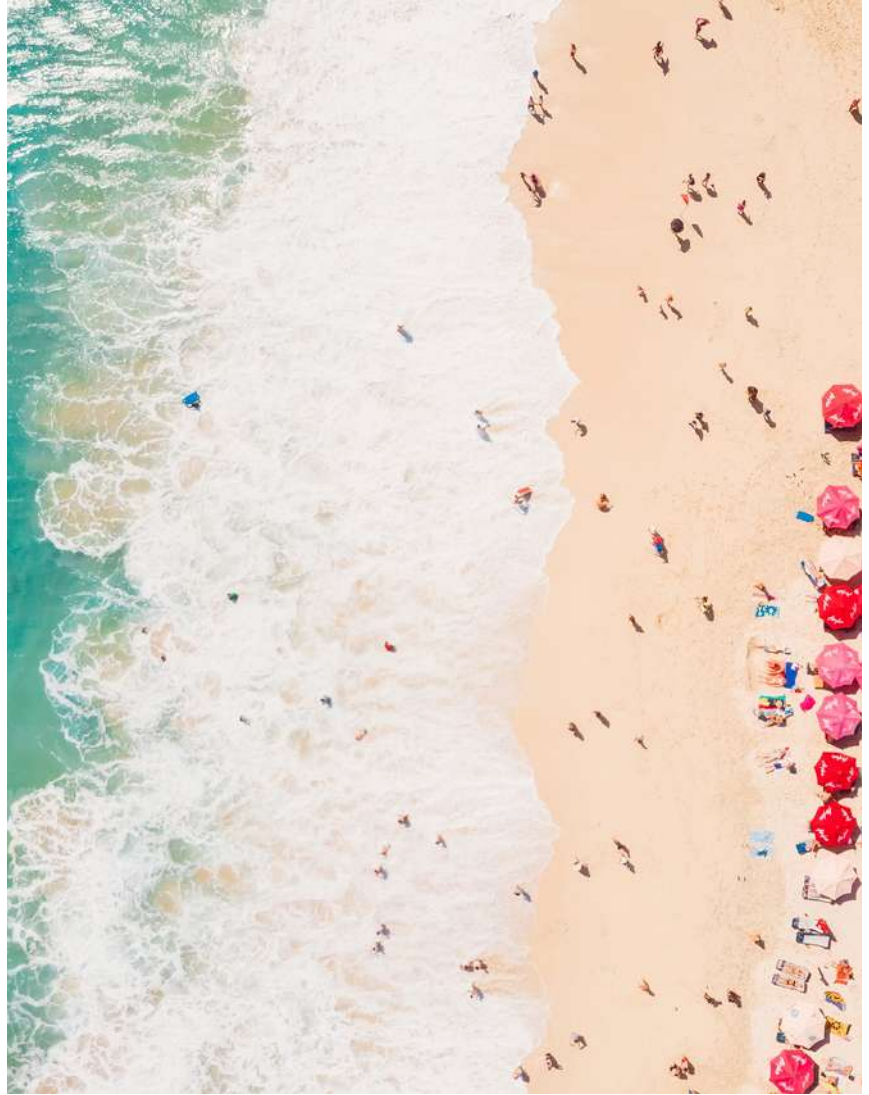


BALI REFORMER ACCOMMODATION GUIDE



BALI, INDONESIA

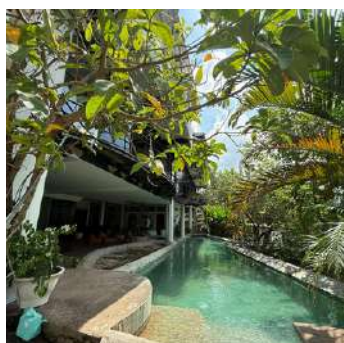


TRAVEL TO BALI



FLIGHTS TO BALI

Fly into **Bali Ngurah Rai International Airport (DPS)** also known as Denpasar International Airport. **Flights** can be booked over the internet or via a travel agent.



ACCOMMODATION

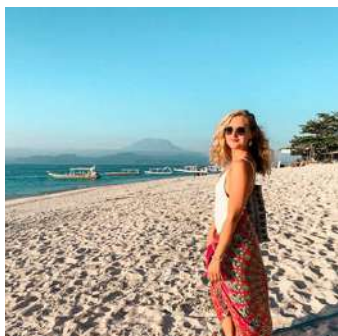
Our Reformer Pilates Training will be held at **Shape Pilates, Seseh**.

