



Spiritual

BALI TOUR

MAY 12-24, 2025

"See how your soul is a sire of light."

Hafiz

*A journey to transcendent beauty, self-nurturing,
and falling in love with your own deep wisdom.*

Our Journey to Spirit

Register before September 30, 2024

Embark on an unforgettable 13-day, 12-night retreat to Bali, where you will immerse yourself in a transformative experience of beauty, self-nurturing, ritual, and daily practice. This journey is designed to help you quiet the noise of the world around you and tune into the deeper callings of your life. It's a rare opportunity to dedicate your undivided attention to deepening your connection with spirit, mind, heart, and body. Whether you seek a reset, renewal, or a profound awakening, Bali's enchanting landscapes and serene atmosphere offer the perfect backdrop for introspection, growth, and rejuvenation.



A GLANCE INTO THE SPIRITUAL BALI TOUR

DAY 01: DENPASAR - UBUD You are now in Bali! Welcome to the land of Gods, magic, balance, peace, and smiles. We offer you a warm welcome and small surprise and then travel together to Ubud with lots to see along the way. Ubud is the cultural and spiritual capital of Bali and a wonderful place to begin our spiritual journey. After checking into our hotel and discovering the beauty of our surroundings, we will connect over a shared dinner prepared for us. Next you can enjoy a swim, relax under the stars or retreat to the quiet nest your room offers after a long flight.

Accommodations for our time in Ubud: A charming boutique resort reflecting the artistry of Balinese style and a quiet haven near the center of Ubud.

DAY 02: UBUD OPENING CEREMONY & BALINESE SPA EXPERIENCE

Morning Yoga & Meditation

Included Meals: Breakfast & Lunch

Dinner on your own to take in the wonderful cuisine offered in Ubud

Enjoy the sounds and colors of your first sunrise in Bali. You may join us for meditation and yoga or a still morning in your room, on this journey you decide. We've kept this morning open to allow space for settling in and connecting to the environment surrounding and supporting you.

Later, with ceremony we will open our circle and set our intentions, and share a meal prepared especially for us. In the afternoon, we nurture our bodies and spirit at a Balinese Spa. There you'll soak in a bath scented with colorful fresh flowers, receive a deep relaxing Balinese massage, and a vitalizing body scrub. Your evening is free. Maybe a quiet reflective evening at the resort or join another traveler to share the experience of an evening exploring Ubud night life.

DAY 03: UBUD EXPERIENCING BALINESE CULTURE AND DAILY SPIRITUAL LIFE

Morning Yoga & Meditation

Included Meals: Breakfast & Dinner

Lunch on your own. Recommend eating before we leave for the village.

Ubud offers a large open-air market filled with clothing, jewelry, and art created by local artists. This morning you can join a group activity shopping for traditional Balinese clothing at the market. You will wear this ceremonial attire when we enter the temples and sacred sites we will be visiting during our journey. The Balinese are very appreciative and delighted when we honor this custom.

In the afternoon we head to Kemenuh, a traditional Balinese village near Ubud to visit a family compound. Here, we will immerse ourselves in Balinese culture, learn the importance of daily offerings to the Gods to maintain harmony and balance and have an opportunity to make an offering ourselves with instruction and help from the women of the family.

Mama Bali receives us with so much love, and it is courtesy to pay her respect and ask for her blessing. For this purpose, we dress in Balinese attire and if you choose, they will also apply traditional Balinese



makeup for the women in the group. In the family temple we complete a purification ritual, emulating the Balinese and receive the blessing of their local priest. After the ceremony, we will enjoy a local dinner and be honored by a private Balinese performance of the Kecak Dance before returning to Ubud in the late evening. We will have a photographer on site documenting this beautiful day.

DAY 04: UBUD LEARN FROM LOCAL ARTIST AND CREATE YOUR OWN BATIK SARONG

Morning Yoga & Meditation

Included Meals: Breakfast & Lunch

Dinner on your own to explore more of the local cuisine in Ubud

Group Reflection & Integration Session

Today we are going to engage in a unique & creative experience—the creation of your own Batik, a traditional art Bali is known for. As you bring out the artist in you, you'll be learning this art form using organic dyes and hot wax to create beautiful prints on fabric. You'll have free rein to express your feelings and your imagination, and you'll have a sarong of your own design ready to take back home! A local vegetarian lunch is brought in during the workshop. We predict you'll have an unforgettable day in this artist's workshop! Later we come together for our first group reflection and integrate session.



