

# The call of Bali

2 retreats in Bali in 2024

**3 days in April: 5,6,7  
or 6 days in October 13 - 18**

**Wellbeing and resourcing**

*A dive into Balinese spirituality,*

*A guidance through your inner journey*

**Sharing and giving back**

*Exchanges with local involved in community projects*

**Information : [contact.vitaequilibrium@gmail.com](mailto:contact.vitaequilibrium@gmail.com)**

# About your host and organizer



Good morning,

Sophie Daubisse is your host and the organizer for this retreat. She takes you on this magnificent inner journey.

But she doesn't do it alone. Collaboration and sharing are some of her *motus oparandi*: other professional speakers will accompany her.

She has more than 15 years of experience organizing retreats, events and festivals around conscious living and sustainable development, mainly in Canada and Bali.

The second string she has to her bow is well-being, the exploration of the body in movement and conscious dancing. She has more than 30 years of experience in this field.

After almost 10 years learning and practicing 5Rhythms, she is finishing this year her teaching certification. She enriches this practice with BMC (body mind centering) and somatic movement training.

She has lived in France, Canada and now in Bali for the past 10 years.

This island marked an important turning point in her journey of inner growth thanks to the omnipresent of spirituality and the richness of the encounters she had made. Sophie gives back to Bali and its people every chance she gets. Organizing and leading retreats is one of them.

She takes you off the beaten track both inside yourself and outside, all with great sense of details, attention and kindness.

# The magic of Bali



Bali, the island of the gods. We all have in mind images of rice fields, Balinese dancers in bright colors, processions of women carrying offerings on their heads, dancers in terrifying masks and costumes. It's not folklore. These images are part of the daily life in Bali.

While we live in a world undergoing profound transformation where the values and references of the past no longer seem to work today, people question themselves and want to better understand who they are and each other.

Bali therefore attracts a large number of people in search of meaning. But as if the spiritual nature of Bali and its inhabitants were not enough, on the islands of the gods we are witnessing a frantic rush of spiritual practices offerings. They come from everywhere and anyone. Some are authentic, others are completely improvised. It's difficult to find our way around.

Furthermore, in this spiral of spiritual quest and inner journey, it is easy to miss an important part of the inner work: giving back, listening, exchanging, remaining humble in the face of this island. and its inhabitants, being generous.



*“Where authenticity is highly prized, there are bound to be counterfeits”*  
Cizia Zyke

# Zero impact

There is also a sad reality that the voyager in awe with so much beauty all around beauty is reluctant to accept: pollution. However, it is very much real in this supposedly paradise: trash bags on the side of the roads, in the rivers, on the beaches, burnt trash and plastic, lack of waste management, marine pollution.

Throwing stones at the locals would be unfair. The massive and constant flow of tourists contributes enormously to this sad reality, pushing this island to its limit.

Fortunately we are witnessing an equal growth of initiatives to counter balance this situation and to move in the direction of sustainable development, particularly that of tourism.

These 6-day retreats are part of this ecological movement and an attempt to “Zero Impact” on the environment.

We therefore we commit to:

- use zero plastic during retirement
- sort the waste we will produce and send the recyclable items to the only recycling company on the island: Éco-Bali
- participate in a reforestation activity with Junglo organization to offset our carbon footprint as much as possible
- only use local product

***"Each year, more than 300,000 tonnes of plastic waste are produced in Bali  
The Eco Bali organization recovers and contributes to recycling 10,000 tonnes of it"***



# The Call of Bali... more than a retreat



**3 days April Program** (subject to adjustments)

## Day 1 Friday, April 5

- Melukat (water purification ceremony)
- Opening circle
- Lunch near Tegallalan rice terrasses
- Intention sharing expressed through visual art, embodied movement, writing

## Day 2 Saturday, April 6

- Drum circle
- Lunch
- Book making to write the new story of our life
- Dinner preparation as a group activity, personal and collective celebration. Story telling, music and dance. Fun time with a glass of wine.



