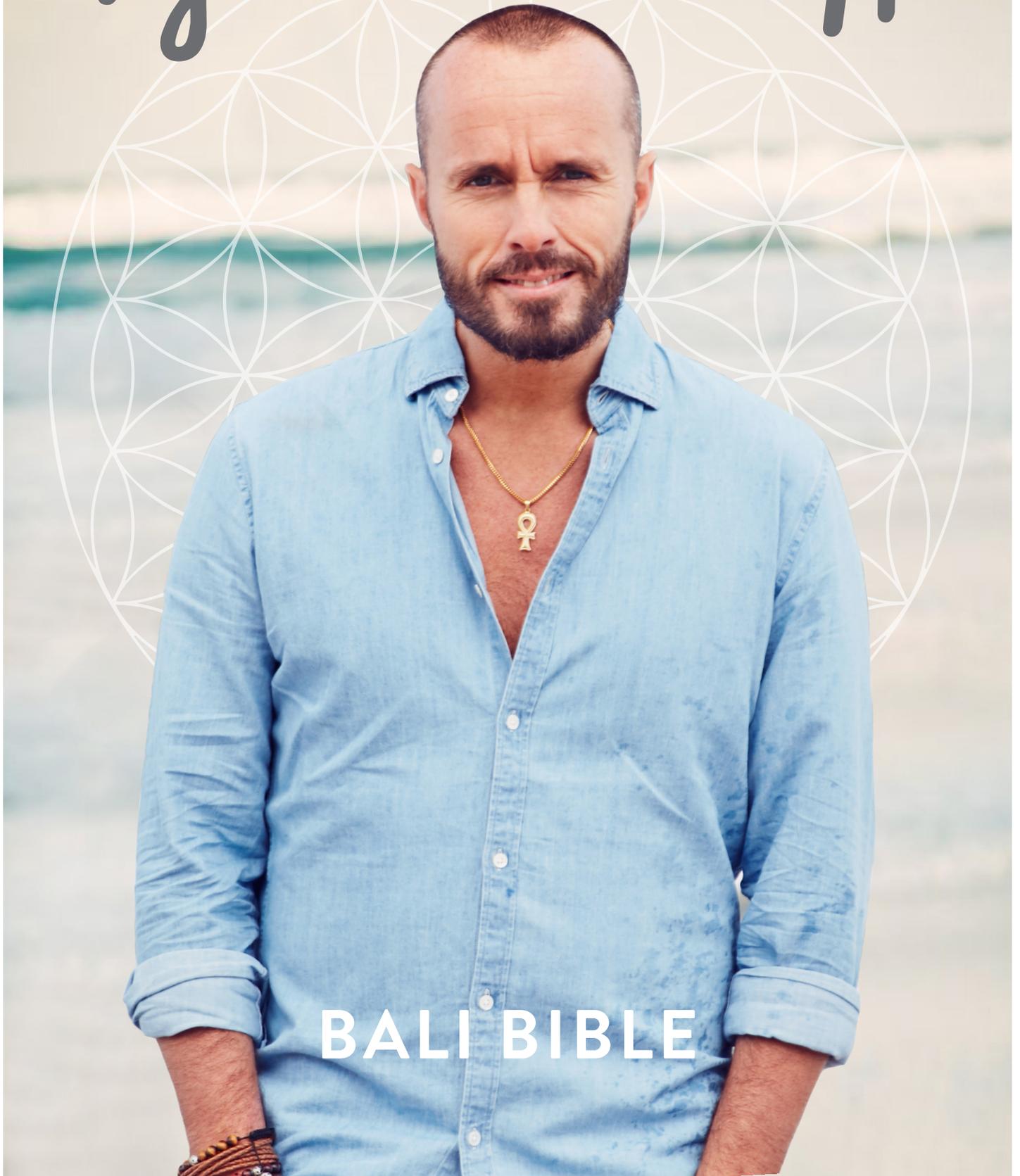


Tyler Tolman TT



BALI BIBLE

Congratulations

Congratulations on choosing to join me and my team in Bali for your self healing and soul discovering journey!

By making this decision you've already demonstrated that you are ready and willing to accept the principles of Self Care into your daily life, and that's something to be proud of.

During this transformational fasting program you will be immersed in wisdom that will help you to lead a more healthy and fulfilling life.

You'll discover ancient health techniques to help you develop a stronger mind and body, and you'll discover common sense, simple steps that - if you choose to embrace them - will change your life forever. It's my privilege and honor to be your guide on this very important journey.

