

MYSTIC ART RETREATS  
PRESENTS



# BALI VIBES

JOURNEY TO THE HEART OF PRESENCE

JUN 11 - JUN 21 2026  
UBUD, BALI, INDONESIA



with Luciana Pavão

# Bali Vibes

## A Journey to the Heart of Presence

An Immersive Retreat by Luciana Pavão

**11TH JUNE – 21ST JUNE 2026**  
**UBUD, BALI, INDONESIA**  
**MYSTIC ART RETREATS – First Offering in Bali**

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*"The body is a temple. The breath is the priest. The senses are the sanctuary. When we slow down enough to listen, the sacred reveals itself everywhere."*

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## WELCOME

Welcome to **Bali Vibes**, Mystic Art Retreats' inaugural journey into the heart of Bali, to be led by yoga teacher and devotional guide Luciana Pavão. This retreat is a guided passage into the sacred dimensions of the island—weaving conscious movement, cultural immersion, ritual experience, and nourishment into one living practice.



Rooted in the reverence of Balinese spirituality and the wisdom traditions that flow through daily life, this retreat invites participants to *slow their pace, attune their senses, and reconnect with the rhythms of presence and nature*. Luciana brings the sensitivity of a yoga teacher steeped in both Indian philosophy and Balinese wisdom, guiding participants through practices that invite inward listening, embodied rest, and genuine transformation.

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## WHAT IS BALI VIBES

Bali Vibes is not simply a retreat; it is a contemplative encounter with one of the world's most spiritually alive places. The philosophy holds that presence—cultivated through mindful movement, sacred pause, sensory awakening, and connection to place—opens the way to inner stillness and expanded awareness.



This retreat honors the truth that spiritual maturity lives in *the marriage of activity and rest*, in the capacity to *witness beauty without grasping it*, and to *participate in ritual with both reverence and lightness*. Through daily yoga, temple visits, cultural ceremonies, nourishing food, and restorative space, participants are guided to feel their way into the subtle frequencies that Bali offers—becoming not merely tourists observing a culture, but humble students of a living spiritual ecology.

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## PHILOSOPHY OF THE RETREAT

Bali Vibes is rooted in the understanding that *real transformation happens through the marriage of practice, place, and community*. This is not a yoga resort with cultural add-ons. Rather, it is a carefully designed journey in which every element—the daily practices, the temple visits, the food rituals, the unstructured time, the lunar calendar marking—works together to shift consciousness and open the heart.

The retreat honors both the tradition of yoga as a path of inner refinement and the living spirituality of Balinese culture as a profound teacher. Participants are invited not to *consume* experiences but to *participate* in them—to show up with genuine presence, to listen more than to speak, and to allow the island itself to guide their unfolding.

In this way, Bali Vibes becomes not a retreat *from* life but a deepening *into* life—a remembrance of what it means to live with presence, reverence, and connection.

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## CORE PILLARS OF BALI VIBES

- **Embodied Presence through Yoga:** Sunrise and sunset practices cultivate somatic awareness, breath-led calm, and the capacity to inhabit the body as a home of contemplation rather than mere movement.
- **Sacred Encounter with Place:** Temple visits, water purification rituals, and forest immersions are not checklist activities but genuine doorways into Balinese cosmology and the numinous presence that dwells in landscape and tradition.
- **Sensory Awakening and Nourishment:** Conscious food practices, cooking traditions, herbal medicine (Jamu), and culinary rituals awaken taste, scent, and the understanding of food as medicine and devotion.
- **Ritual as Inner Alchemy:** Ceremonies—cacao rituals, Agni Hotra fire ceremony, sound healing, and group kirtan—provide time-honored containers for shifting consciousness and deepening communal resonance.
- **Rhythmic Integration of Rest:** Built into each day are windows of unstructured time—for spa, contemplation, personal exploration—honoring the body's natural rhythm and the principle that integration requires pause as much as practice.
- **Cultural Reverence and Learning:** Balinese guides, local artisans, traditional dancers, and village visits offer authentic windows into a living spiritual culture, approached always with respect and genuine curiosity.

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## LEARNING OUTCOMES

- **Embodied Integration of Presence:** A lived understanding of how consistent yoga practice, combined with intentional pauses, creates genuine shifts in clarity and calm that extend beyond the retreat.
- **Sacred Literacy in Balinese Tradition:** Insight into the cosmology, rituals, and daily spiritual practices of Bali, deepening respect for living religious traditions and non-Western wisdom systems.
- **Refined Sensory and Somatic Awareness:** Heightened capacity to taste, smell, feel, and hear with full presence—translating into greater enjoyment and embodied aliveness in daily life.
- **Community Resonance and Holding:** The experience of moving, practicing, eating, and reflecting in conscious community, cultivating the capacity for genuine human connection and shared intention.
- **Integration of Rest as Practice:** Permission and embodied understanding that stillness, spaciousness, and receptivity are not breaks from the "real work," but are themselves transformative.



