

Managed and organized by POSSIBLE!

POWER OF SELF

Peace & Flow

Between sacred jungles, spiritual temples, and turquoise oceans, experience a unique journey combining personal development, spirituality, and the discovery of Bali.



Three sacred places to slow down, feel, and evolve.

RECONNECT WITH YOURSELF IN THE HEART OF THE ISLAND OF THE GODS.



For more information, contact us:

✉ info@possiblepowerofself.com

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DAY 1

Arrival in Ubud & Opening Circle

3:00 PM: Arrival at your rooms in Ubud

Take time to settle in, breathe deeply, and feel the gentleness of the place. A sacred space surrounded by nature, ideal for reconnecting with yourself and preparing for the next day of inner transformation and exploration of Bali.

4:00 PM – 5:00 PM: Opening Circle

We will begin the retreat with a welcome circle, a powerful and symbolic moment to set the intention for the inner journey each of you is about to experience. This circle will be guided by Sabrina and will include:

- Group introduction to get to know each other.
- Introduction to the retreat, its themes, energy, and deep intentions.
- Guided meditation to ground yourself, release travel tensions, and open up to the magic of the moment.
- Emotional release session to let go of what no longer serves you and welcome transformation.
- Collective sharing where everyone can express themselves freely, in trust and mutual respect.
- This moment of connection creates a solid foundation for the stay, fostering unity, safety, and depth in the upcoming experiences.



7:00 PM: Dinner at the hotel and evening of rest & integration.

After the circle, it's time for gentleness and calm. This is the moment to integrate the first energies, rest from the journey, and prepare to fully immerse yourself in the retreat.

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DAY 2

Shaman Visit, Vegan Restaurant & Rest

7:00 AM – 8:00 AM: Morning Yoga Class

Start the day gently with a yoga practice focused on breath connection, mental clarity, and heart opening. The tropical setting, morning light, and sounds of Balinese nature offer a soothing and revitalizing atmosphere.

8:45 AM: Breakfast

A perfect moment to connect and share the morning's feelings.

10:00 AM: Departure for the Shaman Visit

We will head to Ubud, the spiritual heart of Bali. The journey crosses green rice fields and traditional villages, offering a glimpse of authentic Balinese life.

11:00 AM – 1:30 PM: Meeting with the Shaman & Temple Visit

Arrival at the sacred temple where we will meet a traditional Balinese healer. This unique experience allows you to explore ancient purification and energy balancing practices. The shaman will share wisdom through prayers, blessings, and water purification rituals. A profound moment of inner connection and energetic release.

2:00 PM – 4:30 PM: Lunch at the Vegan Restaurant "Sayuri Healing Food Café"

After the ceremony, head to Sayuri, one of Ubud's most iconic vegan cafés. Discover vibrant, living, and inspired cuisine, prepared with love and consciousness. Everything is designed to nourish the body and elevate your vibration. A moment of relaxation and exchange in a bright and artistic atmosphere.

5:00 PM: Return to the hotel

Free time to rest, swim, meditate, or simply enjoy the calm. A full day, rich in transformation, sharing, spirituality, and connection.

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DAY 3

Purification, Warung Lunch & Monkey Forest Activity

7:00 AM – 8:00 AM: Morning Yoga Session

The day begins with an energizing and centered yoga session, focused on conscious movement, fluid breathing, and heart opening. A sacred moment to align body and mind before diving into a deeply spiritual day.

8:45 AM: Breakfast before departure to Beji Griya - Waterfall Temple.

10:00 AM: Departure to Beji Griya Temple

We head to Beji Griya Temple, a sacred place surrounded by jungle and waterfalls. The journey crosses magnificent rice fields and traditional villages, offering immersion in natural beauty and Balinese culture.

11:00 AM: Purification Ritual & Balinese Teaching

Upon arrival, you will be guided by a Balinese through a purification ceremony. This ancestral ritual uses pure water to cleanse negative energies and renew body, heart, and mind. You will also learn how to prepare offerings, symbols of balance, gratitude, and connection with spiritual forces. A deeply transformative experience, in the gentleness and power of nature.

2:00 PM:

After the ceremony, enjoy a delicious Balinese meal in a typical local warung, Titty Garden Sangay. Taste traditional local cuisine.

3:00 PM – 5:00 PM:

Afternoon at Alas Kedaton, a tropical forest inhabited by monkeys. A fun and lively experience: walk through nature and observe monkeys in their natural habitat.