Beauty walks so freely and with such gentleness.

Mary Oliver



DAY 05: UBUD JIMBARAN CAVE & BEACH

Morning Yoga & Meditation

Included Meals: Breakfast & Lunch

Dinner on your own to explore more of the local cuisine in Ubud.

Today is an auspicious day, one you will remember for your lifetime. We enter the womb of mother earth at Jimbaran caves, walking along stairs carved into the earth. At the bottom we will enter a clear pool and be given a purification ritual led by Pak Gusti, an honored Balinese spiritual teacher. This site is not visited by tourists; we are honored to be invited in as guests of Pak Gusti. Afterwards we will enjoy our lunch (included) at a local restaurant in the Jimbaran beach area. And then back to the resort for integration time and dinner.



"This was a truly enriching, enlightening and loving spiritual adventure!"

– 2018 Traveler



DAY 06: UBUD DESIGN YOUR DAY & EVENING SOUND HEALING

Morning Yoga & Meditation

Meals Included: Breakfast

Lunch and Dinner on your own

Group Reflection & Integration Session

This day is yours to design. You may choose a day of rest, cultural site seeing, shopping or maybe a white-water adventure. Ubud and the surrounding area have much to offer. We can connect you to a Balinese driver for a day of exploration as well. *(not included)*

In the evening, after dinner we will come together for our second group reflection and integrate session. After, our group is graced with a private sound healing session by a famous sound healer from Ubud. This vibrational gift of healing is a gentle and powerful medicine to support the opening and softening of our mind, heart, body, and spirit.

DAY 07: UBUD VISIT A WOMEN'S CENTER AND EXPLORE DOWNTOWN UBUD

Morning Yoga & Meditation

Included Meals: Breakfast & Lunch

Dinner on your own on to soak in our last night in Ubud.

This morning, we visit a Women's Center. This center facilitates empowerment for Balinese women and girls. They assist with job training and other programs to support gender equality. Most importantly, the Women's Center provides a haven for divorced women, who are often highly stigmatized and marginalized in the community.

We will have a lunch together in spectacular surroundings, followed by free time in central Ubud. It's a perfect time to visit the Monkey Forest, get a massage or do some shopping! Have dinner while in town and enjoy your last evening in Ubud.

*I am still the same
Except everything has changed
The world is so soft
s. frank, after Bali*



DAY 08: UBUD to MUNDUK TRAVEL DAY

No yoga offered this morning

Included Meals: Breakfast & Lunch

Excluded Dinner: We provide you an opportunity to order ahead from a select menu, so dinner is ready upon arrival. The cost of this dinner is not included in the tour price.

We say goodbye to Ubud and journey to the exquisite mountainous area to the north, where your senses are awakened with the colors and sounds of what seems like infinite jungle, spice and coffee plantations, and stunning natural lakes.

Along the way to our destination, we stop at the temple of the Dewi Danu, the goddess of water, in Ulun Danu Beratan. It is a site to behold and experience.



Our last stop along the way is a UNESCO heritage site—the Jatiluwih rice terraces. With their intricate irrigation systems, cows grazing, bells chiming and winds dancing across the green fields, they inspire peace and awe. We travel along the border of the twin lakes of Buyan and Tamblingan. Wanagiri Hidden Hill is one of the best photo backdrops and a perfect place to take some selfies & fun photos before arriving at our new accommodation in the mountains. You can share a meal at the hotel restaurant and spend an evening gazing at the stunning vistas and breathing in the freshness of Bali's mountain air.

Accommodation: A beautiful, tranquil hideaway nestled within the magnificent nature & views of the Wanagiri

DAY 09: MUNDUK - TEJAKULA TRAVEL DAY

Morning Yoga & Meditation

Included Meals:

Breakfast,

Lunch will be a simple meal at the local restaurant just up from the waterfall (rice, fried noodles or similar)

Dinner At our beach resort

We awaken to our morning practices and then ready ourselves to check out of our accommodations. Today we continue to the north of the Island down from the mountains, where we're welcomed by ocean breezes, calming waves and the most traditional Bali. Here we will allow the salt and sea to restore our spirits, calm our nervous system and rest our minds. Inhale... exhale...ahhhhh.

