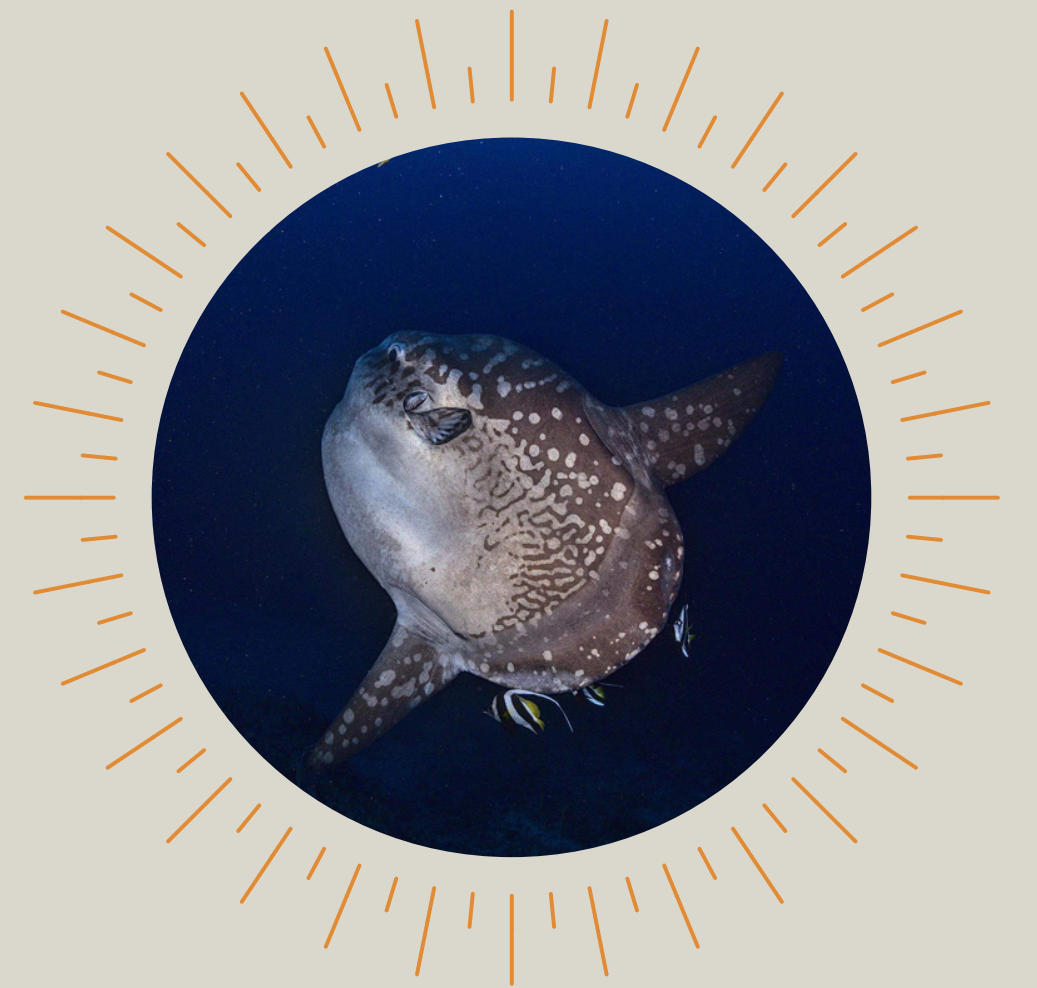


Karma

DIVING & YOGA
NUSA PENIDA . BALI

KARMA DIVING AND YOGA presents
its **Yoga and Diving Retreat**
in Nusa Penida, Indonesia.



8 days / 7 nights

from 2023.11.20

to 2023.11.27



Karma
DIVING & YOGA
NUSA PENIDA . BALI

Your retreat

**See you on the island
of Nusa Penida, Bali,
40 minutes by boat
from Sanur port.**

- **Benefit** from Diving adapted at your level and your desires.
- **Share** daily and different Yoga classes depending on the time of day.
- **Discover** the island, its beautiful landscapes, its culture and spirituality.
- **Relax** thanks to a Balinese massage.
- **Enjoy** moments of free time during which you you can relax and choose your activities.
- **Taste** the local food and its flavors.
- **Stay** in an Eco Resort with a pool, organic vegetable garden and restaurant, Yoga Shala and Spa.