There are many great value options within a few minutes walk of Shape Pilates Seseh.



VISAS

Over 70 countries - including Australia, NZ, UK, USA and Germany - are eligible for a **30-Day Visa on Arrival**. A longer 60-Day Visa can be arranged-see our **Visa Section** for more information,.

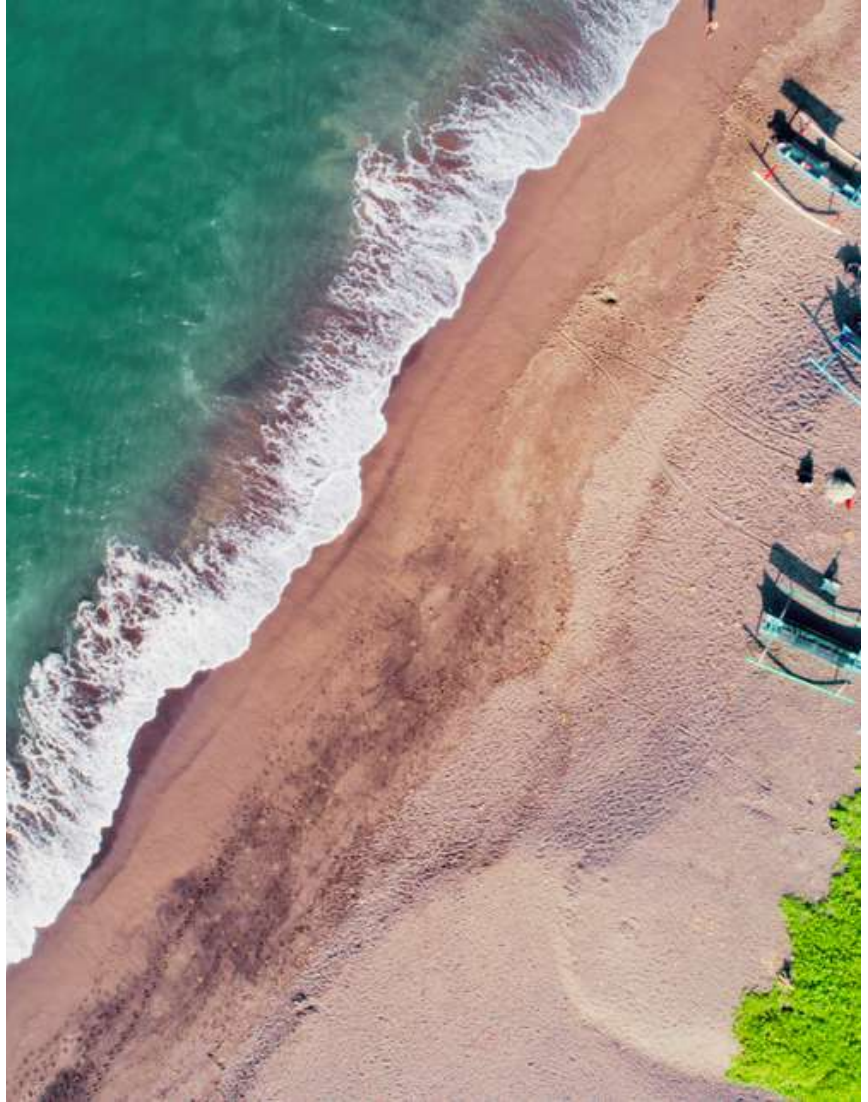


TRAVEL INFORMATION FOR BALI

Bali.com has the most recent information on travel, with the most up-to-date information ready for your **dream Pilates experience in paradise Bali!**

VISIT [BALI.COM](https://www.bali.com)

SESEH, INDONESIA





SESEH, BALI

TUCKED AWAY ON BALI'S SOUTHWEST COAST, SESEH OFFERS A PEACEFUL ESCAPE. A PLACE WHERE TIME SLOWS DOWN AND THE RHYTHM OF THE OCEAN SETS THE PACE.

WITH ITS BLACK SAND BEACHES, EMERALD RICE TERRACES, AND TRADITIONAL BALINESE CHARM, SESEH FEELS WORLDS AWAY FROM THE TOURIST TRAIL, YET REMAINS JUST MINUTES FROM VIBRANT CAFÉS, BOUTIQUE SHOPPING, AND SUNSET SURF BREAKS.

IT'S THE PERFECT BLEND OF AUTHENTICITY AND COMFORT – IDEAL FOR THOSE SEEKING BOTH INSPIRATION AND SERENITY.

