

## GROUP BOOKING INFORMATION SHAMBALA RETREAT CENTER



### Dear Seminar Leader

Thank you very much for your inquiry into leading a group at our SHAMBALA OCEANSIDE RETREAT IN BALI!. GROUP INQUIRIES: ILONA or SRI :

<[ilona@baliseminars.com](mailto:ilona@baliseminars.com)>

At the SHAMBALA we have the following capacity to accommodate, depending on the season:

- TOTAL = 29 guests (Including the TREE HOUSE)
- SINGLE = 3 guests
- SHARED = 26 guests in shared accommodation

EXTRA BOOKING at our NEIGHBOR' S HOUSE next door, see on our map called THOMAS HOUSE:

Once all rooms at SHAMBALA are booked, we can help get extra accommodation at our neighbor' s house, on the same property, only a few feet away: 3 SINGLE or 6 SHARED. This is not available unless all rooms at Shambala are booked and depend on availability. You will need to make the booking with Thomas and pay in advance.

## COSTS for ACCOMMODATION:

The price is inclusive of 3 vegetarian meals per day, served buffet style, with herbal teas, water and fruit all day and the use of the TEMPLE.

- 850,000 RP for SHARED ACCOMMODATION (2 people per room) including 3 VEGETARIAN BUFFET MEALS
- 1,200,000 RP for SINGLE ACCOMMODATION including 3 VEGETARIAN BUFFET MEALS
- EXTRA GUEST pay 400,000 RP per person for 3 meals/per day if they stay outside.
- 3<sup>rd</sup> PERSON IN ROOM if agreed upon: 618,000 RP. However we do not usually allow 3 people per room, except in rare occasions.
- GOVERNMENT TAX is already included in the price.
- TIPS can be shared communally at the end of the stay during our GOOD BYE CEREMONY

## FOOD:

The RESTAURANT looks right over the ocean.

- VEGETARIAN FOOD is served BUFFET STYLE = 3 x per day.
- We offer VEGETARIAN food with EGGS, with many VEGAN dishes. On requests we offer RAW FOOD at additional cost.
- We can send you an additional email with the description of our BUFFET FOOD ITEMS that we will serve.
- FRUIT and HERBAL TEAS are available 24 hrs in the Restaurant as well.

## BONUS:

1 FREE accommodation in the value of 850,000 IDR with a minimum booking of 20 paying guest.

## TEMPLE — GROUP HALL COST:

- The GROUP HALL is FREE if you bring a minimum of 10 paying participants. The charge of the GROUP HALL is included in the per person price.

- The GROUP HALL cost is 1,5 Million IDR per day, if you have less than 10 paying guests in your group.

## GOOD BYE CEREMONY AND TIP:

We make a suggestion here, as many group leaders and guests have asked us to make a suggestion.

- Tip to the staff can be shared with the staff as a collective offering in a Mantra Singing Ceremony, which we offer to your group free of charge. We suggest about 50.000 RP per person per day.
- This is about 25USD per week/per person.
- The TIP can be offered to the staff at the time of the GOOD BYE CEREMONY, where we offer a MANTRA SINGING CEREMONY.
- This is a great time when you can offer your TIP COLLECTIVELY to the entire staff.

TIPs: are not included in this price: Please consider giving an extra tip at the end of the stay at the Mantra Singing Ceremony. (See MANTRA SINGING CEREMONY further down).

- TEMPLE COSTS: With a booking of minimally 10 participants the use of the TEMPLE is FREE.
- With less than 10 participants you pay 1,5million RP per day of use of the Meditation Temple

## Currency calculator:

<https://www.xe.com/currencyconverter/convert/?Amount=690000&From=IDR&To=EUR>

## DEPOSIT:

You pay a deposit of 400.000 RP per room / per day.

- EXAMPLE: 7 nights X 10 rooms/ houses X 400.000 RP = 28.000.000 RP

## **BOOKING the ENTIRE SHAMBALA RETREAT CENTER:**

You can also book the entire SHAMBALA Retreat Center for your own group. That way we will not take bookings for individual guest during your group.

