

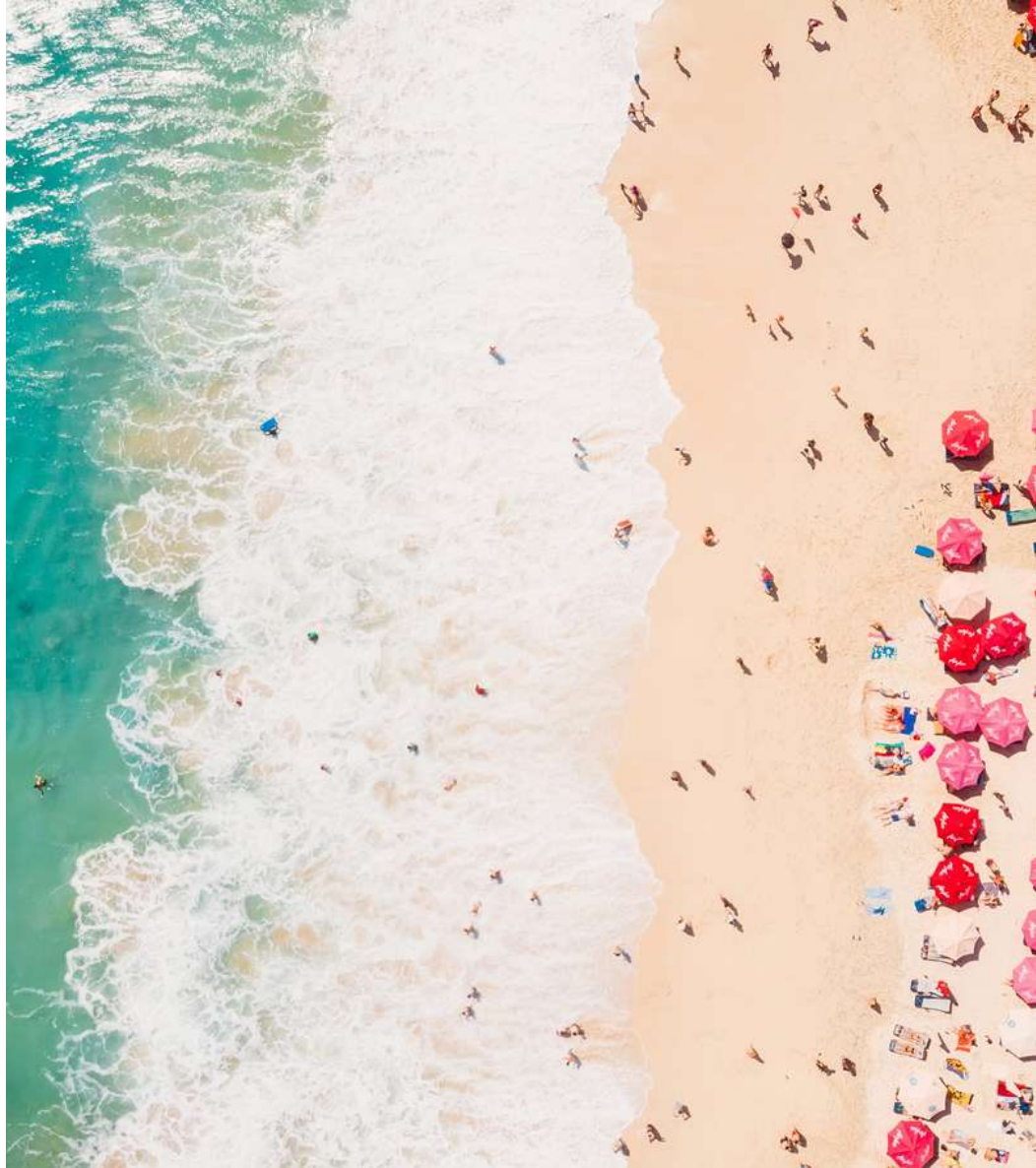
BALI TRAVEL & ACCOMMODATION GUIDE



MAT PILATES - NUSA LEMBONGAN

BALI TRAVEL & ACCOMMODATION GUIDE - CONTENTS

PAGE 1-3	ABOUT BALI, INDONESIA
PAGE 4-5	NUSA LEMBONGAN, BALI
PAGE 6-8	SANTOSHA YOGA VILLAGE
PAGE 9	ACCOMMODATION GUIDE
PAGE 12	JEPUN BALI BUNGALOW - 1 MIN WALK
PAGE 13	NATA HOMESTAY - 7 MIN WALK
PAGE 14	BUNDA 7 - 5 MIN WALK
PAGE 15	PONDOK WISATA WIDI - 3 MIN WALK
PAGE 16	MEGACAHYA - 3 MIN WALKS
PAGE 17	SHIPWRECK POINT INN - 6 MIN WALK
PAGE 18	VISTA HUTS - 3 MIN WALK
PAGE 19	THE PULAU - 3 MIN WALK
PAGE 20	A_ONE - 2 MIN WALK
PAGE 21	RAMA GARDEN - 5 MIN WALK
PAGE 22	TARCI BUNGALOW - 5 MIN WALK
PAGE 23	SUKANUSA LUXURY HUTS - 3 MIN WALK
PAGE 24	OMBAK SURF HUTS - 10 MIN WALK
PAGE 25	LINDAS - 5 MIN WALK
PAGE 26	KETUT LOSMAN BUNGALOW - 1 MIN WALK
PAGE 27	OHANAS - 30 SEC WALK
PAGE 28	TIGERLILLYS - 5 MIN WALK
PAGE 29	INDIANA KENANGA - 5 MIN WALK
PAGE 30	AIRBNB + AIRBNB "WISHLISH" LINK
PAGE 31	RENT A VILLA
PAGE 32	ONSITE CAFE - GINGER + JAMU
PAGE 34	TIME OFF IN NUSA LEMOBNGAN
PAGE 36	EXPLORE BALI, INDONESIA
PAGE 38 -44	FAQS - TRAVEL, ACCOMMODATION, MEALS, VISA
PAGE 45	OUR HAPPY STUDENTS!
PAGE 47	READY TO JOIN US?



BALI, INDONESIA



BALI, INDONESIA

BALI IS A TRULY UNIQUE DESTINATION LOVED FOR ITS STUNNING BEACHES, SURF, VIBRANT CULTURE, AND WARM TROPICAL CLIMATE. FROM RICE TERRACES TO WORLD-CLASS DIVING AND PEACEFUL RAINFORESTS, THERE'S BEAUTY TO DISCOVER AT EVERY TURN.