My aim during our time together is to help you transform your life to that of health and vitality and for you to completely know and experience for yourself HOW the principles of Self Care can be integrated and part of your life forever.

Life is a precious gift and so "staying healthy" is something that we should all take seriously.

It is my intention, that at the end of your program, you will have the knowledge, tools and confidence to not only take your own health and vitality to ever increasing levels, but to also share some nuggets of wisdom that may just positively impact the lives of those around you.

To Healing Thy Self,

Tyler Tolman





HOW DO I GET THERE?

Simply organise your flight. Send us your flight details via the online logistics form and we will organise your transfers to and from the airport. The following airlines fly to Bali daily and are airlines Tyler flies with.

www.virginaustralia.com
www.jetstar.com
www.tigerair.com

www.airasia.com
www.garuda-indonesia.com

If you would like assistance booking your flights and also possibly discovering other airlines, please contact your local travel agent or check out the websites to see all possible flight deals in the one place!

www.kayak.com
www.skyscanner.com

www.lastminute.com.au
www.zuji.com



PACKING

We are in the tropics so please pack lightly. I have included the suggested list again for your convenience below: Smart, casual, comfortable clothing (for walking, yoga, adventures, workshop sessions etc), swimmers, a hat, walking shoes and flip flops or sandals (these may get wet), backpack or bag when we go on adventures, light rain jacket for showers in the wet seasons.

Don't forget your personal care items and toiletries. However please note if you are arriving earlier and checking into the retreat accommodation, the toiletries will be removed from the room. These items are full of toxins and we do not want them on your beautiful skin. We will be giving you a little goodie bag on day 1 of the program.

HOT TIP! Add fragile stickers to your bag so your luggage comes through first!



UNLOCK YOUR PHONE

Australian mobile phones should work in Bali using Indonesia's GSM network, but the international roaming costs (including data roaming) are likely to be expensive. Please check with your mobile service providers for the roaming prices. Tip: switch off data roaming on your phone before you leave.

Purchasing a local SIM would be a cheaper option during your stay, just remember that your phone will need to be unlocked to accept a SIM from another network. You can purchase a local SIM from a convenience store or kiosk. Tip: 50,000 Rupiah of credit (approximately AUD\$5) should last you for roughly two weeks.



AIRPORT DETAILS

Bali Ngurah Rai International Airport (also known as Denpasar International Airport) is located in southern Bali, 13 km south of Denpasar. When you first hop off the plane you will experience the humidity of Bali. You will also experience new smells. Depending on which airline you are flying with, you may need to disembark on the tarmac and be bussed to the terminal.



VISA FOR BALI

It is best to check with your local Indonesian Embassy as to what Visa Requirements you need for your nationality. As of March 2016, New Zealand, UK, US and Australians visiting Indonesia no longer need to pay for a Visa On Arrival, and instead a 30 day Tourist Visa On Arrival will be granted for free. Please note this is exactly for 30 days, please carefully count the days you will be in the country, including the day you arrive. If you overstay the cost will be IDR 300,000 a day.

If you are staying in Bali longer than 30 days it is best that you obtain a 60 Day Tourist Visa prior to your arrival in Indonesia. This can be issued at your local Indonesian Consulate and takes approximately 5-7 working days to process and costs approx. \$60AUD. If there is no local consulate in your area please see a Travel Agent to assist in the visa process or for Australians go to www.visasdirect.com.au (agent fees will apply).

Alternatively you can purchase a 30 Day Visa on Arrival before passing the immigration counter at the airport. You will need to pay \$35 USD / or approximately \$46 AUD. This is the only visa that will enable you to extend your visa within the country. You will then be required to visit an immigration office 10 days before your 30 days are over for your photo and fingerprints are taken. We highly suggest obtaining your visa in your home country before departure as this option can take about 2- 3 hours round trip which is not a pleasant experience on your relaxing holiday.



TRANSPORT

Your program includes pick up from the airport OR pickup from your chosen accommodation up to a week before the program starts.

Also your program includes transfer to the airport or new accommodation up to a week after the program concludes.

NB: You must advise us by the end of day 3 of the program your final transportation requirements or this transportation will be forfeited.



PASSPORT

Your passport must be valid for at least 6 months or else Indonesia will not allow you into the country without having more than 6 months left before their passport expires. Please check this as soon as possible as it can take some time to get a new passport.

For more information about getting a passport see: www.passports.gov.au



WHAT IS BALI WEATHER LIKE?

