



Pray, Eat, Play...Wellness, Culture and Pickleball in Bali

April 5, 2026 - April 14, 2026

Starting at \$4100* per person

We begin our journey in the spiritual capital of Ubud, where we will enjoy a mind/body wellness package at the beautiful Tanah Gajah resort, as well as learning about Balinese culture.

Next we work our way south to the beautiful beaches of Nusa Dua, stopping at a Batik factory, then finally arrive at the luxurious Conrad Bali resort to level up your pickleball game with top senior pro, Mary Helen Atkins.

With years on the APP Tour and a passion for fun-infused strategic coaching. We will learn a variety of pickleball concepts and shots, including serves, returns, dinks, resets, drops, speed ups, attacks, counters, doubles strategy and more! Following the drilling sessions, coach Mary Helen will be helping players with their games and strategy during doubles play.

While at the Conrad, we will be able to enjoy morning and afternoon pickleball sessions on most days, leaving plenty of time for beach, cycling, water sport and resort activities.

**This magical Balinese journey is 5 star VIP experience!
Tours, VIP transport, 5 star resort accommodations, 3 day spa package, most meals and Pickleball with your Pro are included.**

April 5 - Sunday

Evening Flight to Denpasar Bali

April 6 – Monday (D)

ARRIVE BALI - VIP AIRPORT ASSISTANCE - TRANSFER TO HOTEL WITH VIP ESCORT

Meet and Greet Airport Assistance Arrival - Transfer to Hotel with VIP Escort

Upon arrival at Bali Airport, our VIP assistant will be waiting for you right after the aero bridge, holding a tablet with your name. They will assist you with arrival entry forms and guide you to the Automated Immigration Gate for the self-screening process.

Following immigration, your assistant will support you through luggage retrieval and scanning, then escort you to the main arrival gate. There, you will be introduced to your tour guide or driver, who will accompany you on your private transfer to the hotel in approximately 1.5 hours drive. the journey will be accompanied by a VIP escort to ensure a smooth and seamless transfer.

Check in at Tanah Gajah, a Resort by Hadiprana

Location

This spa hotel is located about 2 miles from the tourist heart of Ubud. The nearest airport is Bali Denpasar - Ngurah Rai (DPS) (about 25 miles).

An Artistic and Luxurious Resort in Ubud

Hidden among the lush undulating hills of Bali's culture-rich highlands, Tanah Gajah, a Resort by Hadiprana (former The Chedi Club Tanah Gajah, Ubud) sits among thriving rice fields as far as the eye can see. Just outside the artists' village of Ubud, the former estate of Hendra Hadiprana – one of Indonesia's most respected art collectors – has been transformed into an intimate luxury resort with twenty individual villas, each featuring unique and original Balinese artworks from his collection.

Guests can enjoy the pleasant ambience of one of the Premier club pool villas or One bedroom club villa. The reception desk is open around the clock. Amenities include a baggage storage service, a safe and a currency exchange service. Wireless internet access allows guests to stay connected while on vacation. There are a number of shops, including a souvenir shop. The grounds of the resort feature a playground and a lovely garden. Further services include a 24-hour security service, a babysitting service, a childcare service, a car rental service, medical assistance, a transfer service, room service, a wake-up call service, a laundry service, a coin-operated laundry, a hotel doctor and a hotel shuttle bus. Cyclists can make use of the bicycle storage area and rental service. Complimentary newspapers are available. A fax machine is available for guests' business needs.

April 7 – Tuesday (B,L,D)

WATER BLESSING AT SEBATU TEMPLE - PICNIC LUNCH (L)

Private Blessing at Sabtu Gunung Kawi with Welcome Dance and Picnic Lunch

Meet your tour guide in the hotel lobby at 08.30, then depart for a scenic drive of approximately 45 minutes to Gunung Kawi Sabtu. The temple is devoted to The God of Wisnu, *the Goddess* of preservation of the universe, represented as Water Tirta Dawa from the temple features, built on natural spring of around ponds filled with carp and blooming lotuses. It is also known as Dhang Kayangan type of temple where Balinese from other Hindu sects

can pray here, dedicated to the Priest of Rsi Markandaya, who thought The Hindu Shiva to Bali. Get ready to wear Sarong as temple outfits. You will be welcomed with a small group of young Balinese dancers.

