



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

+6281-1380-01555

  kappasensesubud

 [www.kappasenses.com](http://www.kappasenses.com)

 [info.ubud@kappasenses.com](mailto:info.ubud@kappasenses.com)



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.

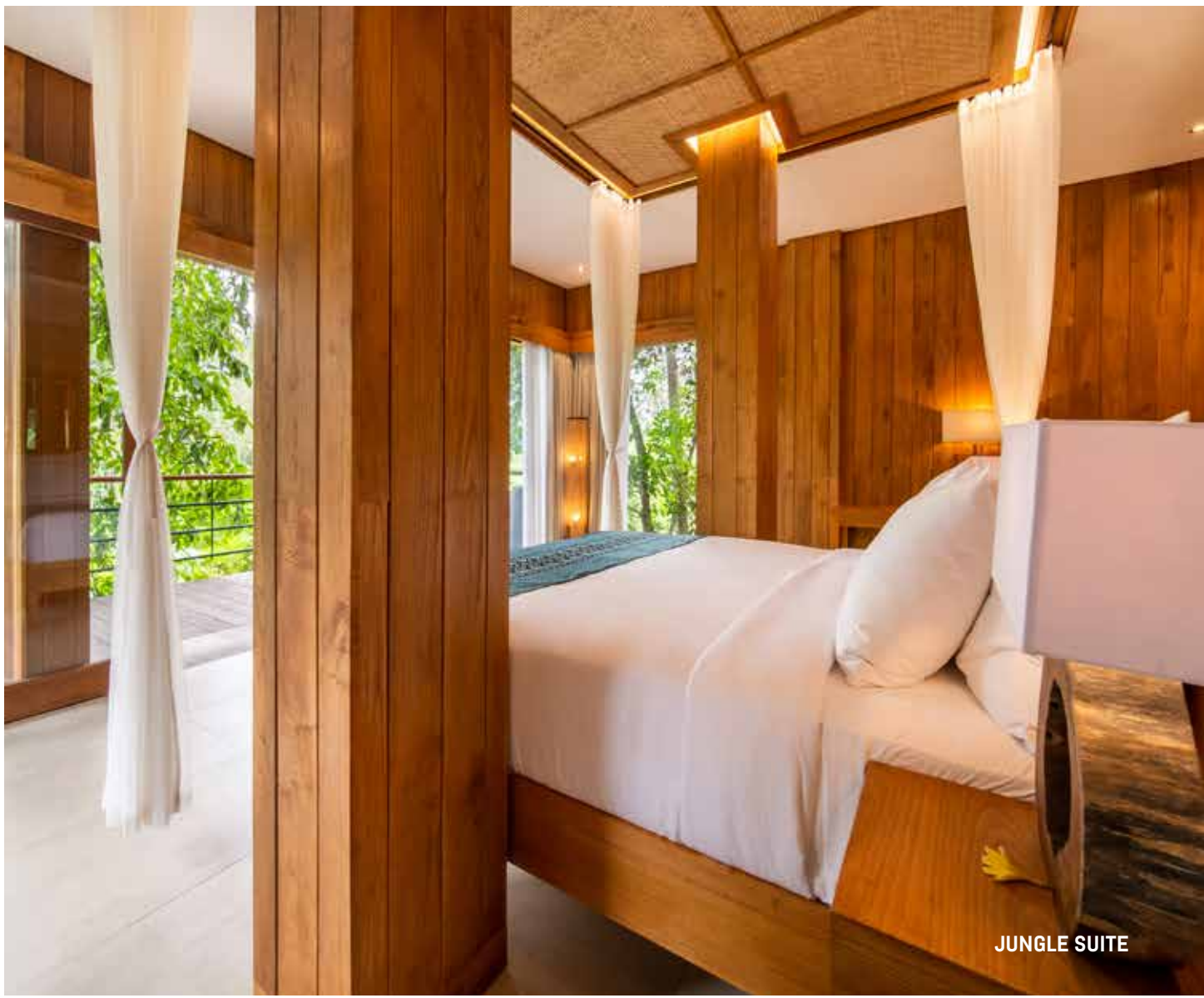
Embark on a transformative journey to heal your mind, body, and soul. Book your Sound Healing and Soul Purification retreat today to experience the ultimate relaxation and rejuvenation.

