

Get Bendy Yoga – Yoga & Wellbeing Retreat

Frequently asked questions

1. What can I expect from the retreat?

'The Bali Yoga and Wellbeing Retreat' is designed to help you break away from the daily grind and renew your daily bliss. This retreat has a dedicated team – yoga teacher/guide, and host (on-site resort concierge) – committed to making your retreat the best experience possible. This retreat is a mix of yoga, well-planned activities and great experiences. Get Bendy Yoga pours love, care and attention into your retreat and aims to have the highest level of customer service possible so you walk away happy and relaxed with new experiences and friendships made.

2. How do I reserve my spot?

To reserve a spot at the retreat, go to Get Bendy Yoga Australia website and click "[Book Now](#)" on the retreats page. You can also follow this retreat at Facebook events.

3. Do you offer discounts?

An early bird discount is available till 12/12/19.

4. How do I know if the retreat is right for me?

Please reach out so we can discuss if the retreat is right for you. Past retreats have been attended by singles, partners, married couples, men and woman. Contact info@getbendyyoga.com.au or call (+61) 0408 662 521.

5. Is it ok to travel alone? / Is this retreat open to everyone?

About half of our retreat guests travel alone. It is a great way to meet new people, relax and recharge while meeting like-minded people. This retreat is open to men and woman over the age of 18 and is LGBTQ+ (lesbian, gay, bisexual, transgender, questioning/queer) friendly.

6. Do I need immunizations/vaccines and certain paperwork (Visas) to travel?

It is the responsibility of each traveller to obtain all required travel documents including Visas unless otherwise noted. All Australian travellers visiting Bali must have six months validity on their passport and proof of a round-trip ticket that shows they have a flight to exit Indonesia or they will not be allowed to enter the country. Currently Australian passport holders are granted a free 30-day tourist visa on arrival. Check Visa requirements before booking to be sure.

It is your responsibility to get correct immunizations. Please contact your nearest travel clinic or general practitioner for the latest requirements. Make sure you check the timeframes for immunizations.

7. How many people attend each retreat?

Retreats are generally 7-12 people. The aim is to provide a personalised experience where everyone can interact and become part of the group. To ensure the best possible group experience, the retreat will run with a minimum of seven guests. As soon as this number is reached the retreat will be guaranteed to depart and all those booked will be notified.

8. Do I need Yoga experience to go on the retreat? What are the classes?

The retreat is open to all levels of Yoga experience. Andrea is a well-trained Teacher to work with all levels of experience. A retreat can be a great way to find your practice and meet others on their Yoga journeys. It is recommended if you don't have a regular practice to start attending classes a few months out to get in the swing of regular yoga. A basic understanding is required to fully receive the benefits of the retreat.

Types of Yoga taught on the Bali retreat:

Hatha can be translated as the yoga of activity, and as “sun” (ha) and “moon” (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation. Hatha is a slow to moderate class involving stretching, twisting, balancing and slow flow to nourish the mind and body with mindful meditation and breath work.

Yin involves variations of seated, standing and supine poses held for three to five minutes, accessing deeper layers of fascia. This practice is designed to increase blood flow and movement into connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine) and balancing the nervous system.)

Restorative involves passive poses that allow you to completely relax and rest. Poses are held for five to 10 minutes. Restorative Yoga brings the body back into the parasympathetic nervous system for relaxation whilst balancing the body and mind.

9. What's included in the retreat price?

The price of the retreat includes all inclusions as listed on itinerary. Airfares, travel insurance, Visas, immunizations, drinks, and all other meals not listed, and extra activities and taxis during free-time are not included in retreat price. All elements of the retreat included in the price are not compulsory, however refunds will not be given if an individual retreat guest personally choosing not to participate in one of the planned meals or activities.

10. What is the schedule like? Do we have a lot of free time? Do I have time to explore the town on my own?

The retreat will be a healthy mix of scheduled activities and free time. We have two yoga classes a day – one in the morning and one in the evening. There are planned activities during the day on some days that you can take part in or simply create your own agenda and explore town or stay and relax at the resort.

11. What is the cuisine like?

Gourmet food on the retreat will be provided by the award winning resort restaurant Mr Wayan. The menu offers you a combination of wonderful Balinese specialties, and more familiar western dishes. Vegetarian, Vegan, gluten-free and non-vegetarian meals are available. Upon signing up for the retreat, you will list any special diets. All meals are à la carte except for the welcome and farewell dinner.

12. When do I receive the trip details?

We email out detailed information no later than 60 days in advance of the retreat.