KNOWN AS THE WELLNESS CAPITAL OF THE WORLD, BALI IS A HAVEN FOR PILATES, WELLBEING, HEALING, AND NOURISHING FOOD.

ITS LAID-BACK ATMOSPHERE, SPIRITUAL ENERGY, AND WELCOMING COMMUNITY MAKE IT THE PERFECT PLACE TO RELAX, RECHARGE, AND RECONNECT.

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.



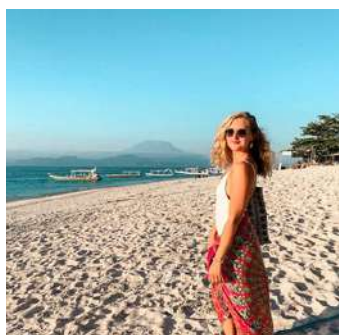
ACCOMMODATION

We give YOU the ability to choose the accommodation to best suit your budget, needs and desires! We don't lock you in to costly resorts but **let you make this important decision yourself!**



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!**



NUSA LEMBONGAN, BALI



NUSA LEMBONGAN, BALI

OUR BALI MAT PILATES COURSE IS HELD ON THE TROPICAL ISLAND OF NUSA LEMBONGAN, KNOWN FOR ITS SPARKLING BLUE SEA AND SURF BREAKS.

THIS IS YOUR CHANCE TO EXPERIENCE PARADISE - CRYSTAL-CLEAR BEACHES, INCREDIBLE FOOD, AND OUR VIBRANT BEACHFRONT YOGA & PILATES HUB, JUST 30-MINS FROM BALI'S MAINLAND.

THIS STUNNING ISLAND OFFERS IT ALL FOR OCEAN LOVERS - SURF BREAKS, SNORKELLING & DIVING, SUP - OR SIMPLY RELAX AND SOAK UP THE MAGIC FROM A BEAN BAG!

YOU'LL HAVE PLENTY OF TIME TO EXPLORE AND CONNECT WHILE LIVING A LIFE OF FREEDOM, TRANQUILITY, AND BAREFOOT JOY.



SANTOSHA YOGA VILLAGE



SANTOSHA YOGA VILLAGE

OUR MAT PILATES TRAINING IS HELD AT SANTOSHA YOGA VILLAGE - A HUB FOR COMMUNITY, YOGA, PILATES, WELLNESS, AND HEART-LED LIVING.