Accommodation: An eco luxury resort and spa on the ocean



DAYS 10, 11, 12: NURTURING, CONNECTING, INTEGRATING

Morning Yoga & Meditation Everyday

Included Meals Everyday: Breakfast, Lunch and Dinner

Welcome to your first morning at the beach. The pebble and black sand beach with its coral banks are a great place to take long walks, collect shells and listen to the sounds of the ocean.

Sunbathe during the day and enjoy a moonlit swim under the starry Bali sky at the Lotus Pool. It is the perfect place for swimming, aquatic therapy, and connecting with others. Cool off with a juice on the loungers and pavilions located next to the pool.

This resort and area have much to offer seekers and we've created time in the schedule for you to enjoy and follow your desires.

This could be a time for a private session with one of the guides.

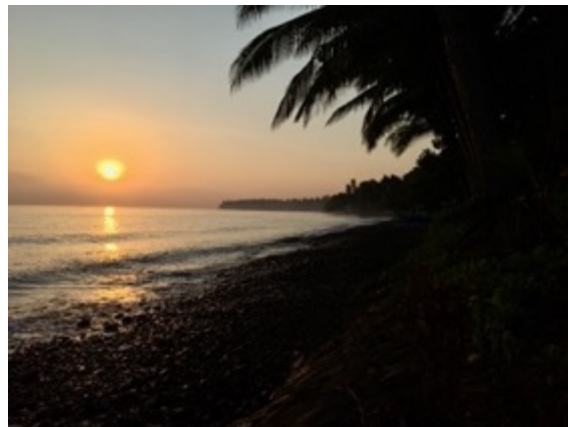
We have also planned a few special events for our group during these 3 days:

On Day 10: Agni Hotra ceremony - Agnihotra has a great reverence in the ancient science of Ayurveda. It is considered as a healing fire, an antidote for the issues we have created for ourselves and nature. It is the basic 'HOMA' amongst all the HOMA practices mentioned in ancient Vedic sciences such as psychotherapy, medicine, biogenetics, bioenergy, interplanetary communication, agriculture, and climate engineering.

On Day 11: As a group you'll have an opportunity to integrate your experience in a breathwork process. With the gentle rhythm of waves, soft fragrant breezes and mama Bali's loving energy to support you, anything is possible. It is a magical mystery ride created with your breath.

On Day 12: We come together as travelers in a closing circle to reflect on our experience and join in appreciating the gift of our time on Bali and our connection to each other. Then we'll dance & make merry!

Accommodation: An Eco luxury resort and spa on the ocean.



DAY 13: FAREWELL

Included Meals: Breakfast

As we say goodbye to Bali and each other, this morning holds many touching and hectic moments. This is life, and through it all we find our way home.

At the agreed time, we will begin our transfer to the airport ready to take flight back home.



WORDS FROM PAST TRAVELERS

“The magic of Bali and the wisdom and love of the facilitators created a healing, loving, fulfilled experience.”

“I feel more open and expansive. Ready to stay clear & focused on what I want in my life.”

“I saw reflected in the leaders, in the Balinese and in other trip member’s total acceptance. What a gift. I’ll never forget.”

“It was a great introduction to Bali... it’s culture, food, and people. The outstanding part was being welcomed to experience Balinese spiritual practices and learn about their philosophy firsthand.”

“Reinforced my optimism & faith in people. Makes me want to do more at home and abroad to make the world a better place.”

“Zan, Sherrie and Anabel created the perfect balance of inner and outer. They created amazing experiences of Balinese culture and spirituality and then helped us integrate those into our own hearts and spirits.”

“You know how to set the stage for an authentic, meaningful adventure.”

A beautiful change of pace. I was grateful for the time for reflection throughout the trip. It gave me insights and inspired me to review/re-evaluate choices I am making.

“I am not normally someone who seeks to go on tours with groups but the leaders and the participants and the location made this a unique and enriching experience.”



“There is no path, the path is made by walking.”