*"The rhythm of the body, the melody of the mind,  
and the harmony of the soul create the symphony of life."*

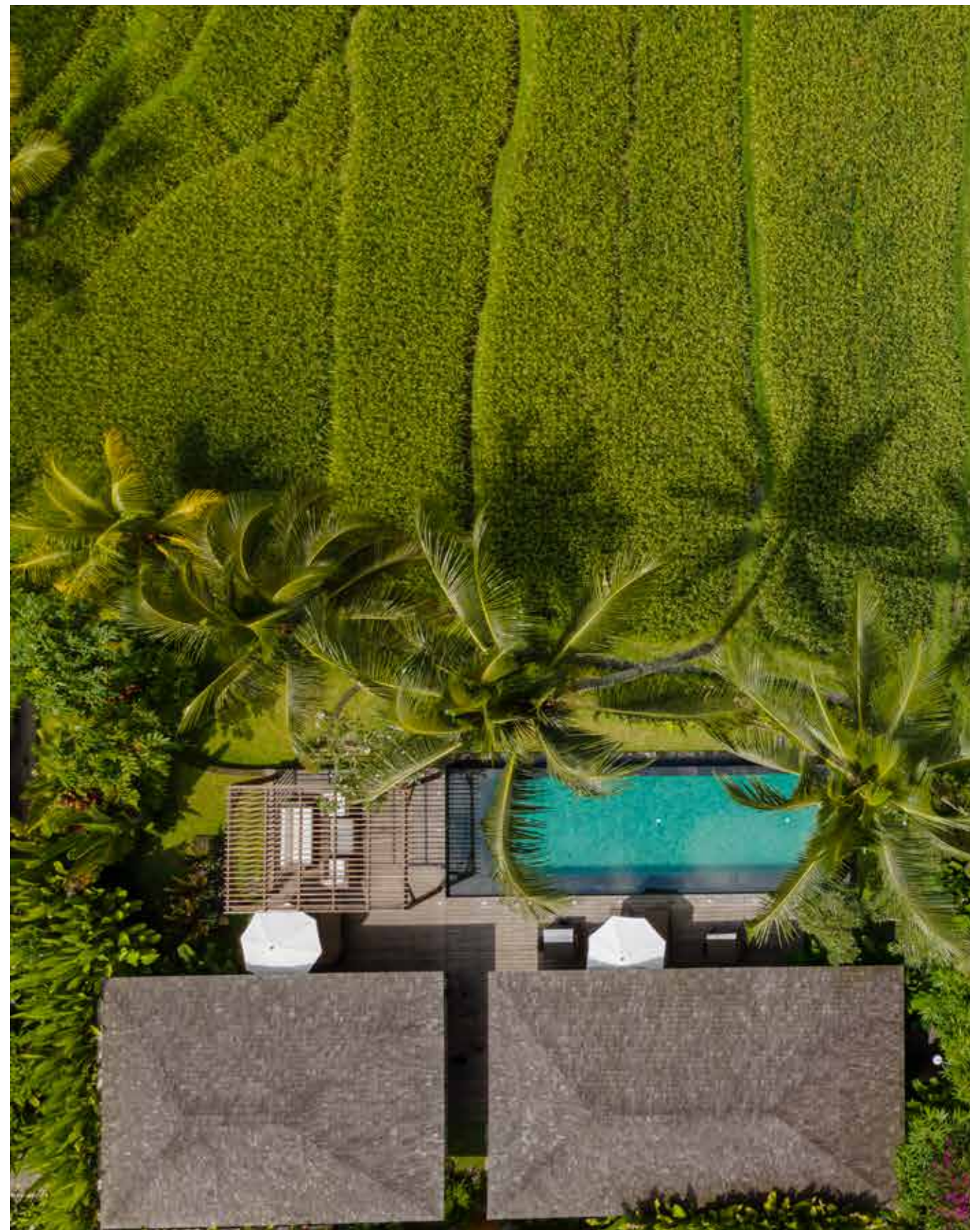
— B.K.S. Iyengar

<b>CATEGORY</b>	<b>SINGLE OCCUPANCY</b>	<b>DOUBLE OCCUPANCY</b>
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.



JUNGLE SUITE



DELUXE SUITE WITH PRIVATE HOT TUB





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 inhouse pouring water at Kelapa 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 curate your 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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