5:00 PM – 6:00 PM:

Return to the hotel after the activity. Free evening.

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DAY 4

Transition to Canggu & Meal with a Balinese Family

7:00 AM – 8:00 AM: Morning Yoga Class

A final yoga session in Ubud, in the soothing energy of the rice fields. This gentle and fluid practice helps integrate the experiences, balance the body, and prepare the heart for the transition to Canggu.

8:45 AM: Breakfast & Check-out from Ubud

A perfect moment to express gratitude for this magical place before continuing the journey.

11:00 AM: Transfer to Canggu Hotel

Check-in at 3:00 PM: settle in, discover the place, and enjoy free time to refresh. Time to drop off your luggage, relax, and prepare for a unique and authentic cultural experience.

3:30 PM:

Preparation for the evening and departure.



4:00 PM – 7:00 PM: Meal with a Balinese Family

We will be welcomed by a traditional Balinese family in their home for a moment of sharing, culture, and human connection. Discover local customs, simple and spiritual ways of life, and participate in a small blessing ceremony accompanied by a homemade Balinese meal, prepared with love. A sincere immersion into the heart of Balinese culture.

7:30 PM: Return to the hotel

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DAY 5

Workshop, Massage, Beach & Sunset at La Brisa

7:00 AM – 8:00 AM: Morning Yoga Class

A gentle awakening with anchoring and fluidity yoga, to harmonize energies and open the day in inner peace.

8:45 AM: Breakfast at the hotel.



10:00 AM – 12:00 PM:

Workshop and Teaching on Emotional Blockages, Mindfulness, and Energy Harmonization.

12:15 PM:

Free afternoon: relaxation, pool, traditional Balinese massage.

2:30 PM: Departure for the Beach – La Brisa, Canggu

Head to La Brisa, one of Bali's most beautiful spots, located by the ocean. The bohemian-chic atmosphere, lights, music, and palm trees create a magical ambiance at sunset.

5:00 PM – 8:00 PM: Sunset & Dinner by the Ocean

A moment of pure celebration, gratitude, and beauty, symbolizing openness to joy and inner freedom.

8:00 PM: Return to the hotel.

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DAY 6

Immersive Day at Udara, Seseh

9:00 AM:

Gong & Ra Ma Da Sa Meditation

9:15 AM – 10:30 AM:

Choose between breathwork or yoga

10:30 AM – 12:00 PM:

Ecstatic Dance

12:00 PM – 1:00 PM:

Sound Healing

1:00 PM – 2:00 PM:

Celebration of Life

2:00 PM:

All-you-can-eat brunch at Organic Ocean restaurant with many vegetarian and vegan dishes.

3:00 PM – 6:00 PM:

Spa, sauna, hot and cold pools. Relaxation time.

6:00 PM:

Return to the hotel.



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DAY 7

Heading to Nusa Penida

Après plusieurs jours de transformation et d'ouverture à Canggu, nous prendrons la route vers une nouvelle aventure : l'île magique de Nusa Penida, un lieu vibrant, entouré d'eaux turquoise et d'une nature brute et apaisante.

7:00 AM – 8:00 AM: Morning Yoga Class

A gentle awakening in movement and awareness to anchor energy before the journey. This moment will help you recenter, open the body, and cultivate gratitude for all that has been experienced so far.



8:45 AM: Breakfast

11:00 AM: Check-out from Canggu

Preparation for departure and transfer to the port. We will take time to say goodbye to this welcoming place and its peaceful energy. Transfer to the port & crossing to Nusa Penida. We will board for a boat ride. The journey offers a splendid view of the ocean and the coasts of Bali. An ideal moment to contemplate, breathe, and let yourself be carried away.

2:00 PM – 3:00 PM: Arrival & Check-in at the Hotel

Warm welcome, a charming and peaceful place surrounded by tropical greenery. Free time to settle in, relax, and enjoy the calm of the island.

5:30 PM: Dinner at the restaurant together

We will share a convivial meal in a restaurant to taste the flavors of Nusa Penida.

7:30 PM:

Free evening & relaxation

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DAY 8

Discovery of Nusa Penida

7:30 AM: Breakfast

Wake up gently with a delicious breakfast. A beautiful energy to start this day of exploration and adventure.

8:30 AM: Departure for the Excursion

Departure by car to the port to join your shared boat. The adventure begins on the turquoise water surrounded by majestic cliffs and spectacular landscapes.