Karma Diving & Yoga

Karma Diving and Yoga welcomes you in its center on Toyapakeh beach in Nusa Penida. We are a young and dynamic team that develops the practice of Diving and Yoga on the island.

With our unique concept, Yoga-Diving, and French school, we will make you live a wonderful stay on our beautiful island.

Trust us, you will not regret it!

“Thank you, Bastien, Quentin, Long, and the rest of the team!

3 dives in June with a great atmosphere,
very professional but relaxing on board.

In bonus manta rays + mola mola!

Snorkeling is also super nice.

I highly recommend Karma Diving and Yoga
and hope to be back soon

in these beautiful reefs still preserved”

Clémence, June 2023

“Karma Diving and Yoga with Danny. It was very good.
Clean equipment management, responsible management
Thanks to this, I could see Mola Mola,
which I was most looking forward to on the island of Penida,
for two days!

Morning yoga before the dive
is also very good.”

Sohyun Lim, September 2023



Yoga

Every day, practice small group Yoga classes in this beautiful Shala surrounded by nature, overlooking the jungle.



You will be guided by **Komang**, our local Yoga teacher, certified **Yoga Alliance**, trained in India, in the cradle of Yoga. He will introduce you to **Hatha Yoga, Ashtanga Vinyasa, Yin Yoga, Pranayamas and Meditation**

- In the morning, enjoy active Yoga classes to gently wake up your body, provide you with full energy for the day, mobilize your muscles, and improve your flexibility.
- In the late afternoon, let yourself be guided by a softer, relaxing Yoga and moments of Meditation to end the day!

Our diving school is part of the
“**Scuba School International**”.

3 half days “Diving”
will be included in this retreat.

You can then chat with
our European and Indonesian instructors
(speaking English)
and choose the PACKAGE that suits you best in
function your desires and your level!



Diving

DISCOVERY PACK

Basic Diver
(diving baptism)

- 2 dives
- 4 Snorkeling

TRAINING PACK

Open Water Preparation

- 1 pool session
- 1 theory course
- 4 dives

Certification at the end of the stay!

EXPERIENCED PACK

Fun Dives

- 6 dives



Spirituality

Our Yoga classes will be filled with spirituality and authenticity in order to respect the principles of Yoga. You will find the healing and well-being you are looking for.



In addition, a visit to the most famous Hindu temple on the island is planned in this retreat so that you dive closer to this strong culture.

Day 1

2023.11.20, MONDAY

Arrival at
Karma Diving
and Yoga
between 2 and 4 pm
+ Welcome drink

4 pm: Transport
to the Eco Resort

5.30 pm: Yoga class,
Meditation and Retreat
Opening ceremony

7 pm: Dinner

Day 2

2023.11.21, TUESDAY

7 am - 7.30 am:
Breakfast

8 am: Diving

12.30 pm: Shared meal
on the beach

2 pm - 5.30 pm:
Free time

5.30 pm: Yoga Class
and Meditation

7 pm: Dinner

Day 3

**2023.11.22,
WEDNESDAY**

7 am - 9 am:
Breakfast

10.30 am:
Yoga class

Free time

5.30 pm: Yoga Class
and Meditation

7 pm: Dinner

Day 4

2023.11.23, THURSDAY

7 am - 7.30 am:
Breakfast

8 am: Diving

12.30 pm: Shared meal
on the beach

2 pm - 5.30 pm:
Free time

5.30 pm: Yoga Class
and Meditation

7 pm: Dinner

Day 5

2023.11.24, FRIDAY

7 am - 8.30 am:
Breakfast

9 am:
Nusa Penida Tour
(Kelingking beach,
Goa Giri Putri temple)