WITH THE OCEAN AT YOUR DOORSTEP, HEALTHY FOOD FROM OUR ONSITE CAFÉ, AND EVERYTHING YOU NEED WITHIN WALKING DISTANCE, YOU'LL FEEL FREE TO RELAX, RECHARGE, AND FULLY IMMERSE YOURSELF IN YOUR PILATES STUDY.

STEP STRAIGHT FROM CLASS INTO THE SEA FOR A REFRESHING SWIM, OR CATCH A FEW WAVES AT NEARBY SURF BREAKS.

LET OUR YOGA & PILATES HUB ENERGISE AND DEEPLY RENEW YOUR MIND, BODY AND SOUL.



OUR ISLAND HOME



SANTOSHA YOGA VILLAGE

Our **Mat Pilates** courses are held at **Santosha Yoga Village**, our sublime yoga & pilates hub **located right on the beach, with views over the sea**. With an onsite cafe and fresh ocean air, studying here is truly a breeze.



BALI RETREAT OF YOUR DREAMS

At Santosha we value freedom and flexibility, so we **give you the ability to choose** the accommodation to best suit your needs and desires- **we let you make this important decision yourself!**



EASY AND SIMPLE BOOKING

We want to make **booking your accommodation as stress-free and easy as possible**, so we provide both booking links to reputable sites such as booking.com as well as direct WhatsApp contacts.



AFFORDABLE TRAINING OPTION

Giving our students the option to choose their own accommodation means we can offer the **most accessible and affordable training** in Bali! We keep our course costs low- while still offering the best training out there - so that as many people as possible can join us!



NUSA LEMBONGAN ACCOMMODATION GUIDE



WE BELIEVE YOUR PILATES JOURNEY SHOULD BE AS UNIQUE AS YOU ARE - INCLUDING WHERE YOU STAY!

WE OFFER TOTAL FREEDOM TO CHOOSE THE STAY TO BEST SUIT YOUR BUDGET AND PREFERENCES FOR YOUR MAT PILATES COURSE. FROM COSY, FAMILY-RUN GUESTHOUSES TO POOLSIDE BUNGALOWS... CREATE YOUR OWN PERFECT ISLAND HOME!

OUR ACCOMMODATION GUIDE MAKES IT EASY TO FIND THE RIGHT FIT, WITH PLENTY OF TRUSTED OPTIONS CLOSE BY.

STAY JUST MINUTES FROM OUR BEACHFRONT PILATES STUDIO, SURROUNDED BY A SAFE, FRIENDLY COMMUNITY OF LIKE-MINDED STUDENTS SHARING THIS TRANSFORMATIONAL JOURNEY TOGETHER.

SANTOSHA YOGA VILLAGE



Google map link:

<https://goo.gl/maps/GwXAxpbLAQ92>

Santosha Yoga Village is located down “Gang Nusa Indah” laneway, above Ginger + Jamu, right on the beach!

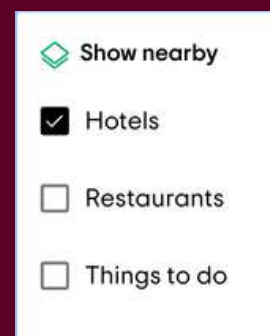
MAP TIP:

To check the distance from your hotel to our site, use this link (replace the second field with your hotel): goo.gl/7axccR

Accommodation Tip:

Search for nearby options by copying and pasting this link into your browser:

https://www.tripadvisor.com.au/Restaurant_Review-g1137831-d12230745-Reviews-Ginger_Jamu-Nusa_Lembongan_Bali.html



If you click the MAP and then tick the Show Nearby Hotels box in the left hand corner you can view the many nearby options and find the one to suit your budget

JEPUN BALI BUNGALOW – 1 MIN WALK



Double or Twin Room with Fan
Approx \$11 USD Per Night
Approx \$16 AUD Per Night
Approx €10 Euro Per Night



STUDENTS LOVE: CLOSE PROXIMITY, CHEAP COSY ROOMS

Locally run guesthouse with garden views rooms with balcony, around 1 minute walk from Yoga Village. All units at the guest house come with free wifi, seating area and private bathroom, bed linen, and towels. A bicycle rental service is available at the guest house.

