

BreatheMoveBliss Bali Yoga Retreat
May 6 – 13, 2025

Tips & FAQ's

About flights:

If you are from flying from far away (North or South America, Europe, etc.) it's ideal to arrive in Bali a day or two early, if possible. This will give you a chance to adjust to the time change before the retreat starts, and will leave a window in case of any flight delays (which of course we hope won't happen, but sometimes they do!) Our Amed hotel gives retreat guests discounted rates if you want to check in early, or you might want to visit another part of Bali, like Ubud, Uluwatu, or Sanur.

It's best to avoid flights with short connections less than 90 minutes.

Q: What time should I arrive on the first day?

The retreat will begin around 4pm on November 18th. Depending on traffic and time of day, it's about a 2 ½ hour scenic drive from Denpasar airport to the hotel in Amed. A driver will pick you up at the airport for around US \$45. I recommend arriving no later than 2pm if possible, to give yourself some time to relax and settle in. You're welcome to arrive earlier in the day, or a day or two earlier if you like. If your room is unoccupied, the hotel will gladly let you check in early. Otherwise you'll be welcome to leave your luggage at reception and relax at the restaurant or by the pool, or jump into the ocean, until your room is ready.

Q: Is there Wi-Fi and AC?

Yes, both hotels have wi-fi and AC.

Q: Do I need a visa to visit Bali?

A: Citizens of most countries (including Australia, the USA, UK and EU countries) are eligible for Indonesia's 30 day visa on arrival, which you can get at the airport when you arrive. The process should take 15 minutes or less. Or, you can apply for the e-visa on arrival online ahead of time. The visa costs about US\$35.

Citizens of ASEAN countries can enter Indonesia without a visa.

In case you're planning to stay in Indonesia for longer than 30 days:
The visa on arrival can be extended for another 30 days once you're in Bali. If you have the e-VOA, you can extend without a trip to the immigration office.

If you get the visa on arrival at the airport, the extension will require a visit to an immigration office.

Q: What about cell coverage/SIM cards?

You can get a local SIM card at the airport: 18GB of data for about US\$16. Telkomsel is the best option. Or, if you have an option to turn on an international plan while you travel, you may prefer that.

Q: What is the weather like in Bali in May?

Usually heavenly! In Amed, we expect sunshine with highs in the mid-80's (F) / 30 C. In Sidemen, it will be slightly cooler and normally sunny with a chance of clouds or occasional showers.

Q: What will the style of yoga be at this retreat?

There will be a variety, including vinyasa, hatha, yin, and yoga nidra. I love the variety of yoga, and will always teach according to who is in the class. I'm accustomed to giving options to accommodate multiple levels in the same class. My favorites for personal practice are vinyasa, kriya vinyasa, and yin, but for sore or stiff muscles, nothing beats a nourishing hatha class. Yoga nidra is a blissful treat as well.

Q: What if I am new to yoga, am not flexible, or have an injury that might limit my practice?

When you register, I'll send you a questionnaire to ask about these points. If you're not flexible, yoga is just the thing for you.

Q: Will I have free time during this retreat?

Yes! An important part of this retreat is for you to have the chance to slow down, feel unhurried, and relish your time in Bali.

If you have a question that wasn't answered here, feel free to ask me.