Continue with blessing ceremony, you will be led by Hindu Priest to perform purification ceremony by presenting offering on the Shrine located in the holy water. After presenting offering the Priest will lead you to take a bath in the Holy Spring water Plunge Pool. Balinese believe that the holy Spring water plunge pool will be able to purify your body and soul. It proved that it can heal any decease that you may be not aware of. While you are bathing, your body shows energy of spirit splashing from the fountain and flowing down to the pool and has been known to turn up in different colors of each person.

The Priest will be able to read your energy of life and give you advice based from there.

Explore the temple on your own to visit the natural spring, the inner pool as well as the floating pavilion.

Picnic Lunch at Wana Ayu- Choose Chicken, Duck or Fish as your main

Having a picnic lunch at Wana Ayu is a delightful experience surrounded by nature. The serene setting features lush greenery and beautiful landscapes, perfect for spreading out a blanket and enjoying your meal. As you relax, the sounds of birds and rustling leaves create a calming atmosphere. After having a lunch you also have the opportunity to take a short walk down to see a local waterfall. Whether you're with family, friends, or just soaking in the peaceful surroundings, Wana Ayu offers a charming spot for a memorable picnic getaway.

Tanah Gajah resort for spa time and dinner.

April 8 – Wednesday (B,L)

Ubud Palace and Ubud Market Visit

Meet with our representative in the hotel lobby 09.30, and they will take you to explore the heart of Ubud. Begin with a visit to Ubud Palace, a historical landmark that reflects the charm of Balinese royal architecture and cultural heritage. Afterwards, continue to Ubud Market, where you can stroll through rows of local stalls offering handicrafts, textiles, and souvenirs. It's a great opportunity to experience the local atmosphere and discover unique items made by Balinese artisans.

Lunch at Bebek Bengil

The restaurant of 'Dirty Duck' fame that attracts an unusual mixture of tourists and affluent locals. Both feel comfortable in the relaxed garden setting. Popular local dishes, and reasonably priced international ones, are prepared in a spotlessly clean kitchen, and served with a pleasant smile. Known for the best "Crispy Duck" on the island. This is a most unusual dish. The duck has been steamed with countless Balinese spices and it is then quickly deep-fried at a high temperature.

Tanah Gajah for spa time and dinner on your own.

April 9 – Thursday (B)

Early morning Yoga at Tanah Gajah and trek thru rice paddy

Check out from Tanah Gajah, a Resort by Hadiprana

Transfer to Conrad Bali Resort with Visit Batik Gallery Batu Bulan

Today meet with our representative in the hotel lobby at 11.00 and they will then take you to your south Bali

Hotel. Along the way, enjoy a stop at the **Batik Gallery in Batubulan**, a village renowned for its traditional

Balinese arts and crafts. The gallery showcases the intricate art of batik-making, a time-honored technique of dyeing fabric using wax-resist methods. Watch skilled artisans at work as they bring vibrant patterns and cultural stories to life on cloth. This is a great opportunity to learn about the process, explore unique designs, and perhaps purchase an authentic handmade piece as a keepsake.

After the visit, continue your journey to the hotel. Upon arrival, proceed with check-in and enjoy the rest of the day at your leisure. Take this free time to relax and make the most of the hotel's facilities.

The journey will be accompanied by a VIP escort to ensure a smooth and seamless transfer.

Check in at Conrad Bali

Ideal for beach vacationers, this 5-star hotel lies in Tanjung Benoa, right on the sandy beach. There are a number of shops nearby

Check in at your hotel and settle into your room. In the afternoon, meet Mary Helen on the pickleball courts for your first coaching session.

Afterward, the evening is free for you to relax or explore at your own pace.