13. When should I book my flight?

To ensure the best possible group experience, we will run the retreat with a minimum of seven guests. As soon as we reach this number the trip will be guaranteed to depart and all those booked will be notified, so please don't purchase your flight till then.

14. Is transport to the resort included?

Yes return transfers to and from the airport are included. You will need to provide your flight number.

15. What should I bring?

You will be emailed suggestions for packing, but generally you should bring the following on the retreat: yoga clothes, light loose cotton day wear, walking shoes, thongs/flip-flops, sunscreen, sunglasses, hat, bathers, large water bottle and DEET bug spray. We suggest packing light and leaving any valuables at home.

16. What is the currency? How much money do I need?

The Indonesian Rupiah is the currency of Indonesia. It is recommended you bring a small amount of cash for markets, meals away from the resort and any extra spending money you

need. The resort will charge any meals, drinks and spa treatments etc. to your room which can be paid in cash or card when you check-out.

17. Do I need to tip? Are gratuities included?

Tipping in Bali is appreciated but it's not required. However many service workers in Bali don't earn very much, so even a small tip really helps. You should never feel that you have to leave a tip.

18. Should I purchase travel insurance?

Comprehensive travel insurance is compulsory for all retreat guests and it recommended that it be taken out at the time of booking. Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended unlimited coverage for each of the categories of cover. It is also strongly recommend that it covers cancellation, personal liability and loss of luggage and personal effects. You must provide proof of your travel insurance or you will not be able to join the retreat.

19. Can I arrive a few days early and extend my stay?

Arriving early or extending your stay is a great way to make your retreat experience last longer. Please note that you can book the additional nights directly with the resort.

20. What is the cancellation policy?

Cancellations by retreat guest

Once the retreat is guaranteed to depart, if cancelled before the 1/3/20 you will lose your deposit.

If cancelled within 31-59 days prior to departure, loss of 50% of total package cost.

If cancelled within 30 days prior to departure, loss of full 100% of total package cost.

No show, will result in loss of full 100% of total package cost.

*If a guest cancels their spot on the retreat, Get Bendy Yoga will do our best to replace your booking with a new guest, and if successful in replacing your retreat booking, we will happily refund you minus a \$250 administration fee.

Cancellations by retreat hosts

To ensure the best possible group experience, the retreat will run with a minimum of seven guests. As soon as this number is reached the retreat will be guaranteed and all those booked will be notified.

Get Bendy Yoga reserves the right to cancel the retreat if we do not reach minimum numbers, in which case money paid will be refunded.

Should the retreat be cancelled by Get Bendy Yoga Australia due to unforeseen circumstances beyond control such as:

1. Acts of Terrorism or the threat or perceived threat of an Act of Terrorism or security threat.
2. An Epidemic, Pandemic or outbreak of an infectious disease or any derivative or mutation of such viruses, or the threat or perceived threat of any of these.
3. War, invasion, act of foreign enemy, hostilities (whether war be declared or not), civil war, rebellion, revolution, insurrection or military or usurped power.
6. Any nuclear reaction or contamination, ionising rays or radioactivity.
7. Extreme weather (such as volcano eruption)
8. As recommended by the Australian Government
9. Or other external events that makes it not viable to operate the retreat.

All guests will be subject to the booking conditions as outlined below:

If the retreat is cancelled, you can transfer amounts paid to an alternate departure date within 12 months, less any unrecoverable costs. A refund is not possible. Get Bendy Yoga is not responsible for any incidental expenses that you may have incurred as a result of your booking

including but not limited to visas, vaccinations and travel insurance excess or non-refundable flights.

21. Do you offer a payment plan?

The retreat is paid in three instalments:

1. A \$500 deposit to secure your spot
2. 50% of the remaining balance by 4/2/20
3. Outstanding balance due 2/3/20
4. If you book after the 2/3/20 the total retreat balance is due at the time of booking.

22. Is there a minimum age?

Yes, guests must be a minimum of 18 years to attend.

23. Is the resort/Bali accessible?

Unfortunately, not much of Bali is wheelchair accessible. The resort is accessible in some places but mainly not. We will endeavour to be inclusive where we can for guests with special needs wanting to join the retreat. Please get in touch info@getbendyyoga.com.au.

24. What are the eco credentials of the resort?

The resort is plastic bag free and uses glass water bottles of purified water. Please take home any plastics or packaging or empty containers you bring with you to lessen your impact on Bali. It is recommended you bring a large refillable water bottle to take on activities and into town that you can fill at the resort. Please pack a couple of reusable bags for any tourist shopping you may do in town.

25. What is the weather like in June? June is usually clear, sunny skies, with a low chance of rain. The daily average temperature is 22-27 Celsius.