

Hello Journalist,

Our Privileged Journalist Stay for 5 nights:

We would be delighted to host you for both accommodations and day pass for your media review. We prefer a minimum stay of 5 nights to experience the special essence of the energy here, as well as, the various events ranging from Balinese Culture to Responsible Sustainable Living.

We recommend checking in on a Sunday and checking out on a Friday. Note: Reminder that all interviews are done via email questions, as our co-founders are frequently traveling. Send interview questions to our media coordinator Nadia at media@balisilentretreat.com

Because availability changes every hour, bookings need to be done online by each guest, so they can see the current availability for whatever room-type they prefer and also get a confirmation email with important information. i.e, transport, time to arrive, etc.

Thus, for this media review we would invite you to make your own booking with your own preferred dates.

- Please select whichever room you prefer and when you get here, room can be changed, if you like, for your second night, so you can get a sense of the different experience. Single Room Upper is most popular for the price. Private bungalows are good for those who really need privacy, quiet sleep space, etc.
- Instructions for making a booking are on the right side of the booking form.
- When you make the booking, write in the MESSAGE section that you are "Gratis for JOURNALIST accommodation and day pass from Nadia ". Nadia is our Media Coordinator at media@balisilentretreat.com. The booking staff will confirm your booking manually, so no deposit is necessary) and an auto email will be sent to you with extra important info.
- Prior to visiting, we would like to invite you to peruse our website at www.balisilentretreat.com to get info on our history, green-to-extreme philosophy and various program information including the Agnihotra Fire Ceremony, New Earth Discussions, and Balinese Culture lecture, rice terrace hike and garden tour.
- We add new guest comments to our web site, monthly. It's worth a quick read, as they seem to 'say it all'.
- We're happy to provide High Resolution photos that you may use in your publication. Please click here to download the photos: <https://www.dropbox.com/sh/rd8sqyto8nou91t/AAAdng-JRFvHMLlizt2VgzT1a?dl=0>
- Please credit the photo appropriately to © Bali Silent Retreat
- After Publication, we will add your article to our Media Resource page, which will also feature the author, so reciprocal web traffic goes to you.

We are looking forward to hosting you and sharing the amazing experience of Bali Silent Retreat.

Blessings,

Nadia, Media Team of Bali Silent Retreat

Below is a short description of our special little sanctuary.

What to expect at Bali Silent Retreat

Take-a-Break from everything with Meditation, Yoga Asanas, Prayer, and Restful Contemplation - in Silence

Do what you want to do, when you want to do it - in peace and silence.

Join others in group programs . . . or develop the "art of nothing" and just eat, sleep, read and repeat.

Other interests are:

- Labyrinth-walking-meditation
- Medicine-herb-garden
- Walk through the food forest or jungle-path or the rice terrace walk
- Stare at the stars or the sky on a star beds or lay in a hammock and read
- Cool off in the holy water meditation area
- Take a trip off-site to hot-springs nearby or Batu Karu Temple

Facilities:

- Garden-to-Table organic live food is served all day and included in the Day Pass of Food & Programs.
- Lodge of recycled timber and antiques offers dining and relaxing with 360 degree view of rice fields & mountains
- Green-to-the-extreme & off the grid, with solar electricity & water distillation, and perma-culture gardens
- Extensive library of spiritual and thought provoking books available for your perusal at the retreat.

Programs:

Meditation & Yoga Asanas: Breezy and spacious, the open Octagon Bale has recycled ironwood decking and an airy tented roof, letting in

light even on cloudy days. 4 classes daily of meditation and yoga asanas are available and all optional - design for yourself. Instructors adjust for each guest's level of experience.

Other Programs:

- Weekly: The Future of Food lecture & Perma-Culture Garden Tour, Balinese Culture Tea Circle & 2 hour Rice Terrace Walk,
- Monthly: Agnihotra healing fire ceremony on Full Moon and New Moon
- Checkout the calendar: <https://www.balisilentretreat.com/what-to-do-bring-2/programs/>

Accommodations:

Rooms range from small private wooden bungalows to snug single rooms to dormitories, all with simple but tasteful touches, down comforters, 100% cotton linens, kimonos, a lap desk, solar desk lamp, and stunning views of rural Bali, of course.

Rates: Day Pass (Food and Programs) is a standard \$35. Overnights range from \$20(dormitory) - \$90(private bungalow)

Garden-to-Table Cuisine: Grown on site and harvested daily, the organic vegetables, fruits, and herbs, free of chemicals or commercial fertilizers. The best Balinese and western flavours grace the taste buds with every bite. 3 delicious and creative buffet meals/day plus fresh teas, juices, and snacks all day long.

Location: At the base of the holy mountain Batu Karu, (1.25 hours NW of Ubud). Check the web site for specific directions: <https://www.balisilentretreat.com/facilities/location-and-transport/>