



Know before you go - Please read this important information carefully!

Getting Here

- Ensure your passport expiry date is valid with at least 6 months remaining. If you have less than 6 months remaining you will be turned away from your flight.
- Check your country's visa & passport requirements for Indonesia before departure. Some countries such as the UK can get a Visa On Arrival at immigration and if you are staying for less than 30 days it is free but of course, please double check.
- When leaving arrivals at Bali International Airport your driver will be waiting for you with your name held up on a piece of paper. Sometimes it can get hectic and you may miss each other but please don't worry, **just avoid the many other taxi drivers and head for the Information Desk** situated around the corner and wait for him there. (that's where he will wait if he can't find you!) The journey to Candidasa will take approximately 90 minutes. We will pay the driver upon arrival but if you want to you can give him an optional tip, between 10,000 & 50,000 Indonesian Rupiah is fine.
- If you are already in Bali and require a pick up from your hotel, simply let us know where you are staying and a pick-up time and we can arrange your transfer to us for you.
- Check in is 2:00pm but if you arrive early, reception can take of your bags whilst your room is being prepared. The 'meet & greet' starts at 4:00pm so please make your way up to the Yoga Studio just before.
- Our contact details & venue addresses are located on our [<contact us>](#) page

Things you will need...

- Mosquito repellent
- Sunscreen
- A light rain jacket
- Money, credit cards etc.
- A reusable water bottle (to make use of free refills)
- Vaccinations (check with your doctor)
- Travel/Medical Insurance
- A camera (separate to your mobile phone if possible so you can 'digitally detox')
- Flip flops (thongs/sandals) & training shoes (gym shoes)
- Hoody/jumper/cardigan (sometimes there may be a sea breeze chill in the evening!)

General Information

- **Travel Insurance** - We strongly advise you to purchase travel insurance for your trip, you should do this at the time of booking. If possible and at the very least, cover should be for:
 - Emergency medical treatment and/or repatriation.
 - Cancellation/rescheduling of flights.
 - Cancellation/rescheduling of the retreat.
 - Loss or damage to property.
- **Detox**
 - Even though our retreat is not a 'detox' retreat as such we strongly encourage our guests to abstain from certain things such as alcohol, cigarettes & meat. This is optional but you are assured that if you take the challenge, your body and mind will thank you!
 - We also encourage our guests to take a '**digital detoxification**' during the retreat, removing themselves from outside distractions. Again this is optional but if you do want to switch off your phone for the week then please leave our email address with someone back home so that we can relay urgent messages to you. Either way we do restrict phone use to your room and are not allowed at the table or during group activities.
- **Mosquitos/malaria** are generally not a problem in Candidasa but it is advisable to bring along some repellent.
- We will be taking you on two '**Explore Bali**' day trips and they both involve a certain amount of walking. The first day trip involves walking around two large temples and the second involves a leisurely 20-minute walk up a hillside to visit Wayan, the local healer. It is only a forest path so if you feel you may be uncomfortable wearing sandals/flip flops, it may be advisable for you to bring some light training shoes or something similar. Heavy walking boots will not be necessary.
- **The tap water** in Indonesia is not suitable for drinking but perfectly fine for showering/brushing teeth etc. We will supply you with all of the drinking water you need for free as part of the retreat.
- We sell water bottles (**@cost price = non-profit**) to encourage our guests to refill with free water thus lessening the use of single-use plastic bottles.
- **Money**
 - If possible it is better to bring a small amount of Indonesian Rupiah (1 million should suffice) with you as airport charges for changing money can be expensive and ATM's there are unreliable.
 - If you have to pay for a **VOA (staying longer than 30 days)** at the airport it is possible to pay in local currency or USD.
 - You can ask our driver to stop at an ATM on the way if you desperately need one.
 - Most places on the island, including Candidasa, have **Visa/MasterCard ATM's** so don't worry if you don't bring any money with you.
 - Most hotels and some restaurants will accept card payments.
 - Shops/hotels/restaurants in Indonesia will only accept local currency (e.g. not USD, EUR or AUD) If you **bring your own currency** there are a few money changers in Candidasa that offer very good exchange rates.
 - Inform your bank if you plan to access your money whilst abroad. There are many cash machines in Candidasa and almost all are Visa and/or MasterCard so they will almost definitely work for you.
- **Local shops** in Bali sell most of the things you will need such as toothpaste, shower & shampoo products, insect repellent etc. If you require something more specific it may be better to buy it before you travel. Women's sanitary products can sometimes be difficult to find and rather expensive so it is suggested that you bring them with you.
- **Regarding clothing**, make sure that the clothes you wish to wear for the yoga classes are not restrictive. It is best to wear something either baggy or close fitting like Lycra type leggings. Most days are hot and sunny but sometimes, depending on the season, there may be rain so a light raincoat may be advisable. Also, the evening sea breeze can sometimes bring a chill so you may like to bring a light jumper/cardigan/hoodie.

If you have any further questions about the retreat, yoga, Bali, travel etc. then please feel free to [contact us](#) so that we can help you! We also have a FAQ section on our website!