This is a 8-nights all-inclusive retreat, meaning it has you covered in all aspects, from the moment of your arrival until your departure, all expenses are taken care of and included in the package price.

The total cost of the retreat includes:
Luxurious accommodation at a resort, transformational workshops and activities with our 11 facilitators, transportation to and from all locations, healthy and delicious meals 3 times/day prepared by our own Argentinian retreat chef and outdoors at outstanding locations, inspiring workshops, healing practices, constant guidance, sacred ceremonies, relaxation and celebration events. All we ask of you during this journey is to enjoy yourself throughout your transformation.

All is included for you to enjoy in the retreat package during 9 days, as per below program:

**ARRIVAL DAY**

**10th of September**
Airport Pickup from Bali International Airport Denpasar (based on your arrival time);
Arriving and checking in;
Welcome Honeymoon Gift waiting for you in your splendid room;
Relax after flight, enjoy the pool and resort facilities;
Dinner;
DAY 1: FIRE ELEMENT
Connecting & Releasing

11th of September
7:30am Room service fresh coconut. Time to set your intention for the day (we’ll be providing details on this later);
9:00am Breakfast buffet;
10:00am Opening circle with our team & getting to know all participants;
11:00am Workshop on processing separation: cutting ties, taking responsibility for self, forgiveness, getting out of the victim role, integrating change;
2:00pm Lunch;
3:00pm Workshop on Releasing traumas, emotional detox and free expression;
Break: Orientation on site & connecting with the group;
6:00pm Agni Hotra sacred fire (one of the most ancient purification ceremonies, at sunset. You will let go of what no longer serves you;
7:30pm Dinner;

DAY 2: WATER ELEMENT
Purification & Creativity

12th of September
7:00am Room service fresh coconut. Time to set your intention for the day;
7:30am Introduction into Kundalini Yoga
9:00am Breakfast buffet;
10:00am Balinese water temple immersion (hidden temple in the jungle): cleansing & purifying emotions;
2:00pm Traditional lunch, outside location, breathtaking jungle view;
Break;
5:00pm Workshop on intuitive art & expression. Painting: common creation, no rules, just fun;
7:00pm Dinner
8:00pm Guided meditation
**DAY 3: AIR ELEMENT**

**Liberation & Healing**

*13th of September*
- **7:00am** Room service fresh coconut. Time to set your intention for the day;
- **7:30am** Kündalini Yoga;
- **9:00am** Breakfast buffet;
- **10:00pm** Workshop Mandala Breathwork: immersing and liberating subconscious patterns, through guided breathing techniques;

**Break**
- **1:00pm** Sound healing therapy inside a pyramid and guided meditation;
- **2:30pm** Outside lunch at the Pyramids, breathtaking view;

**Break**:
- **Relaxing on site & connecting with the group**;
- **7:00pm** Dinner
- **8:00pm** Women’s circle / Men’s circle – part 1: holding space for intimate sharing, authentic expression and connection;

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**DAY 4: EARTH ELEMENT**

**Nurturing & Grounding**

*14th of September*
- **7:00am** Room service surprise natural-magical drink. Time to set your intention for the day;
- **7:30am** Kündalini Yoga;
- **9:00am** Breakfast buffet;
- **10:30am** Discovering, connecting with nature and setting intentions for the future in Balinese family garden;
- **1:30pm** Lunch outside location, stunning rice fields view;
- **3:00pm** Workshop healthy food: “table for one”, simple tips to integrate in your daily life;
- **5:30pm** Conscious party in a spectacular location in Ubud: cacao ceremony, guided meditation, dinner at 7pm, followed by ecstatic dance DJ party until 10pm;
**DAY 5: DAY BY THE BEACH**