Free time
on the way back

5.30 pm: Yoga class
and Meditation

7 pm: Dinner

Day 6

2023.11.25, SATURDAY

7 am - 7.30 am:
Breakfast

8 am: Diving

12.30 pm: Shared meal
on the beach

2 pm - 5.30 pm:
Free time

5.30 pm: Yoga Class
and Meditation

7 pm: Dinner

Day 7

2023.11.26, SUNDAY

7 am - 9 am:
Breakfast

10.30 am:
Yoga class

Free time

5.30 pm: Yoga Class
and Meditation

7 pm: Dinner

Day 8

2023.11.27, MONDAY

7am - 9am:
Breakfast

10 am:
Yoga class
and Retreat Closing
Ceremony

12.30 pm:
Departure from the Eco
Resort +
Transportation to
Karma Diving and Yoga
or Maruti Port

Eco Resort



The majority of the retreat will take place in this **Eco Resort 4*** labeled in the **middle of nature**.

In this resort, you will have your room, you will have your breakfasts and dinners, and you can relax by the **pool** and enjoy your **offered massage in their outdoor SPA**. This resort is also home to Yoga Shala in which all Yoga and Meditation classes will take place.



The rooms



You will stay in typical Balinese rooms.

You will rest in peace and comfort in the middle of nature.

- Room for one or two people
- Jungle or garden view
- Double bed or twin beds (your choice)
- Hot water
- Air Conditioning (AC)
- Toilet and bathroom facilities
- Wardrobe

Meals

We all know that food is a very important part of our days, and our team will make your meals another unforgettable moment!

All your breakfasts and dinners are included in the Eco Resort restaurant.

The dishes are prepared by an experienced chef in Balinese and Western cuisine.

3 of your midday meals are included after half days of diving in a local Warung (Indonesian restaurant).

*All special diets (vegetarian, vegan, gluten-free...) can be catered in both places.



Additional information

- To come to Nusa Penida:

By plane: land in Bali or Lombok

From Bali, take a boat from Sanur (about 40min crossing)

From Lombok, take a boat from Bangsal (about 2 hours crossing)

- A tourist visa is required to arrive in Indonesia (anticipate on the Internet or pay on arrival). Check before coming as conditions change regularly
- No vaccine is required to travel to Indonesia but some are recommended
- Health insurance is strongly recommended to feel completely relaxed in your activities



