

Bali Yoga & Diving expedition
12 Days of Adventure

Explore - Dive - Connect

05/10/2025-16/10/2025



A transformative journey combining world-class diving, daily yoga & cultural immersion

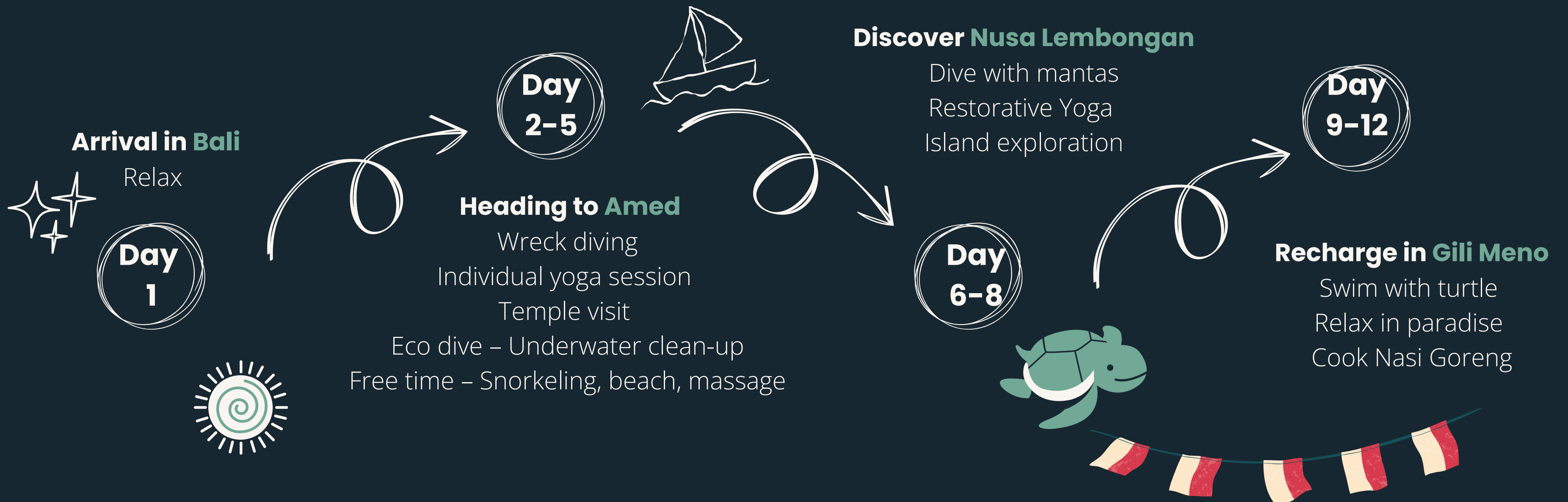


Join us for a unique expedition across Bali, Nusa Lembongan & Gili Meno.
Discover breathtaking dive sites, practice yoga in stunning settings, and explore
local culture—all in a stress-free, small-group adventure



DIVING AND YOGA, THE WINNING COMBO TO RECHARGE

Escape the routine with a unique blend of diving, yoga, and Balinese culture. Open to all levels, this retreat is your perfect getaway—whether you're craving adventure, mindfulness, or both.



Ready to take the plunge? Details ahead!

The daily flow

05/10 – Arrival in Bali (Sanur) ✈️

- Airport pickup & transfer to hotel
- Free evening with recommended restaurants

06/10 – Transfer to Amed & Temple Visit 🌍

- Travel to Amed via Tirta Gangga Temple & Rice Terraces
- Dive gear fitting & restorative yoga session
- Welcome dinner with the group

07/10 – Diving & Yoga in Amed 🤿🧘

- 2 guided dives
- Afternoon free for snorkeling or relaxation
- Evening yoga & breath work session

08/10 – Wreck Diving & Optional Night Dive 🤿

- Sunrise beach yoga session
- Morning dive
- Afternoon free time followed by optional night dive

The daily flow

09/10 – Eco Dive & Free Day 🌱

- Optional ocean clean-up dive with a local NGO
- Individual yoga session
- Free time: snorkeling, massage...