**Relaxation & Exploration**

**15th of September**

7:00am Room service fresh coconut. Time to set your intention for the day;
7:30am Breakfast buffet;
8:30am Beach Day – going straight to the beach for the whole day (one of the best Bali beach spots, take your swimming wear with you);
2:00pm Lunch, outside location, ocean view;
Snorkeling equipment available, spending the day with the group, enjoying the ocean sunset;
8:00pm Dinner

**DAY 6: ETHER ELEMENT**

**Purpose & Self Love**

**16th of September**

7:00am Room service fresh coconut. Time to set your intention for the day;
7:30am Kundalini Yoga;
9:00am Breakfast buffet;
10:00am Group workshop on recognizing the beauty within & in others;
Break;
2:00pm Mandala lunch on site: preparing & sharing beautiful delicious plates;
3:00pm Workshop on recognizing your purpose, living a joyful life every day, sharing your gifts with the world;
Break;
7:00pm Dinner
8:00pm Women’s circle / Men’s circle – part 2: holding space for intimate sharing, authentic expression and connection;
**DAY 7: CELEBRATING YOU**

**Rejuvenation & Celebration**

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**17th of September**

7:00am Room service fresh coconut. Time to set your intention for the day;
7:30am Kundalini Yoga;
9:00am Breakfast buffet;
10:00am Walk on worldwide famous Ubud cliff, group photo shooting;
11:00am Three hours at the Spa, outstanding services, memorable view: Traditional Balinese massage plus one self-care treatment (of your choice);
2:00pm Lunch outside location, stunning jungle view;
3:00pm Visiting Bali’s worldwide known rice terraces, shopping (if you wish), rice fields walk and individual photos with our retreat photographer;
5:30pm Party for a new beginning at an outstanding house villa, fire blessing ceremony with Balinese monks before sunset, dinner buffet, ecstatic dance music and lots of surprises;

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**DAY 8: DEPARTING**

**Until We Meet Again**

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**18th of September**

7:00am Room service fresh coconut. Time to set your intention for the day;
7:30am Kundalini Yoga;
9:00am Farewell breakfast;
10:00am Closing circle ceremony;
Check out 12-1pm;
**Bonus:** Lunch voucher on site at 1pm, you can stay longer and enjoy the day by the pool, if you have a late hour flight;
FURTHERMORE:

Please note that you have the freedom to decide whether you want to attend the retreat activities and workshops or not. This however does not reduce the cost of the retreat, as the entire program is available for you to access with the group during your stay.

Don't forget to book your spot today with only 100€ deposit to ensure that you are securing your early bird retreat discount. Don't miss out, as spots are limited!

The total early bird retreat price is 2390€. After you secured your spot with 100€ deposit, you can process the remaining balance of 2290€ in two equal installments of 1145€ each or in full (as you wish), prior to the retreat date.

We’re looking forward to seeing you in Ubud, Bali on the 10th of September and immerse into an epic experience together!

What Others Are Saying About Our "Honeymoon with Your Self" Program:

Natalia, Brazil
"Amazing team, makes one not wanna leave the retreat! Everlasting relationships built up during one of the most joyful experiences ever lived, in the most beautiful, peaceful, unforgettable scenario."

Antonello, Italy
"This is a powerful physical, emotional, mental, and spiritual experience. Moreover, being surrounded by people from over 8 countries truly makes it a joyful and diverse journey. I strongly recommend YOUNiverse Retreat and Ubud is the destination for healing and inner discovery, breathwork was my favorite activity that I am still practicing today. There is no possible way you could be disappointed with what you get to experience and learn, as long as you are opened to grow and widen your vision on life. Greetings from Italy!"

Oana, Romania
"This retreat will spark your spirit, make you feel renewed and inspired. If you are looking for a transformative journey in scenic Bali and deep long lasting connections with beautiful people, then this retreat is for you. Magical Ubud, a sacred place that has gained my heart for good • YOUNiverse Revival Retreat, a heart centered initiative, created by a group of 11 amazing people. A powerful mix that I strongly recommend!"

Lots of love from Bali,

YOUNiverse team