

Frequently Asked Questions

Finding hOMe Retreat | Ubud, Bali | April 18-25, 2027

We want you to feel completely prepared and excited for this trip. If you have a question that is not covered here, reach out to Brooke directly at brooke@bukayoga.com.

Getting There

Where do I fly into?

Fly into Ngurah Rai International Airport (DPS) in Denpasar, Bali. This is the main international airport on the island and is served by major carriers with connections through hubs like Singapore (SIN), Kuala Lumpur (KUL), Tokyo (NRT/HND), Dubai (DXB), and Hong Kong (HKG). From the US, you will have at least one connection. Common US departure cities with good connections include Los Angeles (LAX), San Francisco (SFO), and Seattle (SEA).

What if I want to arrive a day early or stay after?

We recommend arriving into Denpasar the day before your retreat start date (April 17) to allow for travel recovery and any flight delays. We suggest staying near the airport in Denpasar for that night. A few well-reviewed, comfortable options near DPS airport:

- Segara Village Hotel- Closer to Ubed, beach access, nice rooms & spa services (highly recommend- Brooke stayed here last year)
- Swiss-Belhotel Rainforest Bali - great pool, short ride from airport
- ASTON Denpasar Hotel & Convention Center - central, reliable, full service

For those staying on after the retreat ends April 25, Ubud itself is a wonderful place to extend your trip. The team at The Ark can provide recommendations for nearby accommodation.

Are airport transfers included?

Yes. Round-trip airport transfers between Ngurah Rai International Airport (DPS) and The Ark Ubud are included in your retreat price. You will receive detailed arrival logistics and a group transfer schedule closer to the retreat date.

Entry Requirements

Do I need a visa?

US citizens receive a Visa on Arrival (VOA) upon entering Bali, valid for 30 days and extendable once for an additional 30 days. As of 2024, Indonesia introduced a new Social-Cultural Visa option as well. The VOA costs approximately \$35 USD, payable in cash at the airport. Requirements can change, so always verify current entry requirements at travel.state.gov or the Indonesian embassy website before your trip.

What vaccinations are recommended?

Indonesia does not require proof of vaccination for entry as of the time of writing. However, the CDC and most travel health providers recommend the following for Bali:

- Hepatitis A and B
- Typhoid
- Tetanus/Tdap (if not current)
- Rabies (if you plan to interact with animals)
- Malaria prophylaxis is generally not required for Ubud/Bali but discuss with your doctor

Consult your doctor or a travel health clinic at least 4-6 weeks before departure for personalized recommendations.

Culture & Etiquette

What should I know about Balinese culture?

Bali is a predominantly Hindu island with deeply held spiritual traditions. A little cultural awareness goes a long way and will make your experience far richer. Some key things to know:

- Dress modestly when visiting temples. Shoulders and knees should be covered. Sarongs and sashes are required at most temples and are available to borrow or buy on site.
- Remove shoes before entering temples and many guesthouses.
- The left hand is considered unclean in Balinese culture. Use your right hand for giving, receiving, and eating.
- Ask before photographing people, especially at ceremonies.
- Step over, not on, offerings (called chanang sari) placed on the ground. They are everywhere and are sacred.
- Keep your voice and energy calm around sacred sites.

What is the policy for menstruating women at temples?

This is an important and often unaddressed topic for women traveling to Bali. Balinese Hindu tradition holds that menstruating women are in a state of spiritual sensitivity and are respectfully asked not to enter certain inner sanctuaries of temples. This is a deeply held cultural and spiritual belief, not a restriction imposed by the retreat.

In practice, this means:

- The outer areas and grounds of all temples we visit remain fully open.
- At Tirta Empul (Melukat ceremony), participation in the water purification pools is traditionally not recommended during menstruation. You are warmly welcome to observe, participate in the surrounding ceremony, and experience the sacred energy of the site.
- Brooke will address this privately and sensitively with any participants who wish to discuss it ahead of the trip.

This is part of honoring the culture we are entering as guests. We approach it with respect, not restriction.

Is cultural appropriation a concern in Bali?

This is a thoughtful question and worth considering. The Melukat ceremony and temple visits are approached as guests of Balinese culture, guided by local priests and community members. These are not performances or tourist attractions — they are living practices. We participate with humility, follow all guidance from local guides and priests, dress appropriately, and always ask before engaging. The Balinese are generally very welcoming of those who approach their traditions with genuine respect. Our intention is reverence, not consumption.

What about tipping?

Tipping is appreciated in Bali but not as formalized as in the US. General guidance:

- Massage therapists: 50,000-100,000 IDR per session (approximately \$3-6 USD). Your one massage is included in the retreat, tipping is at your discretion. You can book additional massage options through The Ark for \$25-30 per treatment (as of June 2026, pricing subject to change).
- Local guides and drivers: 50,000-100,000 IDR per person per trip is generous and appreciated.
- Restaurant servers: 10% if not included in the bill.
- Bring small bills in IDR. You can exchange currency at the airport or at money changers in Ubud (look for reputable licensed changers).

Payments & Booking

How do I reserve my spot?

A \$500 deposit reserves your room. Spots are held in the order deposits are received. Contact Brooke at brooke@bukayoga.com to select your room and initiate your deposit.

What payment methods do you accept?

We accept Zelle (preferred, no processing fee) and credit card through our booking portal (a processing fee applies). Venmo is available upon request. Contact Brooke for Zelle details.

What does the payment plan look like?

After your \$500 deposit, the remaining balance is divided into equal monthly installments with the final payment due April 1, 2027. Your exact monthly amount will depend on your room selection and the date you book. Brooke will provide your personalized payment schedule at the time of booking.

What is the cancellation policy?

Please refer to the full Cancellation & Refund Policy document provided with your registration. In summary:

- On or before December 31, 2026: full refund minus a \$250 admin fee
- January 1 - January 31, 2027: 50% of total paid
- February 1, 2027 or later: no refund

The \$500 deposit is non-refundable in all circumstances. Travel insurance is required and protects you against unforeseen cancellations.

What if the retreat is cancelled by the host?

In the unlikely event that Life is Lived in the Pause must cancel the retreat, all payments made will be refunded in full within 30 days. The host is not responsible for non-refundable flights or hotel bookings, which is why travel insurance is required for all participants.

Travel Insurance

Is travel insurance required?

Yes. Proof of an active travel insurance policy is required before your final payment (due April 1, 2027). Your policy must include trip cancellation, emergency medical coverage, and emergency evacuation at minimum.

What provider do you recommend?

We recommend World Nomads (worldnomads.com). It is the provider Brooke uses personally. Their Standard Plan covers adventure activities including yoga and hiking, includes \$100,000 in emergency medical coverage, and is available to US residents. A week-long policy for one traveler typically runs \$200-\$350 depending on age.

Contact World Nomads: 1-844-207-1930 (US/Canada) | serviceUSA@worldnomads.com

Still have questions?

Reach Brooke directly: brooke@bukayoga.com | 720-722-1756

We want you to feel completely ready and excited. No question is too small.