10/10 – Transfer to Nusa Lembongan



- Morning yoga session before departure
- Boat transfer to Nusa Lembongan
- Free afternoon for exploration

11/10 – Manta Ray Diving & Sunset

Yoga 🧘🏻‍♀️

- 2 dives at Crystal Bay & Manta Point
- Afternoon free to explore the island
- Evening yoga session at sunset

12/10 – Choose Your Adventure 🌍

- Option 1: 2 extra dives (add-on)
- Option 2: Day trip to Nusa Penida (add-on)
- Option 3: Relaxation (surfing, mangroves, beach)

The daily flow

13/10 – Transfer to Gili Meno 🚤

- Boat transfer to Gili Meno
- Free afternoon for snorkeling or relaxing

14/10 – Diving & Sunrise Yoga 🤿🧘

- Diving & Sunrise Yoga 🤿🧘
- 2 morning dives exploring vibrant reefs
- Free afternoon to enjoy the island

15/10 – Final Dives & Cooking Class 🍴

- 2 morning dives on Gili's best sites
- Final evening yoga session
- Indonesian cooking class & farewell dinner

16/10 – Return to Bali ✈️

- Packing & check-out
- Boat transfer back to Bali
- Airport drop-off or extended stay assistance

From stretches to
splashes
What's included

EVERYTHING YOU NEED FOR A STRESS-FREE EXPERIENCE

DIVING

- Check-up / Refresher dive (customized to your needs)
- 10 guided dives (including a night dive on the USAT Liberty)
- Full dive gear rental (except dive computer)
- Small groups for a personalized experience
- Briefings before each dive (safety, topography, marine life)
- Experienced divemasters & organizers ensuring a smooth experience

YOGA & WELL BEING

- One private yoga session (30 min)
- Six 1-hour group yoga sessions

LOCAL EXPERIENCE

- 1 welcome dinner + 1 farewell dinner
- All breakfasts included
- 1 cooking class
- Lunch at Tirta Gangga temple + entrance ticket
- Optional clean-up dive in Amed with a local NGO
- 10% of our profits go to this NGO

LOGISTIC AND COMFORT

- Airport pickup & drop-off
- All inter-island & dive site transportation
- Accommodation throughout the trip
- Professional underwater photography package

Big adventure.
Small price tag.

THE INVESTMENT TO PARTICIPATE IN OUR
EXPEDITION IS 2000 EUROS PER PERSON

OPTIONAL ADD-ONS

- Extra dives will be possible: price depends on the city
- Nitrox Certification: €100
- Deep and Night Diving Certification: €70 each
- Day trip to Nusa Penida: 50€
- Single occupancy: Please contact us

NOT INCLUDED

- Flights to/from Bali
- Visa (if applicable)
- Meals not mentioned in the package
- Travel and diving insurance
- Fees not mentioned in the included items



Jump in.
Book now.
Dive soon

FOLLOW THESE SIMPLE STEPS TO SECURE YOUR SPOT
TODAY!

Visit our [website](#) and
navigate to the "Expedition >
Bali expedition" page

Send us an email
goakuhn@gmail.com

Receive a confirmation email
with the deposit payment
infos

If not
NOW
when?



Payment procedure

PLEASE TAKE NOTE OF THE FOLLOWING INFORMATIONS TO SECURE YOUR SPOT, ONCE YOU COMPLETED THE FORM

The following steps will need to be followed:

1. Initial deposit: pay 10% (200€) of the basic package registration.
2. Second payment: pay 30% of the basic package (600€) by 1st of June 2025
3. Final balance: pay the remaining balance, including any optional add-ons by 1st of August 2025

We are open to various payment terms (monthly, other periods), so don't hesitate to contact us.

Cancelation procedure:

- Up to 4 months before arrival: 0% of the pre-booked services
- From 4 months before arrival: 30% of the pre-booked services
- 6 weeks before arrival or in case of no-show: 100% of the pre-booked services



A serene sunset scene over a calm ocean. The sun is a bright orange orb just above the horizon, casting a shimmering path of light across the water. The sky is filled with soft, wispy clouds in shades of orange, red, and yellow. In the foreground, a small, dark wooden boat is silhouetted against the water, floating peacefully. The overall mood is peaceful and inviting.

Don't miss out

Book your spot today

goakuhn@gmail.com