

LOGISTICS QUESTIONNAIRE

Name: D.O.B. / /

Address: P/code

Tele (h) (b) (m)

Email:

Passport No: Nationality: Date of Expiry:
(It must have at least 6 months currency from the date of arrival in Bali)

Flight details: airline

Arrival date: Flt. No. Departure date: Flt. No.

- Accommodation is twin share, if you require a single room tick the box below, there is an additional charge of \$A750 for the 10 days. (if available) I will be requiring a single room
- Room mate (preference if any)

All rooms are non-smoking.

- Do you require additional accommodation at Ananda before or after the course? Yes No
It is \$A75/day twin share or \$A140/night single room, including breakfast.

Number of days required before the course

Number of days required after the course

Any special needs? Any thing that you think we should know? Dietary needs?.....

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Medical History: How is your health now? Are you taking medication? Any serious past medical ailments? Any injuries? *Use the back of this page if you require more space.*

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INFORMATION

ACCOMMODATION

Ananda Cottages is a Balinese family-run hotel, 20 minutes walk (4 mins. by taxi) from the village of Ubud. Accommodation is three star, Balinese style, twin share with ensuite facilities.

Single accommodation is available for a surcharge of \$750 for the 10 nights.

The bungalows are set on a four-acre property set amongst gardens and rice paddy fields, on the edge of even more rice paddy fields. There are three swimming pools, a restaurant and extensive grounds in and around the hotel to walk and sightsee. It's beautiful and everyone is very laid back.

Address: Ananda Cottages, Campuhan Ubud. Tel: +62 361 975376.

Email: anandaubud@gmail.com

GETTING THERE

Once arriving at Denpasar Airport you catch a taxi to Ananda Cottages Ubud, it is a well-known destination and you will find it easy getting there. A taxi fare is purchased from the taxi office, on the outside of the terminal building, about \$A25. The taxi can take three people with luggage. It is a one hour drive from the airport to Ubud. Tipping of \$A1-\$2 per person to the driver is OK. I will let you know if anyone else is travelling on your flight, so you can share a taxi (assuming everyone returns their Logistics Questionnaires in time).

MONEY

It is better to change your money in Bali than at home. When you first arrive you can change \$50-\$100 at the airport, it's enough to cover your taxi fare to Ananda Cottages and spending for the first few days. You will get a better exchange rate in Ubud than at the airport.

Bring some small denomination notes with you (\$5 & \$10) so that you don't have to exchange large notes if you only need a small amount of Indonesian currency. Cash and credit cards are all you need.

Most places will accept credit cards and you can withdraw Indonesian currency from ATMs in Ubud.

There are personal security boxes at Ananda Cottages for your valuables. It's safe and still be careful.

HEALTH

You do not require vaccinations to visit Bali.

Food is usually OK away from the hotel if you eat at popular places. **ONLY DRINK BOTTLED WATER** when outside the hotel. Having conducted 24 retreats with hundreds of participants no-one has ever been sick from the food or water at the hotel yet.

VISAS

YOUR PASSPORT MUST HAVE AT LEAST SIX MONTHS VALIDITY, from the date of arrival, to qualify for a visa. You will not be allowed to stay in Bali if your passport doesn't have 6 months on it.

You purchase a Visa in Bali at the airport for \$US25 (\$A30 in Dec 2013).

It can be confusing when you line up for immigration as there are two different types of queues. One is for immigration and one is for Visas. You have to purchase your visa, in one queue, then line up in another queue for immigration. If you are travelling with other people, go straight to the immigration queue and then have one of your party purchase the visas while the others wait in the immigration line. Buying a visa only takes a few minutes, but those few minutes can mean that another 40-50 people are now in the immigration queues. As a general rule the immigration queues in the middle of the room move faster. Be patient, good humoured, this is Bali they have a different sense of time.

UBUD

Ubud is a tourist town that has still managed to retain its Balinese charm. There are art galleries, temples, a palace, hotels, library, community centres and hundreds of shops and restaurants. It is safe to walk around at all hours of the day, the people are very friendly and generally honest, but you should not be careless with your personal possessions.