TO BOOK:

Via **booking.com**: <https://www.booking.com/Share-X2nMe3>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

NATA HOMESTAY – 7 MIN WALK



175,000 IDR Per Night
Approx \$12 USD Per Night
Approx \$18 AUD Per Night
Approx €11 Euro Per Night



STUDENTS LOVE: CLEAN COSY ROOMS, CHEAP RATE, POOL

Rooms with AC and a private bathroom. The units at the homestay are equipped with a seating area, private bathroom with shower, free WiFi. Selected rooms have a balcony. Guests can enjoy the outdoor swimming pool and garden at the homestay.

TO BOOK:

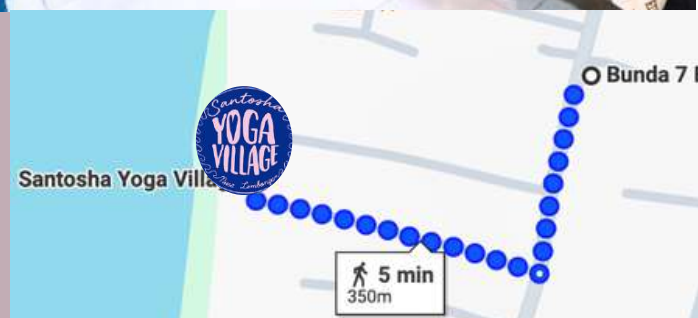
Via **booking.com**: <https://www.booking.com/Share-mH5J9E>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

BUNDA 7 - 5 MIN WALK



Budget Room - with AC, hot-water
175,000 IDR Per Night
Approx \$12 USD Per Night
Approx \$18 AUD Per Night
Approx €11 Euro Per Night



STUDENTS LOVE: POOL, GARDEN, KIND STAFF, QUIET LOCATION

Features swimming pool, restaurant, private balcony. Set amidst a tropical landscape, rooms come with traditional Indonesian décor and furnishings. All rooms are fitted with a fan, seating area, en-suite bathroom with hot shower.

TO BOOK:

Via WhatsApp: Putu +62 812 3918 9237 - say you are a Santosha student

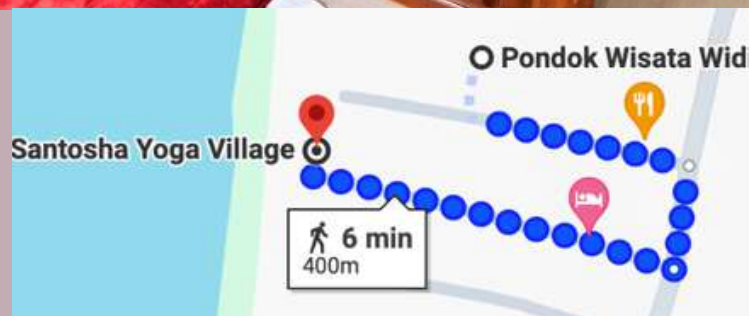
Reviews and photos: https://www.tripadvisor.com/Hotel_Review-g1137831-d3569930-Reviews-Bunda_7_Bungalows-Nusa_Lembongan_Bali.html

**PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.**

PONDOK WISATA WIDI - 3 MIN BEACH WALK



Double Room
200,000 IDR Per Night
Approx \$13 USD Per Night
Approx \$20 AUD Per Night
Approx €12 Euro Per Night



STUDENTS LOVE: GREAT PRICES, HELPFUL STAFF, QUIET LOCATION

Clean, simple rooms with bathroom, AC, wifi, and outdoor seated area a few minutes walk of the shala and beach. Quiet and peaceful family-run guesthouse - the perfect stay for those on a simple budget!

TO BOOK:

Via WhatsApp: +62 858 2921 9195 - say you are a Santosha student

Via booking.com: <https://www.booking.com/Share-ZnGqlj>.

**PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.**

MEGA CAHYA - 3 MIN BEACH WALK



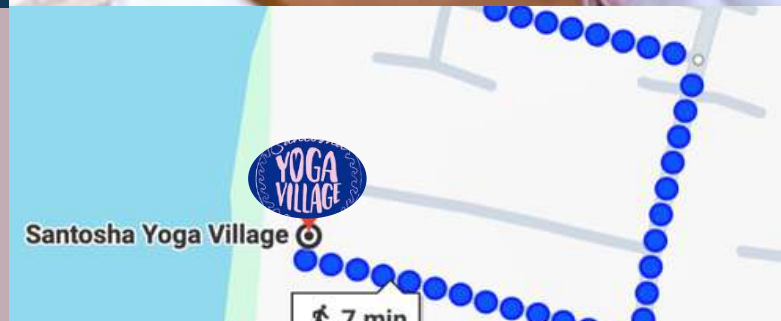
Twin Room

From 225.00 IDR Per Night

Approx \$15 USD Per Night

Approx \$22 AUD Per Night

Approx €14 Euro Per Night



STUDENTS LOVE: BIG CLEAN ROOMS, POOL, HELPFUL STAFF

light and airy Poolside Palace offering great value - lovely staff & clean rooms just 3-mins beach walk from our shala. Spacious rooms, free WIFI, pool. seating, small study desk, bike and scooter rental onsite.

