The Yogi's Garden
RETREAT

Venue Information

2024

Welcome to

The Yogi's Garden

The serenity of nature envelops you in her calm embrace

At The Yogi's Garden, we offer a unique experience of "the real Bali" at our private retreat, wellness and educational center set within a working farm less than an hour from bustling Ubud.

Let your eyes soak in the views of Bali farmland, jungle, and mountains – especially the great Mt. Agung. When the sky is clear, this holy mountain is visible from the yoga shala, dining area, and the main guest residence, as well as many special look-out spots tucked around the property.

Delicious farm-fresh meals, smoothies, and pressed juices served by our restaurant will restore your body while you unwind and recharge after one of the classes held in our spacious, window-wrapped yoga hall.

Our Philoshophy

Nature Getaway

Deepen your connection to nature in our remote organic farm, surrounded by the lush green Bali jungle with mountain views. Go for a meditation walk on our trekking paths deep in the forest and discover the marvelous sunsets from our garden.

Retreat & Discover

Join us for yoga foundations and advanced technique workshops, as well as pranayama/breathwork, meditation, dance, devotional music, and other methods of expanding your mind-body-spirit connection.

Eco-Experience

Thrive on farm-to-table meals from our organically grown garden. Learn farming, gardening and sustainable practices from local farmers in our facilities powered by green energy. We are conscious & gentle with our environment in everything we do.

Retreats and trainings

You may be joining us as a student in a yoga teacher training, or perhaps on a personal retreat by yourself or with friends. If you are interested in advancing (or starting!) your yoga practice, we hold yoga foundations and advanced technique workshops, as well as pranayama/breathwork, meditation, dance, devotional music, and other methods of expanding your mind-body-spirit connection.

Experiences

We offer opportunities to experience Balinese culture with hands-on workshops and excursions led by local experts. Wander down an arborway covered in passionfruit vines to help out in the garden, or take one of our many classes or workshops on cooking, gardening, and Balinese traditions and culture.

We strive to enhance your stay by providing a variety of activities and workshops around the farm and beyond.

Bonfire

Agni Hotra

Cooking Class

Melukat
(Purification)

Sarcophagus Site Visit

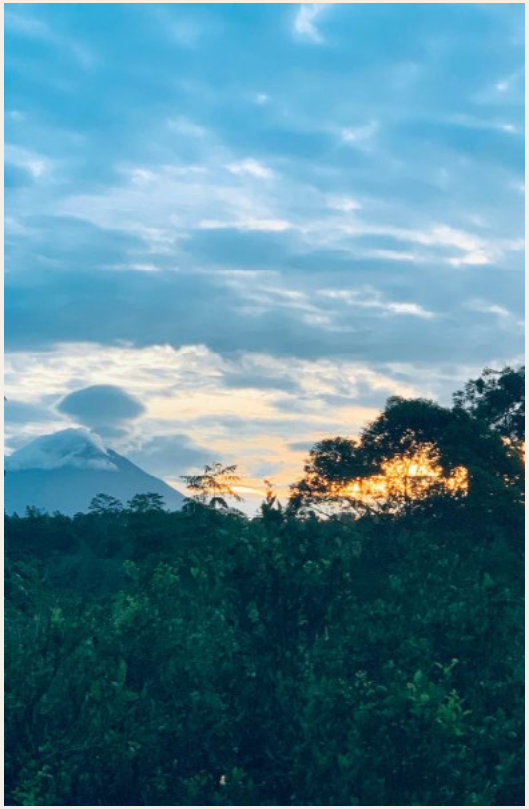
The Farm

Let your eyes soak in the views of Bali farmland, jungle, and mountains – especially the great Mt. Agung.

Our medicine garden honors the rich healing heritage of Indonesia's well-known herbal healing Jamu, and our seed-saving garden supplies us with heirloom and organic seeds to share with other Bali farmers. See how we grow our own food right here on the farm using organic and permaculture principles, and even how to prepare delicious meals in a traditional Balinese woodfire kitchen.

The Yoga Shala

Experience our spacious, window-wrapped yoga hall. When the sky is clear, the holy Mt. Agung will be your view.



