



KAPPA SENSES
BALI . UBUD

A PERSONAL JOURNEY TO WELLNESS

4 DAYS 3 NIGHTS YOGA RETREAT WITH OUR RESIDENT YOGA TEACHER

Valid until 31 March 2027



Banjar Tenggayuda, Jalan Taman Sari, Kedewatan, Ubud, Gianyar, Bali 80571, Indonesia

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"The breath is the king of the mind"

— B.K.S. Iyengar



Escape to your personal sanctuary of wellness retreat that caters to your mind, body, and soul. Experience a personalized wellness journey guided by our resident yoga teacher, and the transformative power of Hatha Yoga, to discover the perfect flow for your wellness routine.

Experience the bliss of being surrounded by lush jungle and partake in the ancient purification traditions within a sacred cave. Let our expert team curate a menu that caters specifically to your nutrient needs, providing you with a boost of vitality and overall health. You can choose the special menu from our Clarins feel-good recipes or tantalize your taste buds by our menu at Kelapa Poolside Bar and Restaurant. This retreat is an opportunity for you to relax, rejuvenate, and find inner peace.

I PUTU SUKADANA ADINATA

Resident Yoga Teacher

Known as Didon, is a distinguished wellness professional from Ubud, Bali—an area renowned for its spiritual depth and healing traditions. His grounded energy, refined technique, and deep connection to bodywork instantly draw attention in any holistic setting.

As a master of massage therapy, yoga instruction, and fitness coaching, Didon brings balance and depth to every guest experience. His therapeutic skillset includes a wide range of massage techniques such as Balinese, Deep Tissue, Lomi Lomi, Aromatherapy, Swedish, Thai, and Cupping Massage, as well as body treatments like Scrubs, Wraps, Hammam, and Facials. He is also a certified yoga instructor, offering both Hatha Yoga for beginners and Vinyasa Yoga for advanced students, enhanced by powerful breathing practices like Nadi Sodhana and Ujjayi Pranayama.

With an in-depth understanding of anatomy, energy alignment, and personalized wellness programs—including weight management and nutritional coaching—Didon designs every session with mindful precision and intention.

As a lead guide and professional at Omtara Spa by Clarins, Didon completes the essence of this wellness epicenter. His presence enhances the spa's vision of holistic luxury—where tradition meets innovation, and healing meets harmony. For those seeking an authentic journey into wellness and renewal, Didon is the embodiment of care, skill, and soulful connection.





"The quality of our life depends on the quality of our mind."

— Sri Sri Ravi Shankar

Gala Dinner inclusions;

- Permaculture herbs infused cocktail upon arrival.
 - Pass around amuse bouche.
- A wide selection of Asian and Western decadent delicacies served in an elegant buffet setup.
- One glass of sparkling wine at midnight with treats.
 - Live entertainment throughout the evening.

All rates are subject to 21% government tax and service charge. All accommodation rates are applicable for single or double occupancy.

CATEGORY	SINGLE OCCUPANCY	DOUBLE OCCUPANCY
Jungle Suite	IDR 14,350,000 ⁺⁺	IDR 18,187,500 ⁺⁺
Deluxe Suite with Private Hot Tub	IDR 18,310,000 ⁺⁺	IDR 22,477,500 ⁺⁺
Deluxe Pool Villa	IDR 25,150,000 ⁺⁺	IDR 29,887,500 ⁺⁺
One Bedroom Pool Villa	IDR 18,310,000 ⁺⁺	IDR 22,477,500 ⁺⁺
One Bedroom Pool Villa Rice Field View	IDR 20,200,000 ⁺⁺	IDR 24,525,000 ⁺⁺
Two Bedroom Pool Villa	IDR 37,700,000 ⁺⁺	IDR 46,125,000 ⁺⁺

- 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.

Inclusions:

- 3 nights stay
- Personalised consultation with resident yoga teacher to curate your yoga retreat journey
 - 3 X one hour private Hatha yoga session with our resident yoga teacher
 - 1 X one hour private pranayama breathing exercise
- Daily half board (breakfast and lunch or breakfast and dinner), including inhouse pouring water
 - 1 X one hour deep tissue or Balinese massage
 - 1 X purification ceremony



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

Sample Itinerary

Please be advised the below itinerary is sample and suggested itinerary. Schedule can be altered accordingly based on discussion with our yoga teacher or based upon availability.



DAY ONE

- 2.00pm Arrival and relax
 - 3.30pm Personalised consultation
 - 4.00pm Afternoon yoga (1)
 - 6.30pm Dinner (1)
-

DAY TWO

- 7.00am Morning pranayama (1)
 - 8.30am Breakfast
 - 11.00am One hour massage (1)
 - 1.00pm Lunch (2)
 - 4.00pm Afternoon yoga (2)
 - Evening at leisure
-

DAY THREE

- 7.00am Morning yoga (3)
 - 8.30am Breakfast
 - 12.00noon Lunch (3)
 - 1.30pm Making canang / Balinese offering
 - 2.30pm Depart for purification
 - 3.00pm Purification
 - 4.30pm Arrive back at Kappa Senses Ubud
 - Evening at leisure
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DAY FOUR

- 8.00am Breakfast
- 12.00noon Check out





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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