Bali is a tropical island. Rainy season is between November to March. Rain is frequent but usually light and of short duration.



IS BALI SAFE?

Bali, and especially the area where your accommodation is located, is very safe. The Lonely Planet, the number one travel guide in the world, describes Bali as follows:

"It's important to note that compared with many places in the world, Bali is fairly safe. There are some hassles from the avaricious, but most visitors face more dangers at home."

Tyler calls this island his home and he finds it extremely safe for him and his family.



WHEN YOU LAND IN BALI

When you arrive in Bali (Ngurah Rai International Airport) there are a few stops in the airport you need to make. Firstly you may need to obtain your Visa on Arrival (If applicable), then go through immigration, pick up your luggage and then go through customs.

On arrival, you need to obtain your visa – for Australians there is no payment needed! Note: if you are staying longer than 30 days, you would need alternate arrangements (please refer to the 'Visa for Bali' section). Next is immigration where they will check your passport and arrival card.

When collecting your bags there will be a number of 'porters' who offer to help you with your bags. Please note that if you decided to use their services they will ask for money later, so you can decide whether you want to do this or DIY.

Once you have collected your bags head to the customs line to hand over your customs form which would have been given to you on your flights prior to landing.

When you come out of the arrival area, head to your left and walk passed the duty free shops to make your way to our meeting point ([please refer to our map below](#)). At the meeting point, you will spot your driver holding an orange placard with your name and Tyler's headshot on it. In case you can't see your driver, please go to the information desk and ask them to make a call to "Driver for Tyler Tolman Group", OR you can call our Bali Logistics Manager, Rosie +62 812 3814 3194 and we will be able to help..



CURRENCY & MONEY

The currency of Indonesia is Rupiah (Rp.). For information on exchange rates and currency converter, please visit www.xe.com.

There are ATMs all over Bali which take CIRRUS cards. Tip: please inform your bank and credit card companies of your travel dates, so they can flag your travel information on their systems and are aware you may access your finances during your time abroad.

Asia loves Visa or Mastercard, and only a few places take American Express. Travelers checks are another good alternative to cash and they are easily exchanged.

Indonesian rupiah currency comes in two forms, banknote and coins. The largest value Indonesian rupiah bill is the IDR 100,000Rp banknote. Smaller denomination banknotes are IDR 50,000Rp, IDR 20,000Rp, IDR 10,000Rp, IDR 5,000Rp, IDR 2,000Rp and IDR 1,000Rp. The coins denominations are IDR 1,000Rp, IDR 500Rp, IDR 100Rp, IDR 50Rp, and IDR 25Rp.

Money Changers in Bali can be found throughout the island, from the airport to your hotel and along the streets and around major resort areas. The best rates are on the street however it's good to know the most recommended Bali money changers around and please be aware of the tricks used by some disreputable kiosks. Tip: always count your money yourself before leaving the money changers.

Tipping is not a general practice in Bali. In larger hotels, service charge is included. However if the service has been good and you feel like tipping, a token sum would be appreciated (between IDR 20,000Rp – IDR 50,000Rp, approximately AUD\$2.50 – AUD\$5).



OUR RECOMMENDED SERVICE PROVIDERS

Sometimes our guests like to use this time to have dental work or indulge in spa's and other treatments. Below is a list of the recommended service providers we personally use on the island. Please note, not all of them are chemical free as supplies are limited to Bali.

Category	Name	Phone	Website	Location
Day Spa	Aroma Day Spa	+62 (0) 81338014610	www.aromasparetreat.com	Sanur Beach
Day Spa	Taksu Day Spa	+62 361 971490	www.taksuspa.com	Ubud
Day Spa	Chill Reflexology	+62 361 734701	www.chillreflexology.com	Seminyak
Hair	Glo Day Spa	+62-361 282826	www.glospabali.com	Sanur & Seminyak
Dentist	Aesthetic Bali	+62 361 972648	www.aestheticbali.com	Ubud
Taxi	Blue Bird Taxi	+62 361 701111	www.bluebirdgroup.com	Sanur



SHOPPING IN BALI

Bali is a shopper's paradise. You can find anything from inexpensive souvenirs and knock offs at local markets to exclusive designer boutiques featuring homewares jewelry and clothing.

The Balinese have no word for "art". Art is not a category; it is a way of life. Hence the Balinese are very skilled crafts people and are known throughout the world for their handicrafts such as fabrics and weavings, wood carvings, painting and ceramics.