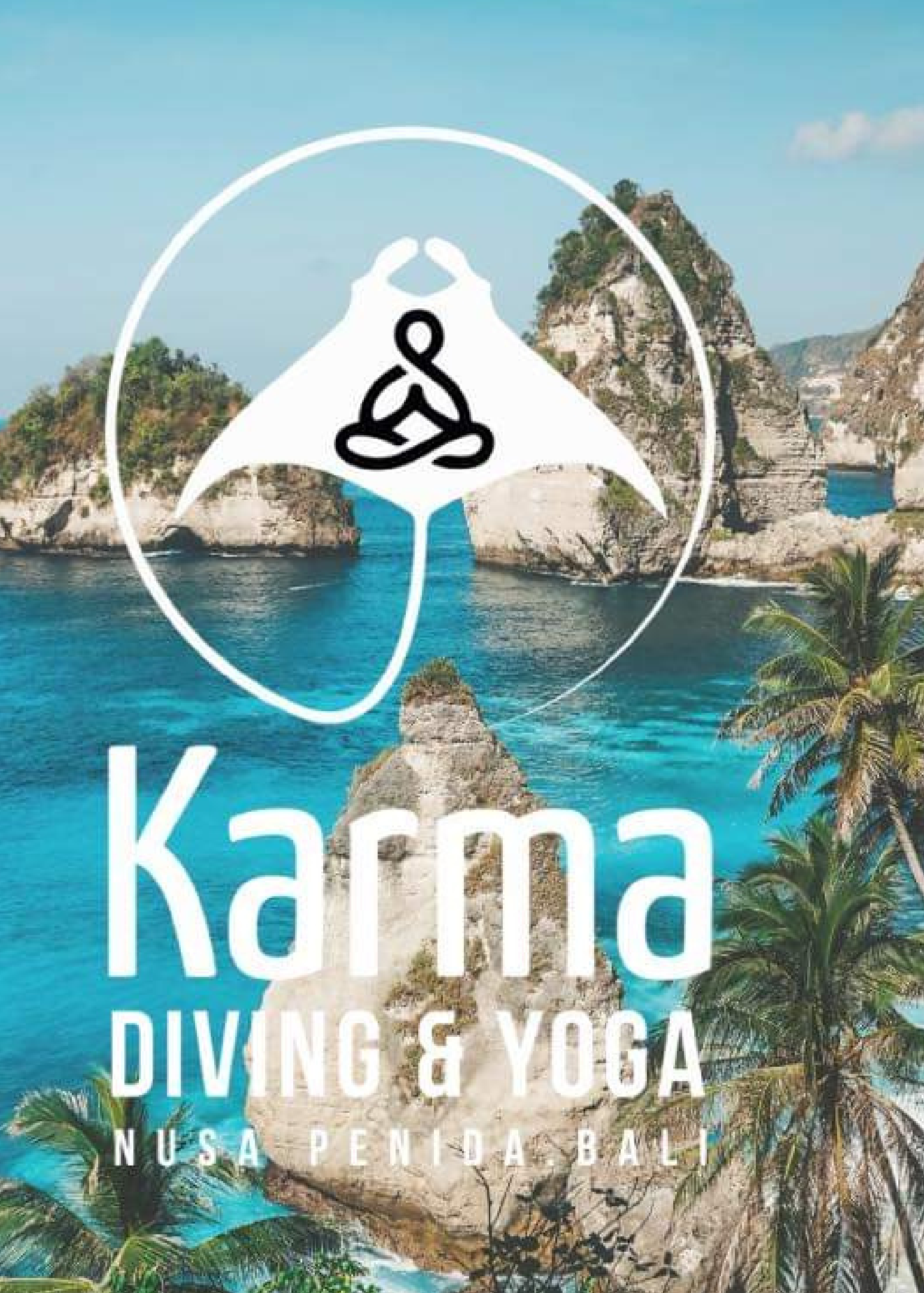


INCLUDED

- 7 Nights accommodation in a 4-star hotel
- 8 Days of Yoga (1 or 2 classes per day)
- 3 Half days of Diving (transport included)
- 7 Breakfasts
- 3 Lunches
- 7 Dinners
- A 1h Balinese massage
- An Island tour (transport included)
- Taxi from Karma Diving and Yoga to the hotel on the day of arrival and from the hotel to Maruti port or Karma Diving and Yoga on the day of departure

PRICES

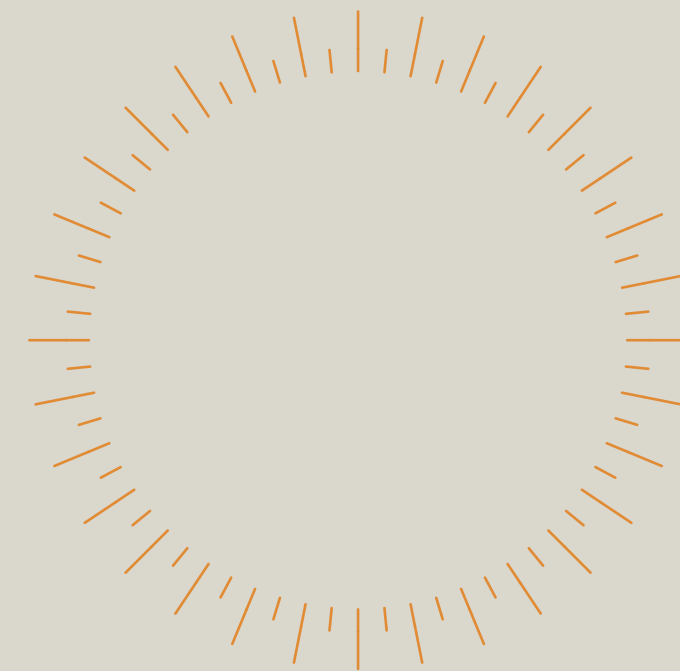
- **Retreat + Single occupancy room:
1795 USD per person**
- **Retreat + Shared room
(2 people):
1595 USD per person**



Inquiries and Bookings

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Email:

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Karma Diving and Yoga team
can't wait to meet you!



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See you soon!