– Antonio Machado

YOUR SPIRITUAL GUIDES

Sherrie Frank



Sherrie entered the field of personal development almost 25 years ago. Her facilitation & coaching engage compassionate self-inquiry, reflection, spiritual contemplation, and personal growth. This is her fifth trip to Bali. She is delighted to travel with other spiritual seekers and support our travelers to engage with, integrate and embody this transformative experience.

She is a Master Practitioner and teacher of Neuro-Linguistic Programming and a Certified Life Coach. Her spiritual practices include yoga, meditation, writing, and creative contemplation.

Visit her website: sherriefrank.com

“Sherrie’s masterful facilitation was inspiring. I felt fully supported in transforming key patterns in my life that no longer served me into new gems. Her intuitive, deeply perceptive, and gentle leadership style was moving, inspiring and highly effective for me.” Heather Mc Clure, Associate Director

Zan has had a lifelong passion for personal growth and creativity. She has a private coaching practice and consults with organizations on appreciating diversity. She hosts a podcast, The Sovereignty Clinic and taught for many years as a university professor of psychology.

In 2014 she made her first journey to Bali and was completely smitten with the kindness of the people and the depth of their spirituality. Not long after, she began co-leading a spiritual tour of Bali with her dear friend, Sherrie Frank.

She is a singer-songwriter and a published poet, holds a Master’s degree in Psychology and a doctorate in Spirituality. She is a practitioner of Hridaya meditation and having her own life be so profoundly touched by Bali, she is excited to be travelling with our journeyers again, ready with her open-hearted playfulness and compassionate support. Visit her website at: drzannix.com

Dr. Zan Nix



“The hallmark of Zan’s life and work continues to be an abiding awareness of the sacred in every individual and in their potential to engage in the work of transformation.

Marty Marquez, Diversity co-facilitator



YOGA TEACHER AND TOUR GUIDE

Blanka Palamós i Claramunt

Blanka is a certified yoga teacher and TCM natural acupuncture practitioner. She also practices Qigong and holds a degree in Physical Theatre.

Her main passion is to share the love, peace & liberation she has experienced on her own journey of yoga and the art of movements with beings of all ages.

Bali has been her home for the past 10 years *She is originally from Spain and speaks English & Bahasa Indonesia fluently.*



OUR SPECIAL GUEST AND SPIRITUAL TEACHER

Pak Gusti



Pak Gusti is a spiritual teacher who studies the teachings of ancestors from Bali. He studied spirituality from the age of 14, now 76 years old. He is the founder of the Windu Sara Murti Foundation in Banjar Kulu Tampaksiring. He has been to France to teach spirituality, and he is also trusted by all levels of society who know him to solve various problems. As a holy man who connects directly to nature and God through rituals and offerings, he also teaches about life philosophy and finding the source of all life's problems.



Experiences Included

- Welcome gift
- Daily morning yoga and meditation
- Learn the daily rituals of the Balinese to maintain harmony and balance in our lives
- Experience the sensuous art of self-nurturing like only the Balinese know how to offer, soak in a bath full of fresh flower petals, relax with a Balinese massage, revitalize with a full body scrub
- A purification ritual held within the Jimbaran sacred cave, not open to tourists, led by Balinese teacher and priest, Pak Gusti
- An afternoon and evening spent within a traditional Balinese family compound, learning about culture, Balinese daily spiritual practices and ending with a special performance of the Kecak Dance
- An exclusive experience learning the art of Indonesia Batik from local artists. You will be making your own Batik sarong
- A private group session with a famous local sound healer
- A visit to a women's center, empowering women and gender equality
- Visiting Dewi Danu Temple
- Walking through the Jatiluwih rice terraces, a UNESCO heritage site
- Days relaxing and renewing by the ocean
- Experience an Agni Hotra ceremony, a healing fire from the Ayurvedic tradition
- Guided group spiritual breathwork session
- Guided group reflection & integration sessions
- Private coaching/facilitation session upon request



TRAVEL INCLUSIONS

- Local guide on tour days
- Accommodation at semi luxury resorts with air-conditioned rooms
- Meals as specified in the program
- One group transfer at arrival and on departure day (Passengers arriving on different flights will require their own transport)
- Private transport to activities and destinations with air conditioning
- All Activities as described in the program & their entrance fees