Afternoon Pickleball with Pro Mary Helen Atkins

Meet Mary Helen Atkins on the pickleball courts for your first coaching session from 4pm to 6pm*

*times may vary

April 10- Friday (B)

MORNING AND AFTERNOON PICKLEBALL with Pro Mary Helen Atkins

Pickleball Sessions – Morning & Afternoon

Start your morning with a delicious breakfast served at the Suku restaurant at the hotel, providing the perfect fuel for an active day ahead.

- **Morning Pickleball (07:00 – 09:00)***

Start your day with a session with Coach Mary Helen on 2 available courts, with a maximum playtime of 2 hours.

- **Afternoon Pickleball (4:00 – 6:00)***

Unwind in the late afternoon with another 2-hour pickleball session on 2 courts.

*times will vary.

April 11- Saturday (B, L)

Morning Cooking Class at Bumbu Bali followed by Lunch

Bumbu Bali has been a culinary institution since Heinz von Holzen first opened its doors in 1997. After he had studied the local cuisine for fifteen years, while working as a chef in top resorts, Heinz initially pioneered Bumbu Bali as a cooking school and until today no other restaurant has managed to come close to the same standard. For authentic Balinese cuisine this still is the only place to go. Bumbu Bali has won many international awards and was included as one of the five best restaurants in Indonesia in the 2009-/10 edition of the Miele Guide. Haute cuisine

at this level requires a very early start since it is imperative to source the freshest ingredients at the local marketsPage 7 of 8

Balinese cuisine is a vibrant and flavourful reflection of the island's rich culture. Characterized by a harmonious blend of aromatic spices, fresh ingredients, and a touch of creativity. Balinese food offers a diverse range of dishes. From the famous Babi Guling (spit roasted pig) to Bebek Betutu (slow-cooked duck), each dish showcases the unique culinary traditions passed down through generations. The use of coconut, lemongrass, ginger, and turmeric imparts a distinctive taste to many Balinese specialties. Rice, a staple in Balinese meals, is often served with a variety of side dishes, including Lawar (minced meat salad) and Sate Lilit (minced fish satay). Balinese food not only satisfies the palate but also provides a glimpse into the island's rich heritage. Balinese food culture is deeply rooted in the island's Hindu traditions and local agriculture. The intricate rituals and ceremonies play a significant role in shaping Balinese culinary practices. Rice, considered a sacred staple, is the foundation of most meals, and traditional farming practices are integral to Balinese agriculture.

Immerse yourself in the art of Balinese cuisine with Bumbu Bali's popular cooking classes. Our immersive classes offer participants the chance to master the intricacies of spice blending and traditional cooking techniques while preparing a tantalizing array of at least 12 dishes.

With hands-on experience in grinding spices and honing culinary skills, participants can deepen their understanding of Balinese flavors before savoring the delicious dishes they have created. Our cooking classes not only educate but also provide a memorable experience that celebrates the joy of preparing and enjoying authentic Balinese cuisine.

Cooking Class
Time table:

08.00 Pick up from the hotel

08.15 - 08.45 Coffee break and introduction to Bali's cuisine

08.45 - 12.30 Cooking

12.30 - 14.00 Nasi Campur Lunch

14.00 Newly certified and qualified Balinese Master Chef's celebrate

**maximum cooking class capacity 15 people,
without visit market*

Afternoon Pickleball Session with Pro Mary Helen

• Afternoon Pickleball (4:00 – 6:00)*

Unwind in the late afternoon with a 2-hour pickleball session on 2 courts.

*times
will
vary.

April 12- Sunday (B)

Morning & Afternoon Pickleball Session with Pro Mary Helen

Start your morning with a delicious breakfast served at the hotel, providing the perfect fuel for an active day ahead.

Morning Pickleball (07:00 – 09:00)*

Start your day with a session with Coach Mary Helen on 2 available courts, with a maximum playtime of 2 hours.

• **Afternoon Pickleball (4:00 – 6:00)***

Unwind in the late afternoon with another 2-hour pickleball session on 2 courts.

*times
will
vary.

