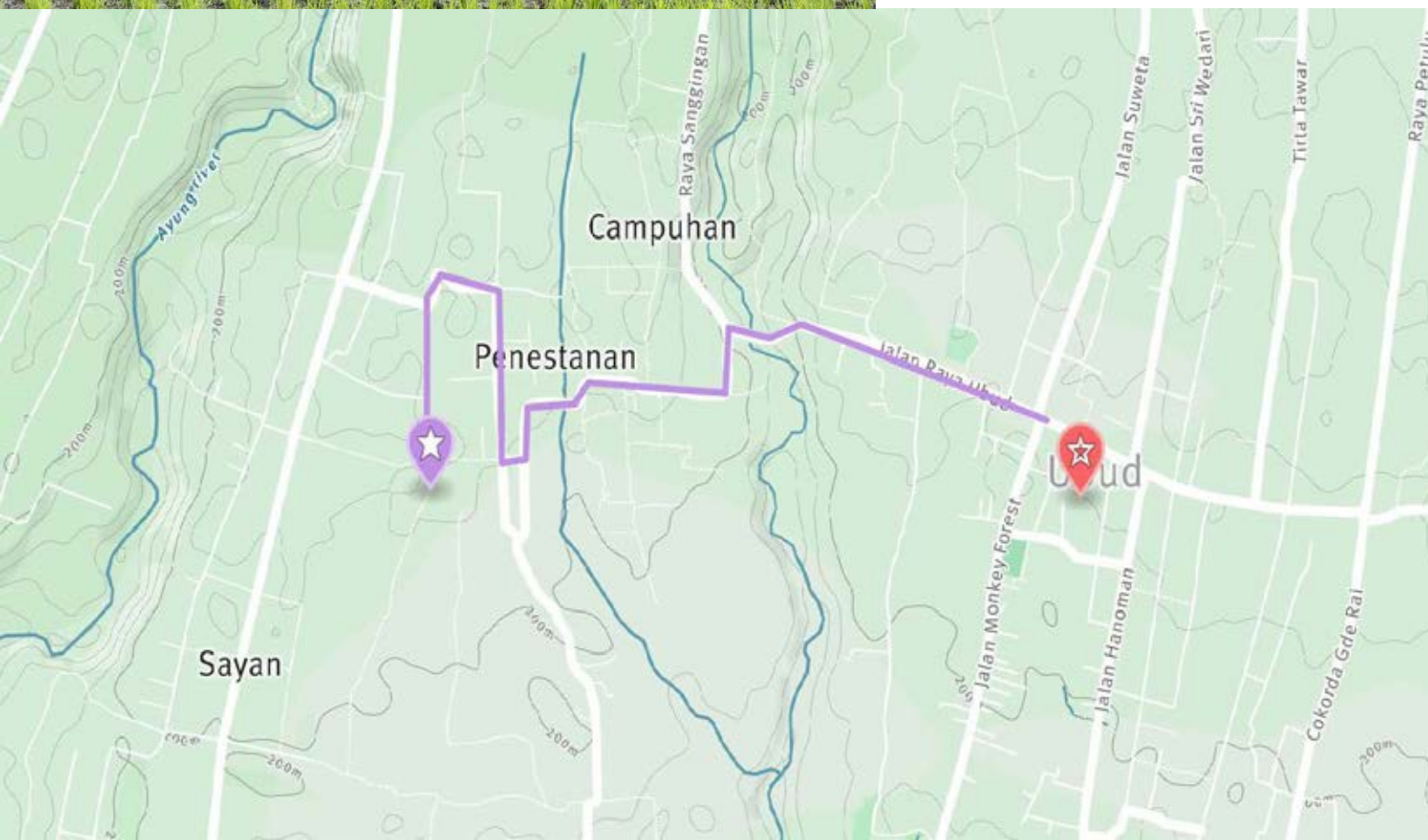
Only a 7 minute drive from Ubud, the village at Bali's cultural heart, you will be far enough away from the hustle and bustle to enjoy the magic of rural Bali but just minutes from enjoying the art, galleries, shops, cafes, restaurants, dance and live music all on offer in Ubud.



## THE LAND OF NAYA

Naya is comprised of two adjacent properties: **Naya & Naya's Rainbow Villas.**

Both properties combined offer 24 beds; 3 luxurious bedrooms set amongst a lush garden and 10 Chakra inspired bedrooms with a view of the ricefields.





## SPACES AT NAYA



### POOL JOGLO

The Naya is surrounded by lush gardens and there you'll find the open air joglo, a space to enjoy meals, reading and relaxing



### STEAM GROTTO

Down by the river is the steam room, surrounded by ancient, grounding Balinese volcanic rocks. Inside the steam room are beautiful sky-blue gemlike tiles, and the waters are infused with essential oils which add to the feeling of a healing space.

### OZONE SWIMMING POOL

To cool off, step into the ozonated swimming pool. The pool is cleansed by an Ozone system, which uses less chlorine, giving the water a smooth, velvety texture, which is healthier for both guests and the environment.