- For any unoccupied rooms/houses you pay 850.000 IDR which assures that we will not rent any other rooms on our premise to other guests.
- This arrangement is non-changeable 9 months prior to your retreat.

We have 24 SHARED accommodations and 3 SINGLE accommodations for a MAXIMUM of 27 GUESTS with a total of 15 houses/rooms

## **SEMINAR - BOOKING – AGREEMENT**

For your group booking questions please contact SRI or ILONA:

[ilona@baliseminars.com](mailto:ilona@baliseminars.com)

Name of the Seminar Leader:

E-mail:

Phone number:

Contact phone-number in case of emergency:

Name of the Group Organizer (if different):

Email address of Group Organizer:

Phone number:

Check-In Date (by 2pm):

Check-Out Date (by 11 am):

**SHARED ACCOMMODATION:** 850.000 PR per day, per person

- NUMBER OF SHARED ROOMS TO BE BOOKED: \_\_\_\_\_

**SINGLE ACCOMMODATION:** 1.200.000 RP per day, per person

- NUMBER OF SINGLE ROOMS TO BE BOOKED: \_\_\_\_\_

### BOOKING THE WHOLE RETREAT CENTER:

\_\_\_\_\_ YES I want to block all 15 rooms for my group. I understand that if we occupy less than 15 rooms, we pay 850.000 RP for the empty room per night.

**BONUS:** You will get 1 BONUS FREE Accommodation for the value of 850.000RP per day with 20 SHARED guests.

### STEP 1: SEND YOUR DEPOSIT:

- REGULAR DEPOSIT:
  - 400.000 RP X number of ROOM X the number of days
- WHOLE RETREAT DEPOSIT:
  - 15 rooms X 400.000 Rp X number of days of your event
  - No adjustment to the number of rooms can be made.

### BANK TRANSFER, PayPal or TRANSFER-WISE:

- Please let us know how via email when you are sending your DEPOSIT. And let us know if you wish to pay via TRANSFER WISE, PayPal or WIRE BANK TRANSFER.

### STEP 2: SEND YOUR SIGNED GROUP BOOKING AGREEMENT

- Please sign this AGREEMENT through our E-portal CUDA SIGN. There we will archive your contract once you have E-signed the agreement.

### STEP 3: BLOCKING YOUR ROOMS

- AFTER we receive your DEPOSIT and your SIGNED AGREEMENT we will block the number of requested rooms for you. Then your booking is confirmed. *Until we receive your DEPOSIT bookings are subject to change.*
- Please block only as many rooms as you feel you can realistically expect to fill.
- If you block the entire retreat center **you cannot release any rooms at any time.**

#### STEP 4: ROOM ARRANGEMENT GOOGLE LINK

- We will send you a ROOM ARRANGEMENT LINK via GOOGLE EXCEL LINK.
- This ROOM ARRANGEMENT will need to be filled in with the names of the participants by you.
- We will fill in the DEPOSITS we receive, (the final RP amount that we receive) plus any other charges/ debits and credits.
- This ROOM ARRANGEMENT LINK will serve as a ledger for all of your payments received and payments due.

STEP 3: Your 2<sup>nd</sup> DEPOSIT due = and additional 30% of your TOTAL is due 3 months prior to your event.

#### STEP 4: FINAL PAYMENT

- The final payment (minus 1<sup>st</sup> DP and 2<sup>nd</sup> DP) **due no later than 4 weeks prior to your seminar.**
- If for any reason your final payment has not arrived **we will request settlement of the balance due at the TIME OF ARRIVAL** using a Credit Card or PayPal.
- Additional charges, such as massages can be settled at the end of the stay using a Credit Card or PayPal

#### PAYMENTS:

- We accept payment via **Bank wire** to our **SHAMBALA PT** Bali BANK Account — bank fees are carried by you. Please request the Bank Wire Details from us via Email.
- We accept payments via **TRANSFER-WISE**. Please request the details for sending money via TRANSFER WISE. This is usually is the cheapest and fastest way to pay. Not all countries are eligible.
- And we also accept payments via **PayPal**. The PayPal fee is 4.5%. Our PayPal email address is: <info@baliseminars.com>

WE CREDIT YOUR ACCOUNT WITH THE ACTUAL AMOUNT OF Indonesian Rupiah THAT WE RECEIVE IN OUR BCA Rupiah ACCOUNT IN BALI.

