



# UBUD *Sightseeing* DAY

at  
 THE PALM TREE HOUSE BALI

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Every Thursday at The Palm Tree House you are invited to join the weekly outing to Ubud. Ubud is around a 1½-hour drive from retreat, located north towards the middle of the island and is well known for its beautiful natural surroundings, rice field terraces, shops, markets, culture and focus on healing. This of course is where the famous ***Eat, Pray, Love*** movie was filmed!

This day excursion is optional, yet tends to be a highlight for guests and is a wonderful way to see and experience more of Bali beyond Canggu. You will have a driver with you for the whole day and be escorted in air conditioned comfort.

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## The Pyramids of Chi

You will depart retreat around 9am and head directly to The **Pyramids of Chi** for a very special and unique sound healing session in their incredible man-made pyramids. You will enjoy the session comfortably laying down with an eye mask which allows you to sink deeper into the audio experience.

Various types of instruments are used and may include Tibetan Singing Bowls, didgeridoos, and other traditional instruments. Sound and vibration are one of the most powerful tools for healing. The rhythmic frequencies create vibrations that affect the water in our body, our DNA and our chakras.

The process is as scientific as it is mysterious. The experience guides you into an effortless state of relaxation, assisting you to feel, heal and release. This special session is always a highlight for our guests.

**Cost: \$20USD**

## Lunch at Jungle Fish

**Jungle Fish** is Bali's famous VIP beach club in a jungle setting! Tucked up high amidst Ubud's stunning natural landscape, this is a very popular destination with our guests and gives you the opportunity to cool off in the inviting pool in the middle of the jungle as well as enjoy a delicious lunch. The cuisine uses local organic produce

for its diverse and extensive International and Indonesian Menu. You can purchase an entrance package that gives access to all pool facilities (including a towel), daybeds and sun loungers. Access to the pool is optional, you can still eat lunch in the beautiful restaurant.

The menu is diverse and offers a wide selection of snacks, starters, salads, pizza, pasta and mains with western, Balinese and international options. Starters range between \$3 - \$5 USD, while mains range between \$7 - \$15 USD. Vegan, Vegetarian and Gluten free options are widely available.

### Cost:

For general access to the pool area: 350,000 IDR (Around \$25USD) This includes a Food & Beverage credit of 200,000 IDR to use at the restaurant

## Shopping, Ubud Market, Ubud Palace

After lunch your driver will escort you to the centre of Ubud where the famous market and beautiful Ubud Palace temple are. Here you will have free time to wander and explore as you please. You can visit the nearby temples, find yourself a bargain in the maze of colourful market stalls, or wander amidst the shops which offer plenty of options from beautiful silver jewelry to yoga clothes to more boutique clothing and homewares. There are also plenty of cafes if you prefer to simply sit with a cold coconut and watch the world of Ubud pass you by. You will leave Ubud around 3pm to return back to retreat by around 5pm.