SHAPE HOUSE PILATES





SHAPE HOUSE PILATES, SESEH

SHAPE HOUSE PILATES BOUTIQUE STUDIO OFFERS A HOLISTIC APPROACH TO HEALTH AND FITNESS.

THE BOUTIQUE SPACE HAS BEEN THOUGHTFULLY DESIGNED TO CAPTURE THE ESSENCE OF BEAUTIFUL SESEH IN BALI AND PROVIDES A SERENE AND CALMING BACKDROP FOR THE ART OF MOVEMENT.

LEARN ON STATE-OF-THE-ART REFORMER MACHINES, IN A CALM, CLEAN, AND COMFORTABLE AIR-CONDITIONED SPACE IN THE HEART OF SESEH.

SESEH ACCOMMODATION GUIDE



STAY IN SESEH

Our Reformer Pilates Training will be held at Shape Pilates, Seseh.

Shape Pilates, Seseh, Bali

Jl. Pantai Seseh No.1, Cemagi, Kec. Mengwi, Kabupaten Badung, Bali 80251, Indonesia

Google map link: <https://share.google/Yx5jtYMY2R8DwiraM>

There are many great value options within a few minutes walk of Shape Pilates Seseh. You can make your choice from:

Use This
Guide

Select from one of the nearby options we recommend - see following pages for options.

Choose
Your Own

Choose your own accommodation in Seseh using sites such as booking.com or airbnb



Use this link to find the many great places to stay in the area:

[LINK](#)

SHAPEHOUSE RECOMMENDS

Dune Seseh

www.duneseseh.com

Our personal boutique favourite - 10% DISCOUNT, when you mention you are a Santosha student :)

Spaces Bali

www.spacesbali.com

Uma Pantai Seseh

[Booking.com link](#)

Aparilia Homestay - Budget option

[Booking.com link](#)

Honey Homestay - Budget option

[Booking.com link](#)

Kariata Homestay

[Booking.com link](#)

Paddy's Glamping - Budget option, 18 minutes walk

[Booking.com link](#)

EXPLORE BALI



EXPLORE BALI + INDONESIA

OUR STUDENTS LOVE TO TEAM UP AND EXPLORE BALI. HERE ARE FOUR OF THEIR FAVE SPOTS:



NUSA LEMBONGAN

Visit Santosha Yoga Village, Santosha's Pilates and Yoga Hub on this beautiful tropical island only 30 mins by boat from Bali's mainland. Famous for world-class surf breaks & snorkelling with Manta Rays.



ULUWATU

Nestled in the southern tip of Bali island, with **clifftop views, white sand beaches and epic surf breaks**. The area offers an alluring mix of surf culture and local village life.



LOVINA

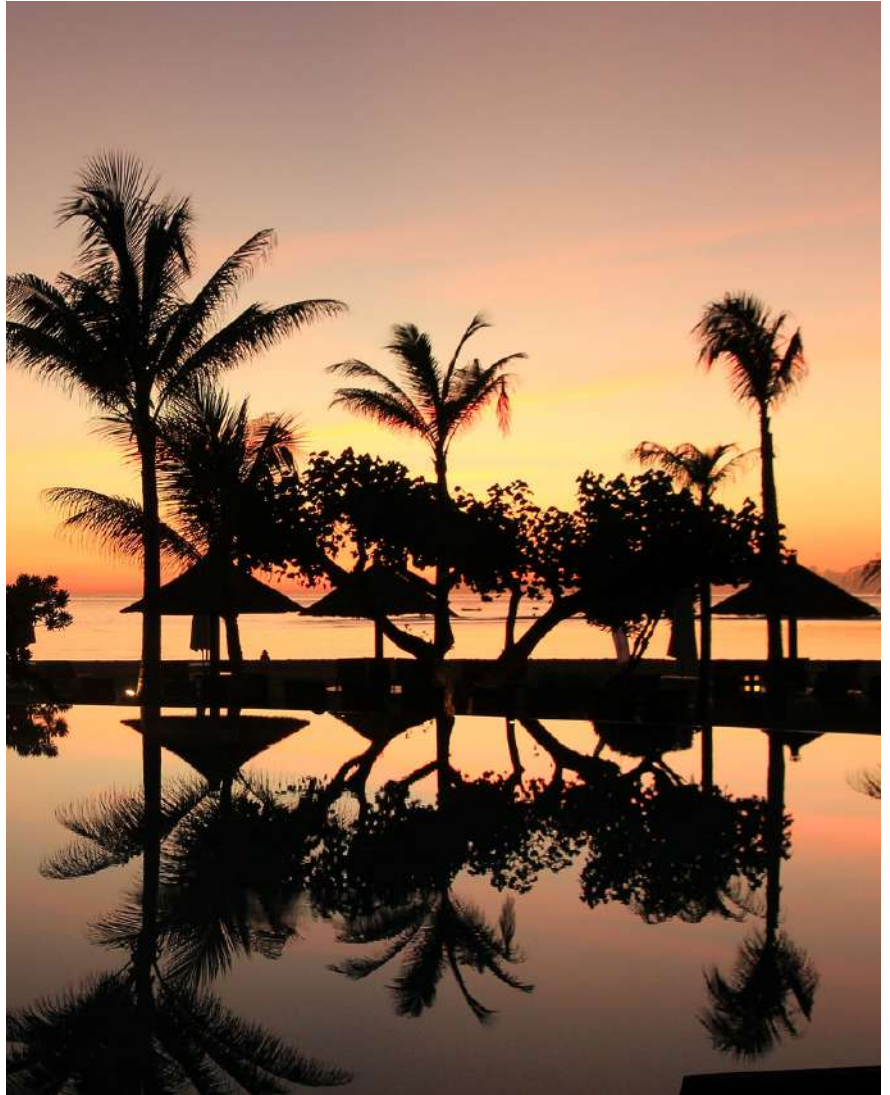
Lovina Beach is a combination of smaller beaches traversing several villages. Known for its **black sand beaches, coral reefs and dolphins**. Diving, snorkelling, swimming and hot pools are the main activities.



