



KAPPA SENSES  
BALI . UBUD

# SOUND HEALING, SOUL PURIFICATION RETREAT

A private 4 days 3 nights calming journey to reclaim your inner peace and contentedness.

Valid until 31 March 2027

Banjar Tanggayuda, Jalan Taman Sari, Kedewatan, Ubud, Gianyar, Bali 80571, Indonesia

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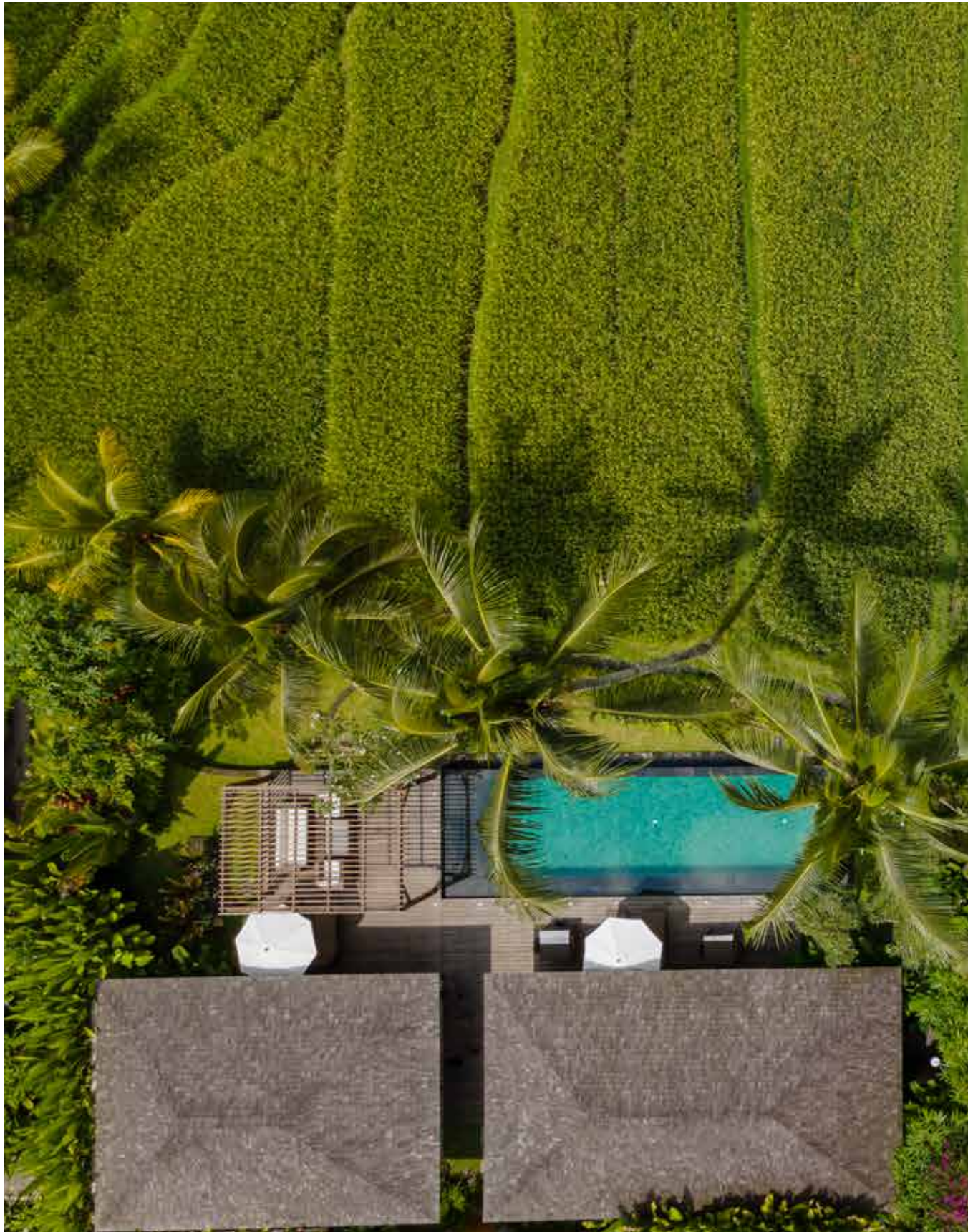
Find inner peace, release anxiety, and embrace deep relaxation with our Sound Healing and Soul Purification retreat. Immerse yourself in the healing vibrations of sound to achieve a state of deep relaxation. Experience the benefits of theta brainwaves, known for promoting relaxation and reducing anxiety. Engage in mindful practices such as private pranayama sessions, mindful eating, and more. Explore ancient practices with a local Balinese healer to purify your soul and gain insights through palm reading.