Half Day (4 hours) IDR 1.900.000 • **Full Day (8 hours)** IDR 2.900.000

Lotus Studio

Half Day (4 hours) IDR 2.700.000 • **Full Day (8 hours)** IDR 3.500.000

The Taj

Nestled in a farm environment, surrounded by forests, looking over Mount Agung. At The Taj you can rediscover your connection to nature within a boutique experience on spacious luxury suites or upscale shared rooms.

DELUXE ROOM

An enchanting and private suite overlooking the deep green jungle of Bali. Located on the upper floor, awaken to the sun rising over the mountains in a lovely veranda.

Room Features:

- Private Veranda
- Private Toilet & Shower
- Mini Bar
- Hot Water Kettle with Tea/Coffee
- Shower stocked with Soap, Shampoo & Conditioner
- Hair Dryer
- AC & Fan
- Pool Access

IDR 950,000 / night per room

The Taj

DELUXE ROOM (Twin Bed)

This spacious room features 2 single-beds.
Enjoy a private terrace with a lush green view to the gentle charm of Bali's nature.

Room Features:

- Private Veranda
- Private Toilet & Shower
- Mini Bar
- Hot Water Kettle with Tea/Coffee
- Shower stocked with Soap, Shampoo & Conditioner
- Hair Dryer
- AC & Fan
- Pool Access

IDR 950,000 / night per room

The Taj

DORMITORY

A deluxe shared experience. This room is equipped not-your-average bunkbeds and direct access to the garden and lounging deck of The Taj.

Room Features:

- Shared Toilets and Showers
- AC & Fan
- Hair Dryer by Request
- Hot Water Kettle with Tea/Coffee
- Chill-Out Area
- Locking Cabinets for Each Guest
- Pool Access

Two single bed room:
IDR 500,000 / night per bed

Four single bed room:
IDR 400,000 / night per bed

Gladak

Our 5 Javanese design-inspired wooden house, surrounded with a beautiful garden view. Choice of rooms with a queen bed or twin bed.

Room Features:

- Private Bathroom
- Private Veranda
- Hot Water Kettle with Tea/Coffee
- Shower stocked with Soap, Shampoo & Conditioner
- Hair Dryer and Fan by Request
- Mini Bar
- Pool Access

IDR 800,000 / night per room

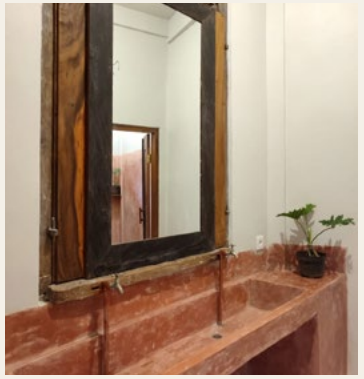
Little Sweet

Our 5 Little Sweet rooms with a single bed, surrounding with beautiful jungle view and nice airflow.

Room Features:

- One Single Bed
- Shared Toilets and Showers
- Hot Water Kettle with Tea/Coffee
- Shower stocked with Soap, Shampoo & Conditioner
- Fan
- Hair Dryer by Request
- Locking Cabinets for Guest
- Mini Bar
- Pool Access

IDR 600,000 / night per room



Lumbung

Our 3 unique wooden nests,
come with 1 single bed.

Room Features:

- One Single Bed
- Private Veranda
- Shared Toilets and Showers
- Hair Dryer and Fan by Request
- Hot Water Kettle with Tea/Coffee station
- Locking Cabinet
- Pool Access

IDR 450,000 / night per room

Ladang Kafe

Ladang Kafe's menu entices the senses with farm-to-table offerings of traditional Balinese and international favorites prepared with health-conscious ingredients. We make sure to include a selection of items for those following specific diets such as gluten-free, vegan, raw vegan, and paleo. Bar Segar offers made-to-order pressed juices, fresh coconuts, and blended smoothies, as well as delicious and nutritious snacks and treats. For those on meal plans during group trainings, a farm-fresh buffet will be served three times per day, and a table prepared with fruit and snacks made available in between meals.

Please note:

- Meal times are pending availability and will be coordinated and confirmed in advance
- Nutritious and delicious vegetarian farm-fresh meals will be served buffet-style and family-style service 3 times a day during training.

Prices:

- **IDR 500.000 / day** (3 meals a day)
- **Breakfast** IDR 150.000
- **Lunch** IDR 175.000
- **Dinner** IDR 175.000

**Price includes 15% Government sales tax & services charge*

Pools

Our facilities are completed with one small heated pool and big swimming pool for you to relax or book your watsu session (Aqua Body Work).