TO BOOK

Via WhatsApp: +62 813 3766 1361

Email: megacahya_bungalow@yahoo.com

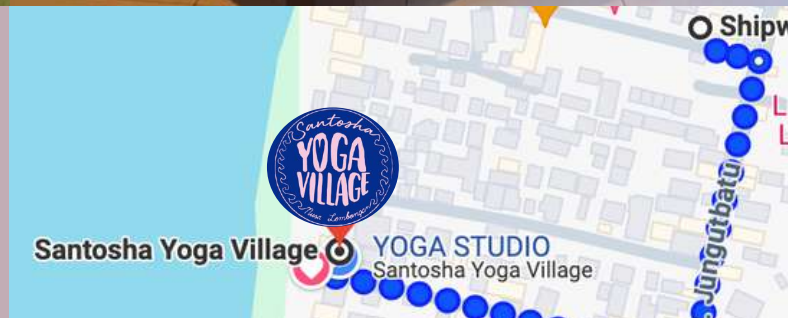
Mention you are a Santosha student in your message :)

Via booking.com: <https://www.booking.com/Share-LDMk7p8>

SHIPWRECK POINT INN - 6 MIN WALK



Double Room with Balcony
 Approx \$15 USD Per Night
 Approx \$23 AUD Per Night
 Approx €14 Euro Per Night



STUDENTS LOVE: KIND HELPFUL STAFF, CLEAN ROOMS, BALCONY

Family-run guesthouse loved for its kind staff, great rates and garden view rooms. Every room has air conditioning, private bathroom and balcony.

TO BOOK

Via **booking.com**: <https://www.booking.com/Share-OD2N0Q>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

VISTA HUTS – 2 MIN WALK



Double Room - AC
 Approx \$22 USD Per Night
 Approx \$33 AUD Per Night
 Approx €20 Euro Per Night
 Includes FREE breakfast



STUDENTS LOVE: GARDEN, LOVELY OWNERS, FREE BREAKFAST

Spacious rooms (4×4 sqm) with King Coil bed, bathroom, and verandah. Room facilities: wardrobe, writing desk. Gazebo for relaxing or pilates practice. Free homemade breakfast! Fruit, Pancake, Coffee & Tea - also free drinking water.

TO BOOK

Via WhatsApp: Wayan +62 812 4642 890 mention you are a Santosha student :)

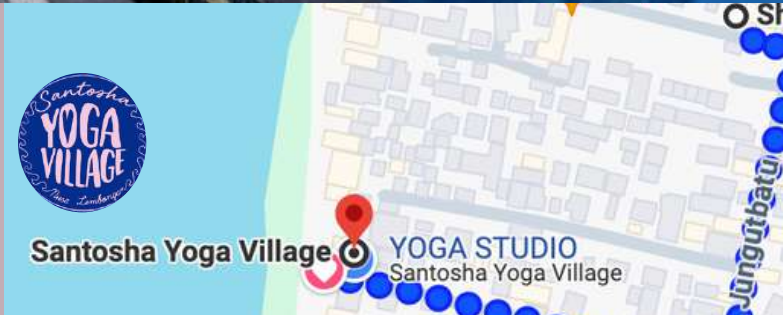
Via Booking.com: <https://www.booking.com/Share-OD2N0Q>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

THE PULAU – 3 MIN WALK



DOUBLE ROOM - AC
 Approx \$26 USD Per Night
 Approx \$37 AUD Per Night
 Approx €23 Euro Per Night



STUDENTS LOVE: KIND STAFF, CLEAN POOL, COMFORTABLE BEDS

Stylish rooms with pool views and calm, clean surroundings at a great price. Rooms include a private bathroom, wifi, hot shower. Upgrade to Daily Breakfast for approx \$3 AUD/ \$2 USD per day.

