



PURE BLISS: A JOURNEY TO WELLNESS

You are invited
*to reconnect with yourself through the island's rich
culture and healing practices.*





DISCOVER THE WORLD WHERE WE CAN:
*Learn from Nature's Wisdom, Embrace
People's Stories, and Seek Divine
Guidance.*

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ABOUT BACK TO THE ROOTS



Back to the Roots not only shows you about Bali. We unveils it's stories, traditions, and lessons - all beyond the classroom, with a hope to make Bali **a better place for its people and the planet.**

Our core goal is to transform the industry, ensuring a balance between economic prosperity, social equity, and ecological health.

By honoring the deep connections between people, nature, and spirituality, we craft journeys that go beyond traditional classrooms, drawing wisdom from the earth, stories from diverse cultures, and guidance from sacred spaces.

Ultimately, Back to the Roots strives to advance the Sustainable Development Goals (SDGs), preserve ecosystems and cultural heritage, and inspire individual growth through regenerative tourism.

WHY THIS TRIP IS MEANT FOR YOU.



Forget typical tourist traps. This is an invitation to dive deep into the heart of Balinese culture and ancient healing traditions.



Picture yourself mastering the art of authentic Balinese cooking, feeling the sun on your skin during a revitalizing yoga session in the stunning landscapes, and shedding the weight of the world with a sacred *Melukat* water purification ritual.



This transformative day isn't just a trip; it's a gift to yourself, a chance to reconnect with your mind, body, and spirit in a way that will leave you feeling refreshed, inspired, and ready to embrace life with renewed vigor. *If you're seeking authentic experiences, meaningful connections, and a profound sense of well-being, this is the journey you've been waiting for.*

ABOUT THE TRIP



Taste of Bali: Cooking & Offering Workshop

Dive into the heart of Balinese culture through this immersive, hands-on experience that nourishes both body and soul. Begin your journey by exploring the sacred layout of a traditional Balinese house and uncover the spiritual meaning woven into daily life.

Learn to craft intricate offerings (canang sari), a beautiful ritual of gratitude deeply rooted in Balinese Hindu tradition. Then, guided by expert local chefs, discover the aromatic world of Indonesian herbs and spices as you cook a series of authentic dishes from scratch. Savor the bold, vibrant flavors of Bali over a shared lunch—crafted by your own hands, flavored with culture, and seasoned with connection



Aerial Yoga

Step into a yoga experience unlike any other. Aerial yoga takes your practice off the ground and into the air, offering a dynamic mix of challenge and play. Suspended in soft silk hammocks, you'll stretch deeper, strengthen your core, and release tension—making it ideal for both adventurous beginners and seasoned yogis.

Feel refreshed and light as air, surrounded by the breathtaking beauty of peaceful Bali. With every gentle sway, you'll find balance, bliss, and a new perspective—both on the mat and in life.



Sacred Water Purification Ceremony

Cleanse the Soul, Renew the Spirit — Melukat Purification Ceremony
Step into the heart of Balinese tradition with Melukat, a sacred water purification ritual deeply rooted in Balinese Hindu culture. Surrounded by serene nature and guided by local spiritual leaders, you'll experience the healing power of holy spring water—believed to cleanse not just the body, but also the mind and soul.

This meaningful ceremony takes place at peaceful natural springs, blessed by the Gods and cherished by generations. As the water flows over you, feel the release of past burdens, the lightness of renewal, and a profound connection to something greater. End your journey in Bali feeling purified, grounded, and truly new.



ITINERARY

Meeting point BRON Cafe	08.00
On the way to Ubud	08.45 - 10.00
Cooking Session and Lunch	10.00 - 11.45
Make Offering and Balinese House Tour	11.45 - 12.10
On the way to Yoga Session	12.10 - 12.50
Yoga Session	12.50 - 13.45
On the way to Melukat	13.45 - 14.30
Melukat	14.30 - 16.30
Heading back to Denpasar	16.30 - 17.30

PRICE & BENEFITS



MORE DETAILS

- Limited to 11 persons
- Duration: 10 hours

WHAT IS INCLUDED?

- English and Indonesian speaking guide
- Transportation to all the activities from Denpasar
- Mineral water refill
- Breakfast
- Lunch
- Parking and entrance fee
- Traditional clothes for the purification

WHAT IS NOT INCLUDED

- Private transfer to the meeting point
- Personal expenses
- Tip for our friendly guide

ADD-ONS

- Private transfer to the meeting point
- Sustainable goodies to support our actions

Number of Person	Price
1 Person	IDR 1.700.000/Person
2 – 5 Persons	IDR 1.600.000/Person
6 – 11 Persons	IDR 1.500.000/Person



TRAVEL CHECKLIST

Document	<ul style="list-style-type: none">• Passport/ID Card
What to Wear	<ul style="list-style-type: none">• Yoga Session: Comfortable, breathable clothing suitable for movement (e.g., sportswear, loose tops). Avoid restrictive clothing.• Balinese Cooking Class: Casual attire.• Melukat Ceremony: Modest clothing that covers shoulders and knees (e.g., sarong and sash). These are often required for temple visits and rituals in Bali – these may also be provided.• Bring change of clothes for the water purification ritual.
Footwear	<ul style="list-style-type: none">• A comfortable footwear



TRAVEL CHECKLIST

What to Bring

Essentials

- Reusable water bottle to stay hydrated.
- Towel (for yoga and water purification).
- Sunscreen and insect repellent.
- Bag for personal items.
- Personal medicine



TRAVEL CHECKLIST

Accessories and Toiletries

- Personal hygiene items (face wash, tissue, etc)

Optional Items

- Sunglasses
- Snacks
- Dry bag
- Phone charger or power bank
- Sarong and sash (if you have your own; **these may also be provided**).
- Notebook or journal to reflect on your experience.

Available for Purchase

- Reusable Tumbler/water bottle
- Hat
- Drybag



MAKING THE MOST OF YOUR EXPERIENCE, A FEW KEY REMINDERS:

- Please inform us if you have any dietary restriction or food allergies prior to the trip
- If you require medication, please inform us and bring your personal medicine.
- Please arrive at the meeting point **on time**. Maximum based on departure time, latecomers will be dismissed.
- Respect for culture, be mindful of local customs and practices. Obtain permission before taking photos of people
- Please adhere to the guide's instructions during activities, prioritize your safety, and avoid risky behaviors
- Stay hydrated and rest as needed
- Enjoy the experience and make new friends!





Contact Us to Join the Trip!

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