Heated Pool

- All Day Access IDR 1,200,000
  **Need to book 2 days in prior*

Swimming Pool

- Free access all day

Spa

Deep Tissue Massage

IDR 350,000 | 60 mins IDR 450,000 | 90 mins

A deep tissue massage facilitates healing by releasing contracted areas of muscle and tissue. Using a combination of techniques inspired by Shiatsu, Pressure Point and Traditional Balinese massage, our Deep Tissue Massage focuses on the deeper layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones and joints).

The deeper pressure is beneficial in releasing chronic muscle tension, dissolving stress and helping to increase blood flow and oxygen to the soft tissues. Experience strokes, kneading and acupressure stimulation as the mind and body relax. Your treatment can be designed to focus on the whole body or only in a problematic area.

Four Hand Massage IDR 450,000 | 60 mins

A four handed massage is given by two massage experts, that are working at the same time, in beat with each other, giving you the same result as getting two full body massages, at once.

The therapists will use slow and comforting techniques with harder and deeper movements to work on each specific problem while making you totally relaxed. When getting this kind of massage, it's not uncommon to have other massage techniques used including deep tissue and reflexology.

Hot Stone Massage IDR 400,000 | 90 mins

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The stone can be both deeply relaxing and help warming up tight muscles so the therapist can work more deeply. The benefits of hot stone massage are warming, relieve stress, encourages relaxation, improve flexibility and range of motion, relaxes muscle, and to increase circulation in the body.

Hot Bath Soak with Epsom Salt IDR 175,000 | 30 mins

Bath Salt option: Lavender, Rose, Lemongrass, Jasmine

Infra-Red Sauna IDR 120,000 | 60 mins

The Far-Infrared Sauna does not heat the air inside the sauna, instead, it warms the body from the inside out, using Far-Infrared Rays. The rays deeply penetrate the skin and dissolve harmful environmental toxins deep within the fat cells of the body. Raising the core temperature in the body causes sweating and a rise in heart rate and metabolism while the body works to cool itself down – resulting in calories being burnt. The sweat glands are one of the few mechanisms in the body to eliminate toxins and as the skin is the largest organ in the human body, sweating through the skin eliminates toxins in the cells fast. The Far-Infrared sauna is perfect for people who cannot tolerate the high temperatures of standard humid hot-air saunas.

The Community

Before our Farm opened, the village where we're located had a farming monoculture, mostly working with tangerines and vegetable farming was happening on very small scale! As a result, when it wasn't tangerine season anymore the villagers' economy was affected

We're focused on teaching the community that agriculture is more than that. Bringing variety in vegetables and planting can increase the potential income of the villagers, so the young generations can stay at home and keep their culture, instead of being forced to move to urban areas for work

Retreat Rental Payment Terms

1. The Yogi's Garden requires a 10% deposit to secure space.

2. A provisional reservation will be held for 10 working days after an initial verbal or email agreement commences.

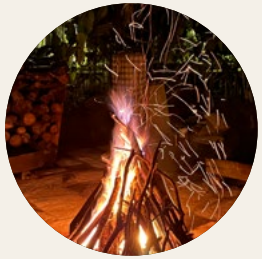
3. Upon receipt of the 10% deposit, The Yogi's Garden will issue an initial deposit confirmation and a balance due invoice that will be payable no later than 180 days prior to the event start date.

4. Upon receipt of the 20% balance, The Yogi's Garden will issue a final rental due invoice that will be payable 30 days prior to the event start date.

5. Any outstanding balances from ancillary services pertaining to the event and/or the balance of the meals service bill from the Ladang Kafe will be invoiced at the end of the rental period and must be paid in full within 5 days of the close of the event.

**Payment Schedule and Changes & Cancellation Schedule details will be on the Terms and Condition Form.*

Ancillary Service



Bonfire

Transport

Laundry

Excursion around Village

Balinese Ceremony

Mandala and other decorations

Massages

Holistic Healing Session

Cooking Class

Water Healing Therapy

Contact Us

The Yogi's Garden

JL. Ganduh No 2, Banjar Marga Tengah, Desa Kerta,
Payangan, Gianyar, Bali 80572

Phone +62 811-3977-884

Email contact@yogisgardenbali.com