- Morning: Snorkeling in the most beautiful sites of Nusa Penida
 - Discovery of exceptional marine life:
 - Manta Bay: Swim with majestic manta rays in their natural habitat, an unforgettable and moving experience.
 - Crystal Bay: Clear water, colorful corals, and tropical fish, an open-air aquarium.
 - Gamat Bay: Wilder, ideal for snorkeling enthusiasts, with impressive biodiversity.

12:30 PM: Lunch (meal not included)

Well-deserved rest by the sea or in a small local restaurant, to enjoy an Indonesian meal or a vegetarian/vegan dish while enjoying the view.

2:00 PM: Land Discovery of Nusa Penida

The adventure continues through the picturesque roads of the island, between cliffs and spectacular panoramas:

- Kelingking Beach: The famous "T-Rex" of Nusa Penida, one of the most iconic viewpoints in Indonesia. Breathtaking view of the cliff and turquoise sea.
- Angel's Billabong: Natural pool formed by volcanic rocks, where the ocean rushes in at high tide.
- Broken Beach: Natural arch sculpted by the waves, a magical and soothing place, perfect for contemplating the power of nature.

6:30 PM: Return to the hotel

Return to the hotel after this day rich in emotions and beauty. Free time to rest, shower, meditate, or simply enjoy the sunset.

7:00 PM: Dinner freely or in a group

Share the meal in a convivial atmosphere, exchange experiences of the day, laughter, and gratitude before a well-deserved night of rest.

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DAY 9

Continued Discovery of Nusa Penida

8:30 AM: Breakfast

Start the day with a delicious breakfast at the hotel.

10:00 AM: Departure for the Guided Excursion

Visit to Goa Giri Putri (Cave Temple): A unique spiritual experience. To access it, you must pass through a small opening in the rock before entering an immense underground cave-temple dedicated to the goddess Shiva. The atmosphere is filled with incense and sacred energy. An ideal place for a moment of introspection and/or silent meditation.



12:30 PM: Lunch in a Vegan Restaurant

Enjoy a healthy and delicious meal in a restaurant offering fresh dishes made from local produce. A vegan dining experience.

2:30 PM: Discovery of Crystal Bay Beach and Teletubbies Hill (Bukit Teletubbies)

Walk through the heart of green hills with soft, rounded shapes, reminiscent of a fairy-tale landscape. A peaceful place to admire nature and take beautiful panoramic photos.

5:30 PM: Sunset at Teletubbies Hill

Admire the golden light of the setting sun over the hills and let yourself be enveloped by the serenity of the place. An ideal moment to breathe deeply and feel the gratitude of the day.

6:30 PM – 7:00 PM: Return to the hotel

Free evening: Enjoy a quiet evening: free dinner, beach walk, reading, or meditation under the stars.

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DAY 10

Closing & Return

8:30 AM: Breakfast

A quiet moment to savor, exchange, and anchor yourself in the gentle energy of this last day.

10:00 AM: Free Day & Exploration in Flow

This day is dedicated to freedom and listening to yourself. As a group, you will decide what you want to experience to close your retreat in flow:

- Relax at the beach or by the pool
- Mountain biking in nature
- Share a final meal in an inspiring café
- Or simply rest and integrate everything experienced during the week

The idea is to follow your intuition and desires of the moment, with lightness and gratitude.



4:30 PM: Meditation & Closing Circle at the Hotel

We will meet for a final moment together, a guided meditation followed by a closing circle. This will be a space to share your feelings, realizations, gratitude, and honor the entire journey. A deep moment of connection, gentleness, and self-love for yourself and the group.

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DAY 11

Return to Bali & Departure

9:00 AM: Breakfast

Enjoy a final breakfast together in the gentleness of the morning. A moment to savor the last moments on the island, exchange a few words, laugh, and feel gratitude for everything you have experienced during the retreat.

After the meal, you will proceed with check-out and take time to gather your belongings in complete tranquility.

11:00 AM: Transfer back to Bali (Sanur or airport depending on flights)

Departure to the port for your return crossing to Sanur or directly to the airport, depending on your flight schedule. The journey is also a moment of integration; let the landscapes unfold and feel the inner peace and clarity this experience has brought you.



This is the end of a magnificent outer and inner journey, but also the beginning of a new chapter, nourished by everything you have discovered and awakened within yourself.

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An inner reconnection.

An immersion in well-being, spirituality, and nature.

A journey to realign and leave transformed.

RECONNECTION. LIBERATION. IMMERSION. TRANSFORMATION.