WHAT'S NOT INCLUDED

- Airfare not included in tour cost, may be purchased separately after July 15th at a special negotiated rate through Doug at Premier Travel in Eugene, OR ph. 541.747.0909
- Travel insurance (You can purchased through Doug or online, it must be purchase within a certain number of days of registration. Be sure to attend to right after you register)
- Visa (This is a less than \$50 entry fee paid at the airport)
- Optional activities or mentioned as not included in the program
- Personal expenses (laundries, telephone calls etc.)
- Services not specified in the program

Please feel free to text or email with questions you may have about:

- Inclusions and exclusions listed
- Physical, Emotional, Mental or Spiritual concerns
- Travel arrangements
- Accommodations and meals
- Any other questions you may have

Email Sherrie at: sherrie@sherriefrank.com

Or Text Sherrie at 541.602.6900



Your Investment in You

Our journey to transcendent beauty, self-nurturing, and falling in love with your own deep wisdom is the time you've been dreaming of... a time for restoration and deep communion with your body, mind and spirit.

Come with us to play and pray, be transformed by beauty, breathe deeply into daily yoga and karmic wisdom and explore within and together. Fall in love with the endearing and unforgettable compassion of the Balinese.



REGISTRATION INFO

Register before October 15th, 2024

Contact Sherrie: 541. 602.6900

Email at sherrie@sherriefrank.com

or

Contact Zan: 541.821.1328

or email her at zanenix@yahoo.com

PRICES & CANCELLATION

\$4,650.00 double occupancy

\$5,625.00 single occupancy



PAYMENT & CANCELLATION INFORMATION

REGISTRATION DEPOSIT

Registration deposit secures your space on the journey

Amount: \$1,000.00

Payment Information:

There are 2 options for paying your registration deposit:

1. Pay deposit by Venmo at zan@zan-nix
2. Mail check to: 512 Granite St. Ashland, OR 97520

Cancellation Information: Your registration deposit is non-refundable

TOUR PAYMENTS

The following 2 payments are due before Bali.

1. Amount due on or before Oct. 15, 2024:

Double Occupancy: \$1,095.00

Single Occupancy: \$1,387.50

Cancellation fee information: This payment is non-refundable. It can be used as credit for a future trip.

2. Amount due on or before Feb. 15, 2025:

Double Occupancy: \$2,555.00

Single Occupancy: \$3,237.50

Cancellation fee information: This payment has the following cancellation fee schedule minus wire transfer fees:

120 to 91 days before departure is 100% of payment is refunded, minus wire transfer fees

90 to 61 days before departure is 40% of payment is refunded, minus wire transfer fees

60-0 days prior to departure is 0% of payment is refunded, minus wire transfer fees

Payments 1 and 2 are paid by a wire transfer sent to:

Bank details:

Bank name: Wise

Bank address: 30w. 26th street, sixth floor. Ny 10010. U.S.

Beneficiary: Sanuka Cosmic Enterprises

ACH route & wire: 026073150

Account number: 822000586067

In case of unforeseen circumstances resulting in the closure of the island (such as a pandemic), deposits/payments will be kept, and the tour will be rescheduled for a future date (no refund).

Travelers are very much encouraged to take cancellation insurance with covid coverage besides international medical insurance so they can claim their payments in case something happens.



ENTRY REQUIREMENTS TO THE COUNTRY

- ❑ Passport validity with a minimum of 6 months from the return date.
- ❑ Flight out of the country (round trip)
- ❑ Visa payment on arrival (VOA) – Rp500,000 (approx. 35 USD/person). You can skip the procedures and airport queues by applying here: <https://molina.imigrasi.go.id/> by creating an account and going to: “Apply — Tourism — Choose a Visa — Visa on Arrival 30 days.
- ❑ Fill out the online customs declaration form on [Electronic Custom Declaration \(EDC\)](#) website
- ❑ ECO Tax payable online before arrival <https://lovebali.baliprov.go.id/> (around 11USD)
- ❑ Health insurance with COVID19 coverage (minimum coverage of USD \$25,000 in medical expenses) - *no longer required but highly recommended.*

We hope you join us.



“After Bali...that is the biggest possibility.”

-Firman Gani

