



KAPPA SENSES
BALI · UBUD

MINDFULNESS WELLNESS PACKAGE

NOURISH YOUR SOUL WITH YOGA, MINDFUL THERAPIES, AND NATURE'S QUIET BEAUTY IN UBUD.
A JOURNEY INWARD - 4 DAYS, 3 NIGHTS OF SELF-RECONNECTION AND RENEWAL

Valid until 31 March 2027

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*"Yoga is the journey of the self,
through the self, to the self."*

— The Bhagavad Gita

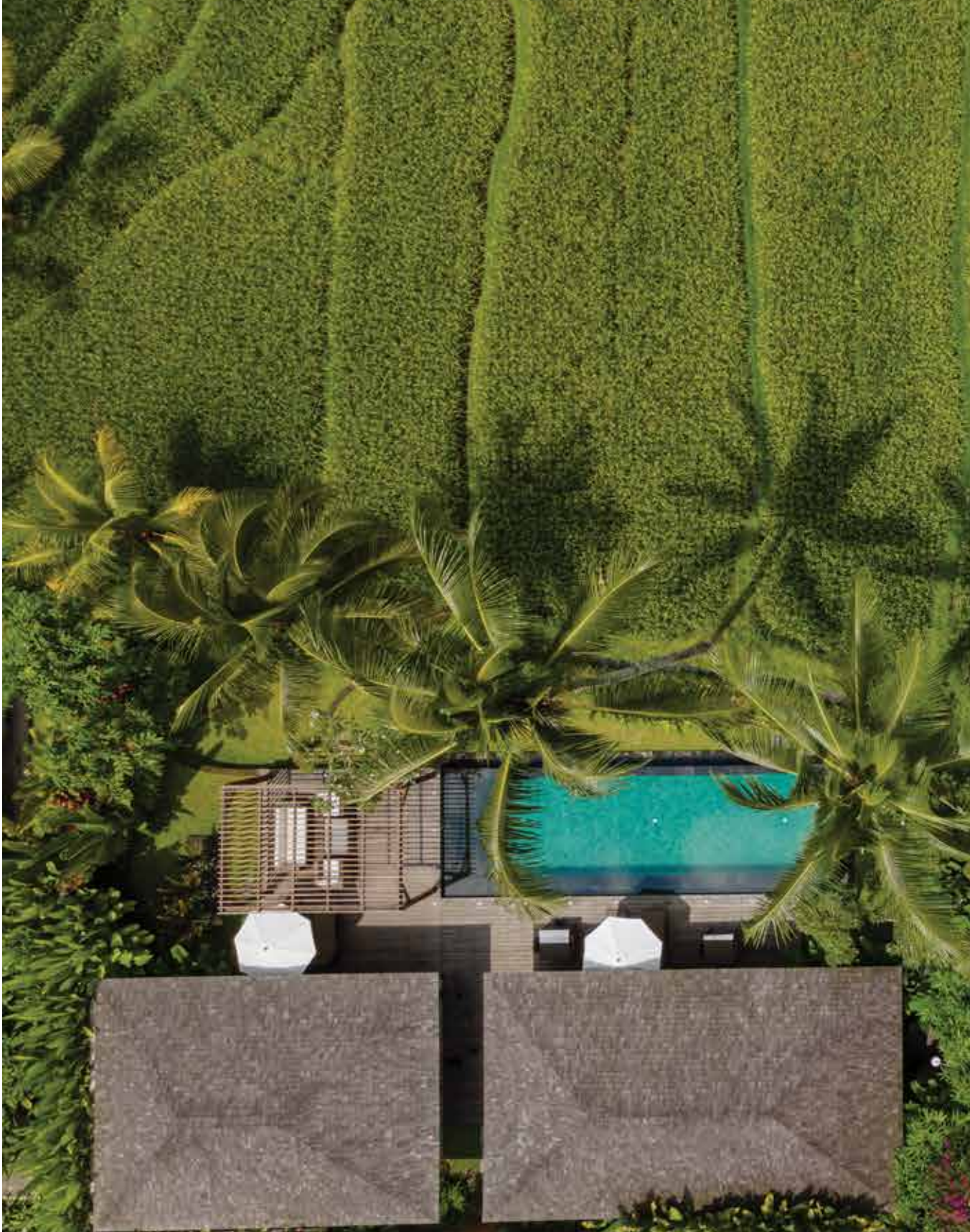
In the sacred tranquility of Ubud, embark on a deeply personal retreat crafted to bring you home to yourself. The Mindfulness Wellness Package at Kappa Senses Ubud is designed as a gentle yet profound reset — one that invites you to slow down, reflect, and realign with your true essence.

Guided throughout by our compassionate resident yoga teacher, each session — whether through yoga or massage — is thoughtfully personalized to meet your physical, emotional, and energetic needs. This is not just a retreat. It is your journey of healing, balance, and mindful rediscovery.