### YOGA SHALA

Looking over the river, surrounded by bamboo, papaya trees and ginger plants is the beautiful covered open air Yoga Shala. This is a tranquil space for yoga, workshops, gatherings and seminars.



### NAYA SPA

Relax and unwind with the in-house spa services. Naya Spa is situated in a quiet corner of the garden, and is equipped with 4 massage beds and offers traditional Balinese massage, foot massage, facials, manicures and pedicures.



The shala is 1200 sq ft and fully equipped with 30 yoga mats, blocks, cushions, bolsters and audio system. There are also two bathrooms, showers and filtered drinking water for convenient use during classes and workshops.



# KAFE NAYA



Enjoy meals in our in the open air joglo prepared by the Naya's in-house chef using local organic produce.

The package includes:

**All of our packages include:**

**Breakfast:**

2 Mains + 1 Side\* /

**Lunch & Dinner:**

1 Appetizer + 2 Mains + 1 Side  
+ 1 Dessert\*

All meals come with unlimited  
Kopi Bali (coffee) , tea & filtered water.

More detail of menus choices will be e-mailed to  
retreat guests nearer departure time.



Naya features Indonesian architecture, modern amenities and luxurious comfort. The main area of Naya has a total of 3 luxurious bedrooms, with options for single, double, triple or quadruple occupancy. Each room comes with air conditioning & fans, mosquito net, mineral water, balcony, rainfall shower, and in-room safe. Each room is integrated with the beautiful landscape, embracing guests with a welcoming, therapeutic and peaceful energy.

Nestled within a sea of rice paddies just a 2 minute walk from Naya, are Naya's Rainbow Villas. 7 Villas with a total of 10 Chakra inspired bedrooms, each with its own porch and private garden. Most bedrooms are two share with single king beds, with the option for single or double occupancy. Each room comes with ensuite or shared bathrooms, fans, mosquito nets, portable air conditioning, in-room safe, mineral water, rice paddy and sunset views, and access to Naya's luxurious amenities.





# ACCOMMODATION AT NAYA



## THE PACKAGE INCLUDES

The package includes accommodation, welcome drink, standard vegetarian breakfast, lunch and dinner. Daily yoga lessons given by Caroline.

The rooms and main area all have free Wi-Fi and unlimited Bali coffee, tea and filtered water.

Also included is 1 free 60 min Balinese massage per person, 1 free day in the steam grotto per week, and 1 free daily coconut per person.

## AIRPORT TRANSFERS

**From Airport to Ubud each way**  
**£20 per person.**

For all your transfers and any tours that you choose to take that are arranged by us, you will be driven by Agus, long-time friend of the family. Agus is a full time tour driver, fluent in English, knowledgeable and an all-round nice bloke. If you decide you would like to take a trip that we haven't included this time, maybe a chance to climb the volcano, or you fancy a trip to Pantai Putih ( a secret beach so sshhhh ) then you can give Agus a call and arrange this directly with him once you arrive in Bali.



## OPTIONAL EXTRAS OFFERED BY FAR OUT BALI

### Full Moon cleansing ceremony, February 11th 2017 - £65 per person

A unique opportunity to pray and be blessed in the family temple of the ancient palace of Kapal. This is not a manufactured 'special for tourist' experience but rather a chance offered only to our guests to pray and be blessed in the Hindhu ceremony observed across the island by local families. We are fortunate to have 2 Hindhu priests in our own family, and this ceremony will be conducted by Atu Agung Alit, priest and respected village elder. A full moon gives the opportunity to cleanse your spirit ahead of the month to come.

The cost of this experience includes your transfers to and from Kapal from the Naya Retreat in Ubud, your driver will wait for you in Kapal to drive you back to Ubud, and also your ceremony offerings. Temple offerings include incense and a collection of different coloured blooms that are offered in sequence. Balinese temple ceremonies are beautiful, fragrant, peaceful and meditative. The family will be on hand to explain your experience and help you take part.

Please remember that the temple and the ceremonies that take place there are highly sacred to us and we respectfully request that you wear a sarong and a top that covers your arms. You will also need a sash tied at the waist. Ladies, we're really sorry but if you are menstruating on the 11th then you won't be able to attend.



## OPTIONAL EXTRAS OFFERED BY FAR OUT BALI

### Sanur Beach, February 12th 2017 – transfers only dependant on numbers

Sanur is a village on the South East coast of Bali, a calm lagoon with a white sand beach. A cycle and walking path runs the length of Sanur beach with a wealth of cafes, restaurants, quiet bars and shops. Bikes are available to rent if you fancy the cycle or you can enjoy water sports here safely, kite surfing, kayaks, paddle boarding, jet skiing or maybe some snorkelling off a glass bottom boat. Sunday is beach day for Balinese families and a chance to see everyone coming out on their day off, taking a swim, eating from the street sellers. It's also where we have our house and where Manik met Mary so it holds a place in our hearts. Agus will take you to a part of the beach called Pantai Karang where there are sunbeds or giant beach bags to base yourself. Some reggae and a few cocktails maybe? This is what our family does on a Sunday! Dayu will be able to help you take advantage of all Sanur has to offer.





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