In the main tourist towns of Kuta, Legian, Sanur Beach, Seminyak and Ubud you will find the widest selection of goods. It is also fun to visit the crafts villages where you can see the artists create their masterpieces.



BALI WITH KIDS

When traveling to Bali with kids, check out the below useful websites to make sure you plan the best time for you and your loved ones. Our Bali Logistics Manager, Rosie +62 812 3814 3194, will also be able to help with nanny services.

Nanny Service Providers

www.balisbestbabysitting.com
www.balinanny-babyhire.com
www.balikrisnaservice.com

Bali with Kids Useful Website Links

www.baliwithkids.com
www.scarymommy.com/bali-with-kids
www.baliguide.com/bali-info/bali-with-children.html
www.balikids.org



ABOUT BALI'S CULTURE & RELIGION

The main religion practiced in Bali is a form of Hinduism called Agama Hindu Dharma, where the Hindu itself is consisted of some religious sect, but in Bali all of Balinese are Hindu Ciwa.

The two religions (Hindu and Buddhist) arrive from Java and some extend from India during the 8th to 16th centuries. The main symbol of Balinese Hinduism is the Swastika or wheel of the sun. An important belief is that elements of nature are influenced by spirit, which has been appeased. As such offerings (Sesajen) made from agriculture product are offered to this spirit.

It is believed that Mount Agung is the abode of the gods and the ancestors. As such, it is revered as the 'mother' mountain and is highly sacred to the Balinese.



Bali Hindu History

The religion in Bali is according to three principles those are Desa (place), Kala (time) and Patra (circumstance). Five pillars of faith acknowledge Hinduism.

Balinese believe in the one Supreme God (Sang Hyang Whidi Wasa), that the soul is the universal principle of life and consciousness (atma), in the fruition of one's deeds (karma pala), in the process of birth and death (samsara), and in ultimate release (moksa).

The religious rites of the Balinese consist of the human rites (Manusa Yadnya), the rites of the dead (Pitra Yadnya), rites of the gods or temple rites (Dewa Yadnya), rites of the demonic forces (Buta Yadnya) and ordainment rites (Rsi Yadnya). Holy water, fire, ash, geese, duck, eggs and dabdab tree leave are purifying elements used in the ritual.

The Balinese are extremely devout and no day goes by without making offerings to the gods. These daily offerings – called Banten are a major part of Balinese life. You will see these offerings nearly everywhere in Bali. Made of flowers, cigarettes, cookies, rice and even sometimes money (the actual items used are not as important as the process of making and offering it to the spirits) these offerings are given to the good spirits in hopes of continued prosperity as well as to the evil spirits as an appeasement.



CAN I STAY LONGER?

And what do I do for accommodation?

Absolutely! We recommend getting your google on and finding suitable accommodation conveniently online through one of the websites below.

- www.agoda.com
- www.airbnb.com
- www.kayak.com
- www.tripadvisor.com
- www.booking.com
- www.expedia.com



LOCAL LANGUAGE TIPS

General Greetings

Good Morning	= Selamat Pagi
Good Afternoon	= Selamat Sore
Good Evening/Night	= Selamat Malam
See you later	= Sampai Jampa Lagi
How are you?	= Apa Kabar?
Thank you / You're welcome	= Terima Kasih / Sama-sama
Man / Woman	= Laki-laki / Perempuan
What time is it?	= Jam berapa?
What's happening?	= Ada apa?
Where are you going?	= Mau ke mana?
I want to eat...	= Saya mau makan...
I want to watch...	= Saya mau nonton...
I have...	= Saya punya...
No sugar	= Tanpa gula

Buying Things

Don't be afraid to bargain hard – start low – especially in Ubud market. It's a way of life here, and they EXPECT you to try to speak a little Indonesian, you may get a better price!

I'm looking for...	= Saya mau cari...
Do you have other color/size?	= Ada warna/ukuran lain?
Can you give me a discount?	= Bisa kurang?
It's too expensive	= Terlalu mahal
I will think about it	= Nanti saja



LAUNDRY

The hotel has laundry services but you can also take it yourself to a local laundry if you are looking for a cheaper option.



IN CASE OF EMERGENCY

In case of an emergency your first point of contacts is:

- **Rosie** +62 812 3814 3194
- **Michele** +61 431 056 183 (Whatsapp only)

If you are out and about, we recommend BIMC Hospital in Nusa Dua. BIMS Hospital delivers international standards of care for residents and tourists in Bali.

Their 24-hour emergency phone number is 0361 3000 911 (+62361 3000 911 from international phone).