UBUD

A popular wellness destination. While the main streets of Ubud can be bustling, there are many **beautiful smaller villages in the green jungle**. The Monkey forest and **water temple** are popular attractions.

FAQS - TRAVEL, MEALS & VISAS



FAQS - TRAVEL

HOW DO I GET TO BALI?

You will fly into Bali Ngurah Rai International Airport (DPS) also known as Denpasar International Airport.

HOW DO I GET TO SESEH?

- Book your flights to Bali Ngurah Rai International Airport (DPS) also known as Denpasar International Airport.
- Arrange a transfer via your accommdation, or grab an official Taxi, Uber or “GoJek” driver at the airport

HOW DO I BOOK FLIGHTS TO BALI?

To book your flights, you can use sites such as Flyus.com, Skyscanner or Webjet to look for flight deals. We recommend looking for deals here and then booking them directly on the airline's website for less fees and the ability to communicate directly with the airline. If you do not feel confident booking flights yourself, then contact a local Travel Agency such as Flight Centre.

DO I NEED TRAVEL INSURANCE?

Yes! You will need valid travel insurance to be able to apply for your visa and to enter Bali. We also require Travel Insurance for you to join us on the course.



FAQS - MEALS

WHERE CAN I EAT?

There are many cafes to suit all budgets and needs within walking distance of Shape House Pilates.

I AM VEGAN, WILL I BE OKAY?