- Rooms that are not released by you less than 30 days prior to arrival of your group, remain your responsibility for you to pay, unless we can fill them for the same time period for you. (This should not exceed 2 rooms)
- **If you booked the entire Shambala Retreat Center no adjustments can be made.**
- **BONUS: We will give you 850.000 RP per night for FREE ACCOMMODATION for bringing 20 SHARED FULL BOARD GUESTS.**

#### CANCELATION:

- Up to 9 months prior to seminar: 50% of deposit can be refunded, unless we can fill your spot with another seminar.
- **Cancelation within the 9 months period: The deposit is nonrefundable, unless we can fill your spot with another seminar.**

#### WORKING HOURS and MEAL TIMES at Shambala Retreat Center:

Our staff comes to work at 8 AM to prepare breakfast, and leaves at 9 PM.

- BREAKFAST: starting 9 AM
- LUNCH: 1 PM (is adjustable)
- DINNER: 6:30 PM (is adjustable)
- Should for any reason you need our kitchen or other staff to come extra early or extra late on any of the days, **we charge at 50,000 RP surcharge per person / per hour** of work outside of the regular work hours.

#### MIND ALTERING SUBSTANCES:

We want to alert you to the fact that Bali is part of Indonesia, which has a death penalty on using or importing of any kind of narcotics. Even the smallest of amounts are punished with strong verdicts of incarceration and even death.

**We also want you to be alert to the fact that psychedelic mushrooms are equally illegal in Bali.**

**We ask you to cooperate with Indonesian laws and honor our Shambala Retreat**

Center as a drug-free zone, including any form of grandmother medicines.

I agree to the above conditions for booking arrangements with *Shambala Oceanside Retreat*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

### ADDITIONAL OPTIONS AT SHAMBALA:

#### MASSAGES:

- Per one hour Massage: 266.200 Rp (incl. 21% tax )
- **TIP:** Is already included in the price.

DOLPHIN EXCURSIONS: 350.000 Rp per boat / two person/ (Please pay directly to the Fishermen)

### EXCURSIONS & Car Rental:

We reserve the right to increase the prices depending on the actual gas costs. For the guests who book at Shambala, please book the vans with us.

- Airport pick up per van and driver 750.000 Rp (for up to 4passangers with luggage) plus tip.
- UBUD Pick up, per van & driver 600.000 Rp (for up to 4 passengers with luggage ) plus tip
- Day-Excursion per van and driver: 800.000 Rp (for up to 6 passengers) plus tip.
  - PLEASE PAY and TIP THE TAXI DRIVES DIRECTLY.



## Equipment in the YOGA HALL:

- AUDIO SOUND SYSTEM with AUDIO-MIXER
- PA SYSTEM, with REMOTE or WIRED MICS
- CD & DVD & MP3 CDs PLAYER
- MP3 PLAYER CONNECTION please bring your own MP3 player)
- BEAMER: COMPUTER PORJEKTOR (BEAMER) and Screen
- FLIP CHART or Dry Board on request
- Black Board
- 12 WALL FANS
- 25 YOGA MATS
- 20 washable YOGA MAT PROTECTION TOWELS
- 40 YOGA BLOCKS
- 20 STRAPS
- 18 BOLSTERS for YOGA NIDRA
- 16 SPONGE MATS
- 34 BACK JACK CHAIRS with 25 ROUND BIG PILLOWS and 25 SQUARE THIN PILLOWS

## WiFi at Shambala:

- One FREE WI-FI High Speed Modem is given to the teacher.
- FREE WI-FI at the Restaurant for all guests, however this is just for WhatsApp, Messenger & Email checking.
- HIGH SPEED MODULS offering portable Wi-Fi for 50,000 IDR per day is available for rent.
- The second person in the room pays 25,000 IDR extra for sharing the Wi-Fi modum.

