

AWAKEN YOU RETREAT

FAQS



Is this retreat open to men & women?

Yes

Can I share a room with a friend?

Yes! Double bookings take priority. Please note each guest must fill out a separate application form and mention the friend in the form so we know you're booking a room together.

Who is this Retreat hosted by?

Carolyn Flanigan – Mudita retreats - Health, Life & Quantum Wellness Coach
Bryony Jack - Tantra Practitioner and Sacred Sexuality Coach

Do you have a payment plan?

Yes, you can secure your spot with a \$500 USD deposit, and then pay the remaining balance in two instalments: one 120 days before the retreat and the second 30 days before the retreat. Please note that a small surcharge applies for this option.

What type of yoga/exercise do we do on this retreat?

Our yoga classes will be taught by qualified instructors who practice of a blend of classic yoga, yin yoga, restorative yoga, and body movement to enhance strength of the body, relaxation of the mind and connection to the soul. Yoga is optional but highly recommended.

We will also be hiking on the grounds of the resort.

Are flights included?

No, flights are not included. You are responsible for making your way to the retreat destination.

Bali Ngurah Rai International Airport, also known as Denpasar International Airport, is where you will arrive. We will provide a driver to transfer you to the retreat venue at your own cost. (Approx \$40 USD)

When should I arrive in Bali?

It's a good idea to arrive in Bali a day prior to the retreat so you are not rushed and held up in the Bali traffic, which can be quite busy. Bali international airport is 63km from Bagus Jati and travel time can take upwards of two hours.

You are welcome to come a day early and stay on for a few days at your own cost.

Check in time is 2pm

Check out time is 12pm

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What about food?

All meals will be provided during your time with us. The food provided by the restaurant at Bagus Jati caters for everyone. It has a fresh, whole foods focus and caters for all dietary requirements.

Please let us know if you have any allergies before you book the retreat.

Please keep in mind if you wish to get the best out of the Retreat week, to not bring in any processed foods, or 'naughty' treats. All the food provided to you during retreat week is designed to support your mind & body to detox, feel grounded and fresh, so upon leaving the retreat you will be feeling invigorated and full of life.

Do I need travel insurance for this retreat?

Yes, valid travel insurance for your trip to Bali is a requirement to attend.

Please see T&C's [here](#).

Is there free time on the retreat?

Yes, most afternoons we have free time for you to chat, swim, nap, have a massage, or just simply read a book. You are welcome to explore Ubud or the beaches on the free day.

What are the room configurations like?

At the retreat venue, we offer both single and shared room options.

The Superior Chalet offers shared rooms with twin beds or you can stay on your own in a King Room.

It's important to note that room assignments are made on a first-come, first-served basis, so we recommend securing your spot early to get your preferred accommodation choice.

Is drinking/alcohol allowed?

As this is a healing and personal growth retreat, we do not allow drinking during the retreat program.

What is your refund policy?

Please click [here](#) to read our terms & conditions.

See you in paradise for an transformational week.