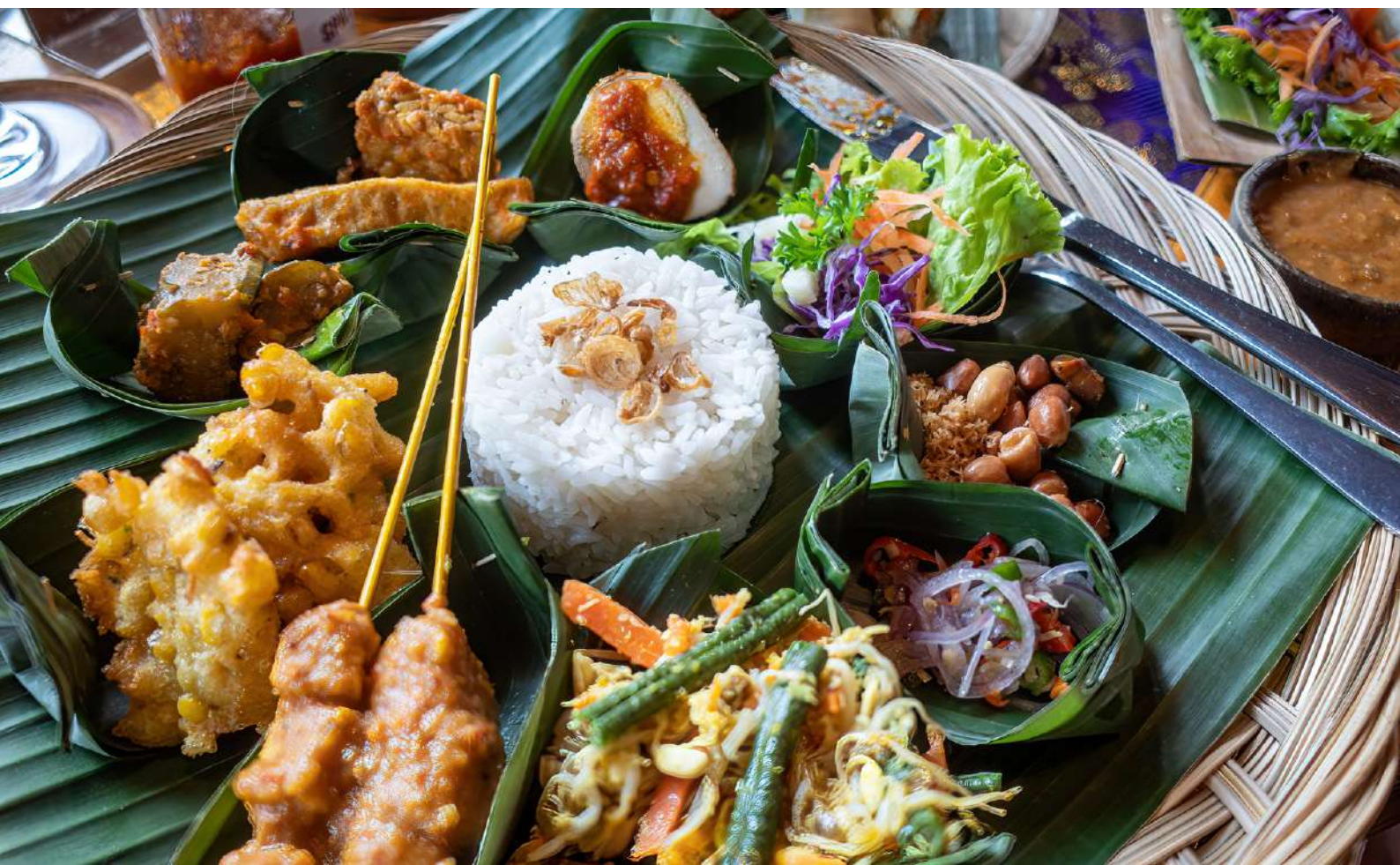
Yes, very much so! There are many local eateries with a focus on vegan, vegetarian and raw.

I AM GLUTEN FREE, CAN I FIND PLACES TO EAT?

Yes, very much so! There are many local eateries with gluten-free options.

WHERE CAN I BUY FRESH FRUIT AND SNACKS?

There are many small local shops with snacks - both healthy and not so healthy. Some also sell fresh fruit and coconuts.



FAQS - VISAS

WHAT DO I NEED FOR TRAVEL TO BALI?

- Valid Passport with at least 6 months before expiry
- Visa (can be obtained on arrival)

DO I NEED A VISA TO GET INTO BALI?

Over 70 countries – incl. Australia, NZ, UK, USA and Germany – are eligible for a 30 Day Visa on Arrival – meaning you do not need to pre-arrange anything before you arrive.

Visit the Visa Requirements Page on Bali.com to check eligibility for your country. The visa you require will also depend on whether you wish to stay less or more than 30 days.

<https://bali.com/bali/bali-visa-indonesia-entry-regulations/>

MORE THAN 30 DAYS:

If you plan to stay more than 30 days, then you have two options:

1. Apply for a 60 Day Visa before leaving for Bali
2. Purchase a paid 30 Day Visa on Arrival when you arrive in Bali Airport, and then extend it a further 30 days once there using one of our trusted visa agents.

VISA EXTENSIONS

If you have chosen to extend the paid Visa you will be given the name of the Agent to contact to organise this. We suggest that you begin this process within the first few days of arriving on the island. **Please contact us for the Visa Agent details if you plan to stay longer than 30 Days.**



I'M READY TO JOIN!

Congratulations on making the incredible decision to step into an exciting new future! We are so looking forward to walking alongside you on this transformational journey.

To book your place simply click the button below to visit our webpage - or visit:

<https://santoshayogainstitute.edu.au/pilates-teacher-training/bali/>

[BOOK YOUR PLACE](#)