## A great Good-Bye Celebration:



Our staff can gather with you and your group before your departure to sing Mantras in the Meditation Hall together. It is a very moving and beautiful ending ceremony.

### TIP:

- IF you want to give a tip to the Shambala staff, you can do so at the FARE WELL MANTRA SINGING time. You can collect this tip in a Bowl and hand it over to our staff at the end of the *Mantra Singing Good-Bye Celebration*.
- **TIP SUGGESTIONS:** Since we are always asked as to how much tip is appropriate, here is our suggestion: **50.000 Rp per person / per day.**
- All of our Shambala Staff shares the tip.
- **Tips for the MASSAGE THERAPISTS are already included in the cost of the massage.** If your participants want to give extra, they can do that in person.

### TAXI TIPS:

As we work with FREE LANCE DRIVERS please **tip the Taxi Drivers separately.**

### VISA REQUIREMENTS for your GUESTS:

- PLEASE MAKE SURE that the PASSPORT is VALID for **LONGER THAN 6 MONTHS AFTER ARRIVAL IN BALI.**

- As of now there are 61 Countries that are eligible for a FREE VISA ON ARRIVAL valid for max. 30 days.
- Have a link here: <http://consular.indonesia-ottawa.org/foreign-citizens/visa-information/types-of-visa/visa-on-arrival/>
- **EXTENDING THE STAY IN BALI:** Travelers who wish to be able to extend their visa for an additional 30 days, above the 30 Days granted on arrival, can opt to pay for the VISA ON ARRIVAL with 35 USD upon arrival at the airport. In that case: DO NOT opt for the FREE VISA ON ARRIVAL, instead, you or your guest can opt to PAY for your visa on arrival and this allows you to extend your stay approx. 35 USD.
- SOCIAL VISA: For anyone who wishes to stay more than 60 days, you will need to get a BALI SPONSOR for a SOCIAL VISA.

Here is the link for the 61 Countries that are eligible for the VISA ON ARRIVAL:

<http://consular.indonesia-ottawa.org/foreign-citizens/visa-information/countries-that-can-apply-for-visa-on-arrival/>

**CANCELANTION INSURANCE for your PARTICIPANTS RECOMMENDED:**

ALL ROOMS that you booked and that you have not released 30 DAYS prior to your arrival WILL BE CHARGED to your account, unless we are able to rent them to other guest. You can make adjustments of about two rooms, within day 60 to day 30 prior to your seminar.

**INSURANCE:**

**PLEASE REQUIRE your participants have a CANCEL FOR ANY REASON Travel Insurance.**

This kind of insurance gives YOU and YOUR participants a FULL REFUND, such as: airline fees, ticket, as well as seminar fees and Travel / Health insurance.

This way you also are ensured that your seminar fees will be paid, if the client has to suddenly cancel. It saves on embarrassment and makes everything very clear.

Please believe us, and tell your participants to get CANCEL FOR ANY REASON INSURANCE, if they want to be sure to get reimbursed, in case of unforeseen reasons for cancelation. If not, it is their own risk. BUT YOU need to CLARIFY that from the start.

CANCEL FOR ANY REASON travel insurance is different from other normal travel Insurances. PLEASE INFORM YOUR PARTICIPANTS that they need to make this type of arrangement AT THE TIME of their airline booking, not later.

- Here is a sample company that offers this service: TRAVEL GARD:  
<http://www.travelguard.com/cancel-for-any-reason/>
- Or if your country is not listed have a look at this link:  
<https://www.travelguard.com/aboutus/contactus/>
- This is a Win-Win insurance. It ensures that your fees will be paid to you, if the client has to suddenly cancel.
- CANCEL FOR ANY REASON travel insurance is different from other normal travel Insurances. PLEASE INFORM YOUR PARTICIPANTS.