SHOPPING

Unless the shop is a "fixed price" shop, the the price for an item is determined by bargaining. The shop keeper will ask for more than they expect. A good starting point is to offer a quarter of what they ask and work up to half the starting price. This may not work if there are a lot of tourists paying the full price or if you have shown too much interest in the item. If the thing you are buying is being offered to you at a significantly cheaper price than you can buy it at home, it doesn't matter if you are buying it at an inflated price. For expensive items it is wise to shop around and find out what comparable items are being sold for at other shops, The variation in price can be huge. Remember to have fun and treat the whole process as a game. The Balinese expect you to negotiate.

WHAT TO BRING

- Clothing and toiletries for hot/warm days and warm/cool nights
- White** shirt or polo shirt for visiting the temple (it's easy to buy one in Bali)
- Exercise clothing for yoga
- Comfortable walking shoes
- Swimmers
- Hat
- Sun lotion and/or insect repellent
- Alarm clock (for getting up early in the morning)
- Torch (there are lots of places where there are no street lights)
- \$A25 departure tax - from the Bali end

OPTIONAL

- Spending money \$300-\$900 - for shopping and additional optional activities eg massages and beauty treatments, there are lots of things to tempt you in Bali.
- Snorkel - for water rebirthing - some people prefer to use their own - (optional).
- Camera - (optional).

You can buy cheap comfortable clothes and all toiletry items in Bali. Don't overpack - if in doubt leave it out. There is a large supermarket a few minutes walk from the hotel. We will spend most of our time in shorts/sarongs and t-shirts. You may need a sweater for early mornings.

On the last evening we will be going to a fancy restaurant and the dress is smart casual. It is the only time you will need to dress up.

PROGRAM

Chakra Bali 2014

	Saturday 23/8	Sunday 24/8	Monday 25/8	Tuesday 26/8	Wednesday 27/8	Thursday 28/8	Friday 29/8	Saturday 30/8	Sunday 31/8	Monday 1/9	Tuesday 2/9	
6:30		Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	6:30
7:00	Silence	Silence	Silence	Silence	Silence	Silence	Silence	Silence	Silence	Silence	Silence	7:00
7:30	Anapanna	Neti	Neti	Meditation	Kunjul	Vipassana	Meditation	Meditation	Shankaprakshalana	Meditation	Meditation	7:30
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	SOUP	BREAKFAST	BREAKFAST	8:00
8:30		8:45 finish	8:45 finish	8:45 finish	8:45 finish	8:45 finish	8:45 finish	8:45 finish	Fasting	End Fast	packing up	8:30
9:00	seminar	seminar	seminar	Spa-1 massage	seminar	seminar	seminar	seminar	seminar	seminar	seminar	9:00
9:30												9:30
10:00	Book In								Silence	FRUIT		10:00
10:30						FRUIT	FRUIT	FRUIT	SOUP		FRUIT	10:30
11:00	Free Time	program	program	Spa-2 massage	program	program	program	program	program	program	program	11:00
11:30									Silence			11:30
12:00										Packed Lunch		12:00
12:30						FRUIT	FRUIT	FRUIT	SOUP	Temple	Complete	12:30
1:00		program	program		program	program			program	Temple		1:00
1:30				LUNCH at Maya			LUNCH at rafting		Silence	Temple		1:30
2:00							Rafting			Temple		2:00
2:30								program		Temple		2:30
3:00										Temple		3:00
3:30				Free Time						Temple		3:30
4:00		DINNER	DINNER		DINNER	DINNER	Free Time	DINNER	SOUP			4:00
4:30		Free Time	Free Time		Free Time	Free Time		Free Time	Free Time	Temple		4:30
5:00	DINNER	Free Time	Free Time		Free Time	Free Time		Free Time	Silence	Temple		5:00
5:30	Meet & Greet			DINNER				start fast		Temple		5:30
6:00	Intro Seminar								stay at	Temple		6:00
6:30									hotel	DINNER		6:30
7:00										at Indus		7:00
7:30									Silence	restaurant		7:30
8:00		Lemon/ginger Water	Lemon/ginger Water		Lemon/ginger Water	Lemon/ginger Water		Lemon/ginger Water				8:00
9:00												9:00