CATEGORY	SINGLE OCCUPANCY	DOUBLE OCCUPANCY
Jungle Suite	IDR 14,000,000 ⁺⁺	IDR 18,837,500 ⁺⁺
Deluxe Suite with Private Hot Tub	IDR 17,960,000 ⁺⁺	IDR 23,127,500 ⁺⁺
Deluxe Pool Villa	IDR 24,800,000 ⁺⁺	IDR 30,537,500 ⁺⁺
One Bedroom Pool Villa	IDR 17,960,000 ⁺⁺	IDR 23,127,500 ⁺⁺
One Bedroom Pool Villa with Rice Field View	IDR 19,850,000 ⁺⁺	IDR 25,175,000 ⁺⁺
Two Bedroom Pool Villa	IDR 37,000,000 ⁺⁺	IDR 47,425,000 ⁺⁺

- 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⁺⁺ per night.
 - Compulsory New Year's Eve dinner on 31 December: IDR 2.250.000⁺⁺ per person.







TWO BEDROOM POOL VILLA



ONE BEDROOM POOL VILLA



ONE BEDROOM POOL VILLA
WITH RICE FIELD VIEW



DELUXE POOL VILLA





Inclusions

- Three nights' accommodation in serene luxury with nourishing daily breakfast
- 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
- One-on-one wellness consultation with our resident yoga teacher to set personal intentions and guide your wellness experience
- Two 60-minute mindful yoga sessions, fully customized to support your body and inner journey, guided gently by our in-house expert
- Two 60-minute mindful body massages, intuitively delivered by the same yoga teacher, also a trained therapist, ensuring continuity and holistic care
- IDR 500,000 resort credit per room per stay – redeemable for spa treatments, dining, or our curated Floating Boutique
- Complimentary access to Kappa Instants, our daily scheduled wellness and cultural activities to enrich your inner and outer exploration

Ideal For

This retreat is for those seeking more than rest — it is for those seeking reconnection. Whether you're a solo traveler in search of clarity, a couple on a shared healing path, or simply someone ready to listen to the quiet voice within — this package is your invitation to begin again.

Let the spirit of Ubud embrace you. Let your breath be your guide. Let us walk with you on this journey inward — toward wholeness, peace, and presence.

MINDFULNESS WELLNESS PACKAGE – SAMPLE ITINERARY

DAY ONE

ARRIVAL AND INTENTION SETTING
ARRIVE | GROUND | CONNECT

2.00pm	Arrival and check-in Welcome drink upon arrival, gentle orientation to the resort
Afternoon	Wellness Consultation with Resident Yoga Teacher Discuss your physical, emotional, and spiritual goals; set intentions for your retreat journey
Evening	Dinner at Kelapa Poolside Restaurant Enjoy a nourishing dinner — optional wellness cuisine available
Evening suggestion	Journaling or candlelight soak in your private bathtub

DAY TWO

BREATH AND MOVEMENT
AWARENESS | FLOW | RELEASE

Early morning	Mindful Yoga Session Personalized yoga practice focused on breathwork, grounding postures, and gentle flow to awaken the body
Morning	Breakfast at Kepuh restaurant Vegetarian and other nourishing breakfast option available Free time or explore Ubud with the resort's scheduled shuttle Optional: participate in Kappa Instant (complimentary scheduled activities) or enjoy poolside tranquility
Afternoon	Lunch at leisure
Late afternoon	Mindful Body Massage A personalized therapeutic massage guided by your yoga teacher/therapist to release emotional and physical tension
Evening	Light dinner or herbal tea ritual at leisure Wind down gently



DAY THREE

DEEPENING PRESENCE
INNER LISTENING | STILLNESS | CLARITY

Early morning	Second Mindful Yoga Session Designed to deepen your inner awareness and enhance energy flow; includes meditation and light stretching
Morning	Breakfast Free time suggestion: participation in Kappa Instants (complimentary scheduled activities), reading in garden areas, or pool time
Afternoon	Lunch at leisure
Late Afternoon	Second Mindful Body Massage Continuing the personalized approach, focused on deeper release and restoring energetic balance
Evening	Dinner at leisure

DAY FOUR

REFLECTION AND INTEGRATION
GRATITUDE | CLOSURE | NEW BEGINNING

Early morning	Optional Morning Gratitude Meditation (self-guided or join a Kappa Instants session)
Morning	Breakfast
Noon	Free time for reflection or a final visit to the Floating Boutique using your resort credit Check-out Carry the stillness and clarity of Ubud back into your daily life

Notes:

- All yoga and massage sessions are adapted to your goals as discussed during the initial consultation.
- Guests are encouraged to bring a journal to capture thoughts and shifts during the retreat.
- Optional wellness cuisine is available at all meal periods upon request.
- Kappa Instants schedules (complimentary scheduled activities) are available in your suite or villa or via Front Desk or Wellness and Spa reception.





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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