

Bali retreat FAQs

Do I need to be an advanced Yogi?

No. Classes are designed to be challenging because that is how we grow, but we begin each class with level -1 versions of the postures and movements. Beginners stick with those while intermediate and advanced students progress to more difficult poses. And resting is always okay!

What is a Typical Day Like?

Morning Yoga – Breakfast – Free time or Group Adventure – Afternoon Yoga or Workshop – Dinner – Free time or Group Adventure.

What are some of the optional activities and Group Adventures?

Free time and adventures can include spa treatments, riding elephants, visiting the monkey forest, talking for hours at Bali Buddha Café, swimming in the pool, lounging in the sun, dancing and listening to live music in the evening, watching the Ramayana Fire Dace in the evening... and more

What are the accommodations like?

Each person gets a very nice private room and bathroom. Rooms are cleaned everyday. There are no phones or television in the rooms.

Is the food and water clean?

We drink bottled water which is available everywhere including right at the retreat center. The food is fresh and absolutely amazingly delicious.

Are there vegetarian and vegan options?

Yes. Many. Raw too.

Will it be difficult to communicate with the locals?

For simple things, no. If there is a complex message you need to get through, Patrick speaks the language fluently and will be happy to interpret.

How do I get from the airport to our retreat center?

Patrick picks you up. Just email him your itinerary and he will be there with a sign saying “Yoga Retreat”. His men will load your luggage, give you a cool bottle of water and whisk you to the retreat center. Send itinerary to pono20@hotmail.com.

Do I need a passport?

Yes, be sure it does not expire for at least six months after your arrival date.

Do I need a visa?

For most Nationalities you can get a visa on Arrival at the airport. It is a good idea to have \$25.00 US in exact change ready when you arrive to pay for the visa. You can check here for more info. <http://www.embassyofindonesia.org/>

What about changing Money?

Euro, pound sterling, Yen and US dollar are all easy to change.

For US Dollars \$100 bills are the best. The newer and cleaner the bills are, the better.

Avoid \$100 bills 1996 and earlier and avoid serial numbers starting with CB or DH they can be difficult to change.

Can I bring Travelers Checks?

Yes, Amex checks are easy to cash.

Visa checks can be difficult.

Can I use an ATM card?

Yes there are many ATMs in the tourist areas.

Can I use my credit card?

Yes, in many places you can. However some merchants will charge a 3% surcharge to use the card.

Can I use my Mobile phone in Bali?

Yes, if you have an UNLOCKED TRI BAND Phone, You can easily get a local Bali number for about \$3.00 US and the minutes are pay as you go. If you got your phone with a plan such as Verizon, Cingular etc. chances are, it WON'T work.

You can find unlocked tri band phones on E-bay pretty cheap for an older model. They really come in handy especially if you need to maintain contact with folks back home. If you bring the phone, Patrick help set you up with the number in Bali.

Can I use my electrical devices in Bali?

Yes, most high quality devices such as Laptops, Ipods, cameras, camcorders etc. are not a problem. The voltage in Bali is 220/240. Patrick will be able to get you a plug converter.

Some devices such as hairdryers may not work.

Should I bring my own Yoga mat?..

It is highly recommended but if you don't have one, Patrick will get you one. Also bring a carrying case for your mat so it is easy to walk with.

Are there Laundry Facilities?

Laundry services are very inexpensive. Drop your clothes off in the morning and for a few dollars, they are clean and folded by the evening.

What else should I bring?

Just about any common items you might need are available in Bali and probably cheaper than in your home country. I would suggest bringing your favorite brand of natural sunscreen and insect repellent.