#### WORKING IN INDONESIA:

Currently we have not been hearing of group leaders being bothered about bringing groups to Bali and leading their groups. The best legal information which we were able to get is, that the group leader should get a BUSINESS VISA. It allows them to conduct business in Indonesia, but not actually make money here in this economy. As you make your money outside of Bali and bring valuable guests, we understand this.

We cannot take any responsibility for legal advice. This is the best we have be able to find out.

**YOGA TREACHERS: If you hire a foreign Yoga Teacher who lives in Bali, they will need**

to have a WORK PERMIT KITAS.

For EXTENDING your VISA, or needs with VISA EXTENTIONS or any related needs, please contact our local VISA AGENT by the name of FANG FANG

- Tel: +6281236 21 64
- E-Mail: fajarandro.fg@gmail.com

*We are looking forward to working with you and helping you make your stay with us at Shambala in Bali a Dream Come True!*

Yours Ilona Selke & our entire Shambala Team

Words of appreciation from Seminar leaders:

SHAMBALA OCEANSIDE RETREAT, formerly known as SHANGRILA

**Here a word from our long time repeat YOGA TEACHER TRAINING Group**

Dear Ilona,

It is a pleasure as always to work with you and your lovely staff. Of the 4 retreat centers we work with, Shangri-La is always by far the most amazing to work with. Everything you and your staff do for us greatly appreciated and we recognize the heartfelt effort everyone puts into it.

I am very thankful I found Shangri-La all those years ago while searching the north shore for a suitable place for Yandara.

Warm regards,

Jon

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**“Perfect place, perfect service! HEAVEN ON EARTH...”**

**TRIP ADVISOR**

I brought a yoga group there to Shangrila and we were all really happy. Such a wonderful place - like Heaven on Earth (which "Shangrila" means...). The rooms are incredibly beautiful. You rarely find such beautifully decorated places - with soo much love in really ALL THE DETAILS!!

And the Staff is so kind and heartfelt. I never saw something similar anywhere else. They are all really spiritual. We had the possibility to attend in a local full-moon-ceremony in Bondalem's temple. The security man plays guitar and sings Mantras on the beach. The gardener is part of the local Gamelan orchestra. And so on. They welcomed us with Young coconuts and a rain of flowers... We had a great farewell ceremony - which the staff gave us on our last day in Shangrila - with a flower mandala and mantra chanting and dancing... so gorgeous!

There is a beautiful Yoga-Temple (octagonal - as all the rooms / huts in Shambala). And a nice pool under palms... and its own Spa. You can go with the fishermen of the neighborhood to a spectacular sunrise-dolphin-tour in the morning... we were blessed and saw nearly 100 dolphins that morning... (and even without dolphins it's absolutely worthwhile).

For me Shambala is really an Insider Tip. A place I recommend to everyone who goes to Bali. Also for individual trips it's highly recommendable!

And the food!! I forgot about the DELICIOUS food! It's vegetarian and sometimes there is fish. Such a variety and freshness. We LOVED the food!

In the sea in front of Shambala you can go snorkeling.

There are three houses in front of the ocean. And more in the second row. The oceanfront-houses are really beautiful! But you may need earplugs for sleeping (the ocean can be noisy...).

**We were in Shambala once with my family and this time with a yoga group. We loved both! And will surely come back.**

**Stayed April 2015**

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**9/15/2016, you wrote:**

Dear Ilona

Just wanted to say that your Space and your Staff were DIVINE in every way, it was the most wonderful place to hold our retreat, everyone LOVED your staff so so much, everything was AMAZING !!!!!

Thank you Thank you Thank you :).....many of them (participants) wanted to return to spend time at your beautiful place :)

In the meantime I hope you are both wonderfully well and Thank you from our Hearts for all you have created, it's truly amazing !!!!