Embark on a transformative journey to heal your mind, body, and soul. Book your Sound Healing and Soul Purification retreat today to experience the ultimate relaxation and rejuvenation.

| CATEGORY                               | SINGLE OCCUPANCY             | DOUBLE OCCUPANCY             |
|----------------------------------------|------------------------------|------------------------------|
| Jungle Suite                           | IDR 17,370,000 <sup>++</sup> | IDR 24,227,500 <sup>++</sup> |
| Deluxe Suite with Private Hot Tub      | IDR 21,330,000 <sup>++</sup> | IDR 28,517,500 <sup>++</sup> |
| Deluxe Pool Villa                      | IDR 28,170,000 <sup>++</sup> | IDR 35,927,500 <sup>++</sup> |
| One Bedroom Pool Villa                 | IDR 21,330,000 <sup>++</sup> | IDR 28,517,500 <sup>++</sup> |
| One Bedroom Pool Villa Rice Field View | IDR 23,220,000 <sup>++</sup> | IDR 30,565,000 <sup>++</sup> |
| Two Bedroom Pool Villa                 | IDR 43,740,000 <sup>++</sup> | IDR 58,205,000 <sup>++</sup> |

- All rates are subject to a 21% government tax and service charge.
- A high-season surcharge applies for stays between 15 July – 15 September and 21 December – 8 January, at IDR 1.000.000<sup>++</sup> per night.
- Compulsory New Year's Eve dinner on 31 December: IDR 2.250.000<sup>++</sup> per person.









TWO BEDROOM POOL VILLA



ONE BEDROOM POOL VILLA



ONE BEDROOM POOL VILLA  
WITH RICE FIELD VIEW



DELUXE POOL VILLA



### **Important Notes**

Due to the nature of sound healing which involves vibration, this activity is not recommended for pregnant woman and also those with heart condition or having Cardiovascular disease.

### **Package Inclusions**

- 3 nights stay
- Personalised consultation with resident yoga teacher and Wellness and Spa Manager to curate your retreat journey
- 3x one-hour private sound healing
- 1x one-hour private pranayama breathing exercise or private yoga
- Daily half board (breakfast and lunch **or** breakfast and dinner), including in house pouring water. Breakfast will be served as a buffet at Kepuh Restaurant, while lunch or dinner will be served from a selected à la carte menu at Kelapa Poolside Bar and Restaurant. Feel Good Recipes by Clarins are available should you opt for healthier choices
- 1x one-hour Deep Tissue or Balinese massage
- 1x private mindful activity to choose from following options:
  - private painting class, either on canvas or lontar (palm leaf), or
  - private rindik (Balinese bamboo instrument) class, or
  - private batik class, or
  - private cooking class
- 1x palm reading with local Balinese healer, or purification ceremony









**Sample Itinerary**

Please be advised the below itinerary is sample and suggested itinerary. Schedule can be altered accordingly based on discussion with our team and availability of the respective activities. Your convenience is our utmost priority.

**Day One**

|        |                                                                                  |
|--------|----------------------------------------------------------------------------------|
| 2.00pm | Arrival and relax                                                                |
| 3.30pm | Personalized consultation to curateyour sound healing, soul purification retreat |
| 4.00pm | Afternoon at leisure                                                             |
| 6.30pm | Dinner (1)                                                                       |

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**Day Two**

|                    |                              |
|--------------------|------------------------------|
| 7.30am             | Breakfast                    |
| 10.00am            | One-hour massage (1)         |
| 11.30am            | Sound healing (1)            |
| 1.00pm             | Lunch (2)                    |
| 4.00pm             | Private mindful activity (1) |
| Evening at leisure |                              |

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**Day Three**

|                    |                                                  |
|--------------------|--------------------------------------------------|
| 7.00am             | Pranayama (1)                                    |
| 8.30am             | Breakfast                                        |
| 10.00am            | Sound healing (2)                                |
| 12.00noon          | Lunch (3)                                        |
| 3.30pm             | Depart for palm reading activity or purification |
| 3.00pm             | Palm reading or purification (1)                 |
| 4.30pm             | Arrive back at Kappa Senses Ubud                 |
| Evening at leisure |                                                  |

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**Day Four**

|           |                   |
|-----------|-------------------|
| 8.00am    | Breakfast         |
| 9.30am    | Sound healing (3) |
| 12.00noon | Check out         |

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#### **Kappa Instants**

Our complimentary scheduled activities on offer to our in-house guests. Exclusively curated to immerse yourself within the cultural and beauty of Ubud. Kappa Instants highlight gastronomy, human relations, cultural, and spiritual signature activities inspired by the 5 elements of the universe. Full schedule can be viewed [in here](#).

#### **Shuttle to Ubud**

We provide a complimentary scheduled shuttle service to Ubud town, 5 times a day respectively. Time schedule and drop off point can be retrieved in [this link](#).

**MORE THAN A STAY, LIVE AN EXPERIENCE**





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