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## FACILITATED ELEMENTS

The retreat blends daily yoga sessions with carefully curated cultural experiences, ritual ceremonies, and culinary immersion. Morning practices are designed to attune the body and mind to the day ahead. Afternoon and evening sessions combine further yoga, guided temple visits, traditional ceremonies, and learning opportunities. Evening meals often include teachings, sharing circles, or cultural performances that integrate the day's experiences into conscious narrative.

Each journey day includes both structured experiences (guided by Luciana and local Balinese educators) and unstructured time, recognizing that rest, spontaneity, and personal reflection are essential to genuine retreat.



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## WHO THIS SERVES

Ideal for yoga practitioners deepening their presence and philosophical understanding, for seekers of authentic cultural immersion, for those called to honor sacred places and traditions, for souls ready to weave spirituality into sensory, embodied experience, and for conscious travelers ready to meet a living culture with genuine respect and openness.



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# DAY-WISE SCHEDULE

This 10-day arc moves through phases of arrival and grounding, deepening immersion in Balinese sacred ecology and practice, peak experiences of cultural and ceremonial intensity, and integrated completion. Each day honors the principle that presence emerges through repetition, reverence, and rhythm.

| <b>Day</b> | <b>Date &amp; Theme</b> | <b>Key Experiences</b>   |
|------------|-------------------------|--|
| 1          | Jun 11 – Arrival        | Arrival transfer from Denpasar to Ubud, Open Circle, Orientation, Welcome Dinner                                 |
| 2          | Jun 12                  | Yoga Sunrise, Breakfast, Melukat - Water Temple Purification Ritual, Lunch, Cacao Ceremony                       |
| 3          | Jun 13                  | Yoga Sunrise, Breakfast, Temple Visit, Sound Healing, Lunch, Time for Contemplation/Spa, Yoga Sunset             |
| 4          | Jun 14                  | Yoga Sunrise, Breakfast, Morning Walk, Forest, Lunch, Time for Contemplation/Spa, Kirtan, Dinner                 |
| 5          | Jun 15                  | Day Trip 4:30am, Sunrise at Rice Fields, Temple Visit, Waterfall Trek, Sunset Yoga                               |
| 6          | Jun 16                  | Morning Trip 5:30am, Traditional Village Walk, Temple Visit, Brunch, Monkey Forest & Museum, Ubud Center Market  |
| 7          | Jun 17                  | Yoga Sunrise, Breakfast, Indo-Vegan Fusion Cooking Class, Lunch, Time for Contemplation /Spa, Yoga Sunset        |
| 8          | Jun 18                  | Ulu Day Trip 6:30am, Breakfast, Padang Beach, Lunch, Temple Visit, Kecak Dance                                   |
| 9          | Jun 19                  | Yoga Sunrise, Breakfast, Jamu Workshop, Lunch, Cultural Experience, Time for Contemplation/Spa, Yoga Sunset      |
| 10         | Jun 20                  | Yoga Sunrise, Closing Sharing Circle, Brunch, Elemental Harmony Spa Experience, Agni Hotra Fire Ceremony, Dinner |
| 11         | Jun 21                  | Yoga Sunrise, Breakfast, Check Out, Transfer Ubud - Denpasar Airport   |

TABLE 1: BALI VIBES 10-DAY RETREAT SCHEDULE

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# TRIP LEADERSHIP

## LUCIANA PAVÃO

(Yoga Teacher & Retreat Curator – *Mystic Art Retreats*)



Luciana Pavão is a yoga teacher with over ten years of lived experience, whose spiritual path has been deeply shaped by prolonged time in Bali and continuous studies in India and Southeast Asia. Her approach weaves conscious movement, yogic philosophy, devotional practice, and genuine presence—creating experiences that invite inward listening, embodied rest, and authentic transformation.

She is Yoga Alliance certified in Hatha Vinyasa Yoga, Yoga Therapy, Yin Yoga, and Hands-On Adjustments. Luciana maintains continuous contemplative study of the Yoga Sutras, Bhagavad Gita, and Shakta Tantra traditions, with a strong affinity for the Bhakti path of devotion. This brings a ritualistic, soft, and heart-centered atmosphere into all her teachings and retreat curation.

Having lived and practiced

extensively in Bali, Luciana has developed deep relationships with local spiritual teachers, temple communities, and cultural practitioners. She approaches Balinese traditions with genuine reverence and authentic understanding, ensuring that cultural experiences within the retreat honor the living spirituality of the island rather than treat it as mere tourist attraction.

Luciana has guided and participated in transformative retreats and immersive experiences across Brazil, Bali, and India, integrating movement, meditation, philosophy, and sacred connection with nature. Her work lives at the meeting point of tradition and modern life, honoring yoga not as historical artifact but as a living, embodied, and deeply human path to awakening.