Love & Light

Judy & Paul :)

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**My Dear Ilona,**

Thank you very very much for offering the paradise **Shambala**. We had a wonderful time!

The group loved it so much, the staff, the Yoga hall, the rooms, the food, the gardening and everything!

I can't fully express my gratitude to you and Shambala. Thank you very much for making it happen, for all you done for us!

**I would like to say Shambala is the best place in Bali so far as I know.**

Ilona you do a great job to build up such a beautiful place. I really appreciate your energy and hard working. From your staff I can see how you lead them.

I'm looking forward to going back again, and next time hope I can finally meet you beautiful woman~

Please give my best regards to everyone in Shambala, we miss them!

**Again, endless appreciation!**

**Love,  
Apple:) YOGA TEACHER**

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## **Words of appreciation from German Seminar leaders:**

Dear Hona and Don

After having landed safely back in Germany, we want to thank you from our hearts for a truly fantastic and dream-come-true like stay at Shambala.

We experienced the week at Shambala as a small eternity in which Heaven on Earth became visible.

Your dream-team received us with great heartfelt energy and attended to all our needs without ever feeling obtrusive. With full attention to all our needs they took great care with us.

The food was wonderful and very varied and tasty for our vegetarian needs. I also thank you for the additional fruit and drinks.

The accommodation in the dream-houses was beyond comparison to other accommodations! We had felt so great in our wonderfully, individually and with much attention to details decorated homes. We gratefully received all the messages and the good energy of the wall-hangings in our bodies, minds and souls.

Christian and I loved our Temple and daily before sunrise we got up, and swayed in the sounds of the ocean. We especially celebrated the hours before breakfast as our sacred time.

It is truly enchanting on this northern coast of Bali to experience the sunrise and the special atmosphere of sunset time.

We also loved and used the Pool a lot. The extra heated water (we had the water-level lowered for our WATZU Treatments) was perfect for our participants and they all lavished in the bliss of *Aqua-Sound-Floating*, as we call it. The floating beyond gravity, being carried and being supported, and being able to dance and



move under water weightlessly truly opens doors to another dimension.

We really did use the Spa, and enjoyed letting go of stresses, tensions and old issues.

For our Good-bye we were overwhelmed by the flower magic, the music and the festive celebration of your staff, which we were offered in the Temple.

Again a great Terima Kasih and wishing you at Shambala all the very best. We hope of course to come back! We will let everyone know and recommend ShangriLa.

We are hoping to meet you and Don maybe even in Germany.

**with lightful and resounding good bye,**

**Jutta und Christian**

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**Liebe Ilona, lieber Don,**

Nachdem wir alle wohlbehalten wieder in Deutschland gelandet sind, möchten wir uns nochmals sehr herzlich bei Euch für unseren wahrlich traumhaften Aufenthalt in Shambala bedanken.

Wir haben die Woche bei Euch als eine kleine Ewigkeit erlebt indem sich uns der Himmel auf Erden offenbart hat.

Eurer liebevolles Team hat uns mit großer Herzlichkeit aufgenommen und uns unaufdringlich, umsichtig und aufmerksam umsorgt und alle unsere Wünsche erfüllt. Das Essen war sehr fein und bei unseren vorwiegend vegetarischen Bedürfnissen vielseitig und bekömmlich. Danke auch für das Obst und die Getränke.

Die Unterkunft in den Traumhäusern war mit anderen Unterkünften unvergleichbar. Wir haben uns alle sehr wohl gefühlt in unseren wunderschönen und individuellen, mit viel Liebe zum Detail ausgestatteten Heimen und haben die Behaglichkeit, Harmonie und Schönheit samt guter Botschaften der Wandbehänge als gute Energie mit Leib und Seele dankbar aufgenommen.

Christian und ich haben unseren Tempel sehr geliebt und sind morgens immer schon vor Sonnenaufgang aufgewacht, gewiegt vom Klang des Meeres und haben die Stunden bis zum Frühstück inklusive Ozeanbad als andächtige Feier besonders genossen.

