



MENTARI
TRAVEL SERVICES



ISLANDS, YOGA & WELLNESS

15 DAYS / 14 NIGHTS

BALI • LABUAN BAJO • PHINISI • BALI GREEN RETREAT • BEACH RETREAT

SAIL, RESTORE AND RECONNECT
IN BEAUTIFUL INDONESIA



TOUR HIGHLIGHTS

- Bali • Labuan Bajo • 2-Day Phinisi Cruise • Bali Green Retreat
- Daily Yoga & Meditation • Spa & Wellness
- Balinese Village & Cultural Activities • Beach Relaxation



PROGRAM

- Day 01** Arrival Bali • Ngurah Rai International Airport • Meet & Transfer to Hotel • Overnight Bali
- Day 02** Bali — Labuan Bajo • Flight to Labuan Bajo • Hotel Transfer • Overnight Labuan Bajo
- Day 03** Labuan Bajo — Phinisi Cruise • Board Traditional Phinisi • Begin Island Cruise • Overnight on Board
- Day 04** Phinisi Cruise • Continue Cruise • Island & Coastal Exploration • Overnight on Board
- Day 05** Phinisi Cruise — Labuan Bajo • Return & Disembark • Hotel Transfer • Overnight Labuan Bajo
- Day 06** Labuan Bajo — Bali • Bali Green Retreat • Domestic Flight • Transfer to Retreat • Begin 5-Night Yoga & Wellness Retreat
- Day 07** Bali Green Retreat • Morning Yoga & Meditation • Wellness & Spa • Balinese Cultural/Village Activities
- Day 08** Bali Green Retreat • Morning Yoga & Meditation • Relaxation & Wellness • Spa Treatment
- Day 09** Bali Green Retreat • Morning Yoga & Meditation • Balinese Cultural Activities / Excursions • Wellness Time
- Day 10** Bali Green Retreat • Morning Yoga & Meditation • Relaxation & Wellness • Spa Treatment
- Day 11** Bali Green Retreat — Beach • Final Morning Yoga & Retreat Activities • Transfer to Beach • Begin 4-Night Beach Relaxation
- Day 12** Beach Relaxation • Free Time at Leisure • Beach & Resort Facilities
- Day 13** Beach Relaxation • Free Time at Leisure • Optional Activities & Relaxation
- Day 14** Beach Relaxation • Free Day at Leisure • Final Evening in Bali
- Day 15** Bali — Jakarta / Onward • Transfer to Ngurah Rai International Airport • Departure



SPECIAL RETREAT NOTE:

BALI GREEN RETREAT — YOGA & WELLNESS: The 5-night retreat is adapted from Bali Green Retreat's published yoga program. It features 90-minute morning yoga daily, afternoon yoga every other day, full meals, spa treatments, Balinese cultural and village activities, fresh juices, and a waterfall visit. Activities are subject to the retreat's final schedule and confirmation.



PACKAGE INCLUDES

- 14 nights accommodation
- Daily breakfast
- Domestic flights as specified
- Private airport and hotel transfers
- 2-day Phinisi cruise with accommodation on board
- Bali Green Retreat 5-night Yoga & Wellness Retreat
- Yoga and meditation sessions
- Meals and retreat activities as specified
- Beach accommodation
- English-speaking guides where required
- Entrance fees for included activities
- Mineral water
- VAT



DOMESTIC TRANSPORTATION INCLUDED

- Domestic flights Bali — Labuan Bajo — Bali
- Airport transfers in Bali and Labuan Bajo
- Transfers to and from the Phinisi departure point
- Bali Airport to Bali Green Retreat transfer
- Beach area to Bali Airport transfer.

Flight schedules, Phinisi routing and retreat program are subject to availability and final confirmation.



MEET US AT

VAKANTIEBEURS
VOOR BIJZONDERE REIZEN
2 - 3 JANUARY 2027



DE BEURS VAN BERLAGE
AMSTERDAM
The Netherlands

STAND
T44



PHINISI CRUISE



LABUAN BAJO



YOGA & MEDITATION



SPA & WELLNESS



NATURE & CULTURE



BEACH RELAXATION



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