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# INCLUSIONS

Be guided by Luciana Pavão through a deeply immersive journey into Bali's sacred dimensions, thoughtfully designed to nourish body, mind, and soul.

Your experience includes:

- **10 nights of accommodation** in a 3-star garden bungalow in Ubud, surrounded by Bali's natural beauty and spiritual atmosphere on Single Occupancy
- **11 yoga sessions (Daily):** Sunrise and sunset practices, guided meditations, and movement experiences designed to cultivate presence and embodied awareness
- **Meals** within the itinerary (approximately 19 meals, including breakfasts, lunches, and dinners)
- **Entrance fees** to all temple sites and sacred locations, including traditional offerings
- **Guided cultural experiences:** Temple ceremonies, water purification rituals, cacao ceremony, sound healing, Agni Hotra fire ceremony, traditional cooking class, Jamu herbal workshop, Kecak fire dance performance, and museum visits
- **Local expert guides:** Balinese guides and cultural educators who share deep knowledge of local traditions, history, and spiritual practices
- **Three spa vouchers:** To be used during free time or scheduled as part of the retreat
- **Special day-use experiences:** Sunset viewing, beach time, sacred site immersion
- **All transfers and transportation:** Private vehicles for all excursions (Comfortable Big Cars – 4 people per car), temple visits, and daily journeys
- **Group kirtan and closing ceremonies:** Devotional singing and integration practices with Luciana

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# NOT INCLUDED

- International flights to and from Denpasar Airport
- Travel insurance and Indonesian visa fees
- Beverages and alcoholic drinks
- Meals not indicated in bold within the itinerary
- Use of hotel bar, laundry services, telephone calls, personal internet charges, and personal shopping
- Gratuities for guides and drivers (recommended)
- Personal wellness items not specified

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## PRACTICAL INFORMATION

**Location:** Ubud, Bali, Indonesia—the cultural and spiritual heart of the island

**Duration:** 11 days and 10 nights (Jun 11 – Jun 21, 2026)

**Group Size:** Limited to 10-12 participants to ensure quality of experience and authentic cultural engagement

**Best For:** Yoga practitioners, seekers of spiritual transformation, cultural enthusiasts, and conscious travelers ready for genuine immersion rather than surface tourism

**Physical Level:** Moderate. While yoga is offered daily, participants can modify practices or rest as needed. Walking and some light trekking are part of the journey.

**Spiritual Openness:** This retreat honors Balinese Hindu traditions and includes sacred rituals and ceremonies. Participants should approach with respect, openness, and genuine curiosity.

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## GROUP SIZE & FEES

This inaugural retreat in Bali is offered in limited numbers to ensure authentic, meaningful engagement with place, community, and fellow travellers.

**USD 1900** All Inclusive payable in 3 installments

**USD 1800** which is **USD 100** less if paid in one installment

Please note that for installments the first installment is non-refundable if the participant decides to cancel of their own volition

If Mystic Art Retreats cancel the event then the entire amount paid is refundable

For more information, visit [www.mysticart.org](http://www.mysticart.org) or contact

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# PRODUCTION

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Mystic Art Retreats™ (mysticart.org) are transformative events held in locations of extraordinary beauty and power that expand consciousness, ignite delight, and elevate human potential.

These retreats typically focus on creative arts and indigenous crafts as a means for encouraging our treasured clients to renew their love of life and return home with an invigorated sense of purpose. Our events are designed to be inspiring and encouraging rather than restrictive or humbling. Beauty, delight, creative expression and spiritual wisdom are key components of every retreat.

The programming includes instruction in sacred art, fine art, and traditional spiritual practices. Immersive cultural experiences, healing connection to natural environments, and visits to locations imbued with spiritual power serve to give these teachings context and ensure our clients remain grounded. We are committed to fostering respectful and mutually beneficial connection to the cultures we visit.

The combination of intellectual stimulation, physical exertion, creative expression, and spiritual ceremony results in unforgettable moments of spiritual expansion. We believe that our retreats work best when we inspire in our participants a sense of wonder, awe, and delight in being exactly where they are in the present moment.

Transformation and spiritual growth happen naturally when we are encouraged to relax in sacred places; it is more powerful when mind, body, and spirit are marshalled together for the purpose of lasting benefit to oneself and our global community.

Our globally renowned experts from different sacred traditions host events at extraordinary venues that range from breathtaking palaces, venerable institutions, quaint rural stays, and natural stone homes. Old restrictive patterns of self-limitation are gently coaxed to unlock through skilful exposure to sensory delight, often through appreciation of traditional arts, visits to locations of glorious beauty, and exploring delicious local cuisine. Each one of our events are unique; composed to suit our discerning clients, exceptional hosts, and spectacular locations.

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## Bali Vibes

*A Mystic Art Retreats Offering*

**Document prepared by Mystic Art Retreats**

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