Es ist wirklich zauberhaft von Eurer Küste aus sowohl den Sonnenaufgang erleben zu können, wie auch die Stimmung des Sonnenuntergangs.

Den Pool haben wir auch ausgiebig genutzt. Die Wärme war nachhaltig und wir konnten alle unsere Teilnehmer in die Wonnen des Aqua-Sound-Floatens, wie wir es nennen, einführen. Das schwerelose Schweben, Gehaltensein und auch unter Wasser bewegt werden öffnet ja nochmal eine ganz andere Dimension.

Die Spa haben wir viel wahrgenommen und sehr genossen und viele Verspannungen und Altlasten konnten gelöst werden.

Beim Abschied waren wir überwältigt von dem Blütenzauber im Gruppentempel und dem tollen freudigen klangvollen Feiern mit Eurem Team.

Nochmals ein großes Terimakasih und viele gute Wünsche für Euch und Shangrila. Wir werden Shangrila natürlich weiterempfehlen und möchten selbst gerne wiederkommen.

So hoffen wir Euch ein anderes Mal in Shambala anzutreffen, auch wäre es eine Freude Euch vorher mal in Deutschland zu begegnen,

**mit lichtvollen und klingenden Grüßen,**

**Jutta und Christian**

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**“Our stay could not have been more perfect”**

Reviewed June 13, 2011

I brought a group of 9 women here for a retreat, and we could not have been happier with our stay. Even before our arrival, all of my communication with the owner, Ilona, was very clear and easy (many places in Bali this part is difficult). Ilona was extremely helpful, and made organizing our retreat a breeze.

From the very moment we arrived, we were welcomed and felt as if we were part of the family, and this continued throughout the week. The staff was so friendly and helpful, and anything we asked for, we were happily accommodated.

The food was delicious, fresh, healthy and plentiful. The accommodations were so beautiful, with traditional Balinese style and very comfortable beds. The grounds were equally beautiful and well maintained. The temple where we did yoga each morning with Sandra ( we love Sandra!!) and had all of our meetings, was truly magical.

We were right on the ocean and could walk right out to snorkel, which we did most every day. This is not a white sand beach and turquoise water, as you might expect in this part of the world - black sand from volcano, water a darker blue/grey - but it's very warm and easy to swim in, and the coral and fish are plentiful and beautiful.

We are already planning out next retreat at Shambala, and this time we'll stay a little longer. We loved everything about this place and the people! THANK YOU!!

Room Tip: The oceanfront rooms are spectacular!

*Jannice Goff-La Fontaine*

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**FROM a GROUP LEADER from PERTH AUSTRALIA received 2. Sept. 2014**

*Hello Ilona & Sri,*

*Thank you both so very much for your lovely Birthday wishes.  
Ilona the Kwan Yin card is beautiful.*

*I'm struggling to find the words to thank you & all of your staff at Shambala for supporting Julius & I in providing such an amazing Retreat for our 10 ladies.*

*Ilona your Retreat Centre is exceptional, the location perfect.*

*The facilities are beautiful, comfortable & provide the perfect support for people doing deep healing & processing.*

*You're staff are loving, devoted, efficient, friendly & absolutely wonderful.*

*The food your staff provide is full of love & goodness.*

*The girls in the day spa complimented what Julius & I were doing with our ladies perfectly.*

*We have received nothing but very positive feedback from all our Ladies about everything provided at Shambala.*

*On a personal note.*

*Both Julius & I found it very easy to 'work' at Shambala.*

*Your staff went above & beyond caring for us both. Making sure we had what we needed so that we could*

*teach & support our Ladies - facilitate our Retreat to the best of our abilities.*

*Julius & your staff were also very sneaky thoroughly spoiling me for my birthday. 😊*

*Our last night - Friday night I was showered in flowers & cake lovingly made & prepared by Edy & your staff.*

*Edy, Made & Dewi are wonderful.*

*Thank you!!*