## Day 3 Sunday, April 7

- Sound healing
- Closing circle
- Lunch together



*Dites moi et j'oublierai. Montrez-moi, et peut-être m'en souviendrai-je. Faites moi participer et je comprendrai - Benjamin Franklin*

# The Call of Bali... more than a retreat



**6 day October Program** (subject to adjustments)

The program for this retreat is therefore intended to be a balance between:

- inner and spiritual journey in resonance with Bali,
- pampering ourselves,
- interior ecology,
- caring support from professionals,
- external journey towards others, meetings and sharing,
- outdoor activities and carbon footprint offset

## Day 1 - Afternoon

- Arrival Opening circle
- Dinner

## Day 2

- Melukat (water purification ceremony)
- Lunch
- Free time, massage
- Dance consciously
- Spontaneous artistic expression
- Dinner
- Collective games



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# The Call of Bali... more than a retreat

## Day 3

- Conscious dance
- Sound healing session
- Lunch at the PKP women's center
- Cultural activities with women (making offering baskets)
- Dinner
- Spontaneous artistic expression

## Day 4

- Breathwork session
- Lunch
- Free time, massages
- Reflections and sharing
- Agni Hotra (Brahmanic fire ceremony)
- Cultural dinner

## Day 5

- Reforestation activity with the Junglo organization
- Lunch
- Percussion workshop
- Dinner and celebration

## Day 6

- Closing circle
- Check out
- Lunch and departure



*“Tell me and I forget, teach me and I may remember, involve me and I learn”  
Benjamin Franklin*

# Prices & conditions

## **APRIL 2024 RETREAT- 3 possibilities**

1- Your finances allow you to pay the normal price or you register and pay after February 15, 2024 : **250 €**

2- Your finances are a bit tight or you register and pay before February 15, 2024: **-10% off normal price**

3- Your finances are very tight: contact us to find a payment plan together.

4- You are financially very comfortable and can afford to pay a bit more than normal price to offer a financial help to another participant. Thank you

### **Price includes:**

- all practices, activities and support during the retreat (meditation, conscious dancing, soundhealing etc...)
- 3 lunches
- all transportation to go to activities during the retreat
- equipment and ingredients for the celebration dinner
- 1 glass of wine

### **Price does not include:**

- accommodation (possibility of staying on site. Payment to be made directly with the center. Approximate price from 50 euros per night)
- plane ticket
- transportation from and to the airport
- breakfasts and dinners
- Personal expenses





# Prices & conditions

## **OCTOBER 2024 RETREAT- 3 possibilities**

1- Your finances allow you to pay the normal price or you register and pay after August 1st 2024 : **760 €**

2- Your finances are a bit tight or you register and pay before August 1st 2024: **-10% off normal price**

3- Your finances are very tight: contact us to find a payment plan together.

4- You are financially very comfortable and can afford to pay a bit more than normal price to offer a financial help to another participant. Thank you

### **Price includes:**

- all practices and support during the retreat (meditation, conscious dancing, soundhealing, breathwork etc...)
- all cultural activities (melukat, agni hotra, cultural dinner...)
- a donation to non profit organizations
- all transportation to go to activities during the retreat
- 1 massage
- 3 meals per day (from Sunday dinner to Friday lunch)

### **Price does not include:**

- accommodation (possibility of staying on site. Payment to be made directly with the center. Approximate price from 50 euros per night)
- plane ticket
- transportation from and to the airport
- Personal expenses



# Other conditions

## *Paiement options:*

- *transfer Wise*
- *Indonésien local bank transfer*
- *European local bank transfer*
- *Canadian local bank transfer*

## **Payment, cancellation and other condition:**

- in the event of cancellation by the participant,
  - 75% of the amounts paid will be reimbursed up to 1 month before the start of retirement
  - 50% of the amounts paid will be refunded up to 2 weeks before the start of the retreat
  - Beyond 2 weeks, no amount can be refunded in the event of cancellation.
- in the event of cancellation on our part, the amounts already paid will be refunded in full
- under 8 confirmed participants, the retreat will not happen

Thank you. We are looking forward  
to seeing you at the Call of Bali





# The Call of Bali

**Reservation and information :**

Sophie WA: +62 812 393 44042

email: [contact.vitaequilibrium@gmail.com](mailto:contact.vitaequilibrium@gmail.com)