April 13- Monday (B)

Morning & Afternoon Pickleball Session with Pro Mary Helen

Start your morning with a delicious breakfast served at the hotel, providing the perfect fuel for an active day ahead. Page 8 of 8

Morning Pickleball (07:00 – 09:00)*

Start your day with a session with Coach Mary Helen on 2 available courts, with a maximum playtime of 2 hours.

• **Afternoon Pickleball (4:00 – 6:00)***

Unwind in the late afternoon with another 2-hour pickleball session on 2 courts.

*times will vary.

April 14- Friday (B)

Check out from Conrad Bali

Be sure to pack your pickleball paddle in your checked luggage. Bali security officials will not allow paddles in carry on bags, I know this from personal experience 😊

Transfer to Airport with VIP Escort - VIP Airport Assistance - International Departure Terminal Or optional stay at Bulgari Resort in Uluwatu

Today, meet with our representative in the hotel lobby at the assigned time. They will then escort you on an approximately

20-minute drive to the airport **with a VIP escort** for a smooth and expedited transfer.

Upon arrival at Denpasar Airport, our associate will meet you, holding a tablet displaying your name.

Afterward, the associate will assist with luggage retrieval and facilitate your connection to your international flight.

Resorts



Tanah Gajah, a Resort by Hadiprana

Jalan Goa Gajah, Ubud, Indonesia

One bedroom club Villa for 3 nights: \$1681* pp

Premier One bedroom pool villa for 3 nights: \$2125* pp

***double occupancy. single rates are available**

Room rates include taxes, fees, spa wellness package & club benefits

WELLNESS PROGRAMS

- 3-night stay in Premier One Bedroom Club Pool Villa or One Bedroom Club Villa (prices vary)
- Daily Healthy 2-Course Lunch or Dinner at The Tempayan.
- 90-minute Insight, Healing, and Harmonic Balance featuring Palm Reading, Reiki, and Sound Healing.
- 60-minute Private Yoga Combination at The Pavilion.
- 90-minute Ayurvedic Abhyanga Massage at Spa Suite room.
- 60-minute guided Village & Rice Paddy Trek with your Butler.

CLUB BENEFITS

- Welcome drink
- Butler service
- Evening turndown service
- Daily a la carte breakfast
- Daily seasonal fresh fruits delivered to your villa or suite
- Daily afternoon tea from 4:00 pm to 6:00 pm at Panen Padi Lounge
- Daily sunset cocktails from 6:00 pm to 7:00 pm at Tempayan
- Restaurant Complimentary minibar including alcohol selections (replenished once daily) Espresso coffee and tea-making facilities
- Daily laundry service up to six pieces per villa per day (excluding dry cleaning) Car service to/from Ubud Centre with private car equipped with Wi-Fi
- High-speed internet connection in accommodation and public areas
- One time photo session and one complimentary digital photo.



Conrad Bali

Jalan Pratama 168, Tanjung Benoa, Indonesia

The hotel has 313 rooms and 15 suites, which are located on 3 stories and are reachable by elevator. The reception desk is open around the clock. A baggage storage service, a safe and an ATM are available. Wireless internet access allows guests to stay connected while on vacation. The hotel offers various facilities for guests with disabilities. Wheelchair-accessible facilities are available. A number of shops, including a supermarket and souvenir shop, are great for shopping or just browsing. Other services include a 24-hour security service, a babysitting service, a childcare service, a car rental service, medical assistance, a transfer service, room service, a laundry service, a hotel doctor and a hotel shuttle bus. A bicycle rental service provides all the necessary equipment for exploring the surrounding area. The business center is on hand for guests' business requirements and provides a fax machine.

- **Garden View Suite including daily breakfast: \$1199* for 5 nights**
- **Ocean View Suite including daily breakfast: \$2162* for 5 nights**

Inspired by the "Island of the Gods" beauty and hospitality, Conrad Bali offers the ultimate tropical beach resort experience on the beautiful coast of Nusa Dua. We offer a selection of spacious rooms amid lush gardens and meandering pools, as well as the lavish accommodation of the premium and very private Conrad Suites.