TO BOOK

Via WhatsApp: +6282237817405 - say you are a Santosha student

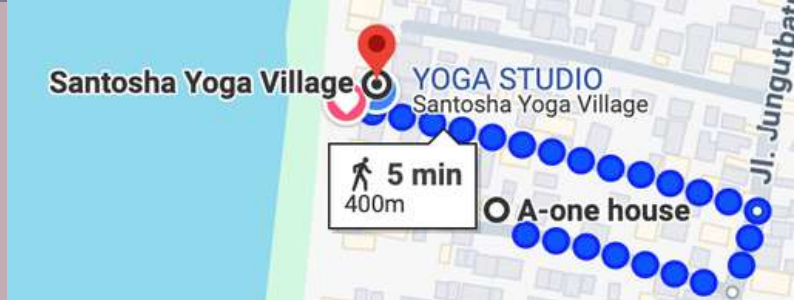
Via booking.com: <https://www.booking.com/Share-YM640AB>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

A ONE HOUSE - 2 MINS WALK



Double Room - AC
Approx \$29 USD Per Night
Approx \$43 AUD Per Night
Approx €27 Euro Per Night



STUDENTS LOVE: FRIDGE AND KETTLE, HELPFUL STAFF, LOCATION

Clean and cosy garden rooms with balcony, fridge and kettle make this a convenient stay just 2-minutes beach walk from our shala. Free wifi, AC, hot water and balcony seating. Pool shared with hotel next door. Great hosts and location.

TO BOOK

Via [booking.com](https://www.booking.com/Share-OD2N0Q): <https://www.booking.com/Share-OD2N0Q>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

RAMA GARDEN - 5 MINS WALK

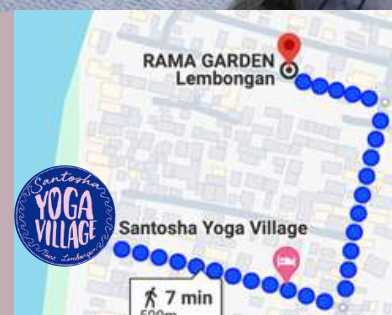


GARDEN BUNGALOW

Approx \$30 USD Per Night

Approx \$46 AUD Per Night

Approx €28 Euro Per Night



STUDENTS LOVE: INCREDIBLE STAFF, POOL

Wonderful garden bungalows, with hammock and own bathroom, 5-minutes beach walk from our shala. Rama Garden has a much-loved restaurant on-site with healthy, delicious food and smoothies.

TO BOOK:

Via [booking.com](https://www.booking.com/Share-hArX3uw): <https://www.booking.com/Share-hArX3uw>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

TARCI BUNGALOW - 3 MIN WALK



STANDARD ROOM - AC
Approx \$36 USD Per Night
Approx \$52 AUD Per Night
Approx €31 Euro Per Night
Includes FREE breakfast



STUDENTS LOVE: HANDY LOCATION, BEACH ACCESS, POOL

Gleaming and clean poolside paradise! Popular spot with AC, wifi, pool, cafe, beach access and lovely clean rooms with seating areas outside each room. Room includes free breakfast. Upgrade to Queen Room for hot water.

TO BOOK:

Via WhatsApp: Ace +62 8123906300 - say you are a Santosha student

Via Tarci website at: www.tarcilembongan.com

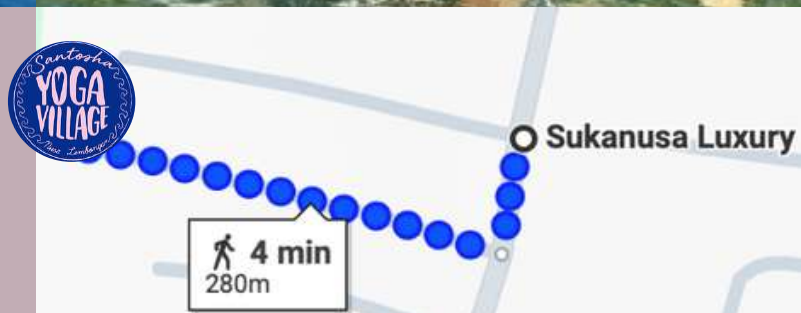
Via booking.com: <https://www.booking.com/Share-OD2N0Q>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

SUKANUSA LUXURY HUTS – 4 MIN WALK



DOUBLE OR TWIN LUXURY HUT
Approx \$36 USD Per Night
Approx \$55 AUD Per Night
Approx €34 Euro Per Night



STUDENTS LOVE: LOVELY STAFF, GARDEN, EXCELLENT VALUE, POOL

Enjoy your luxury hut nestled in a lovely lush garden with a stunning pool. Experience true Lembongan hospitality from the kind, local owners. Free wifi and hot showers, restaurant onsite with optional daily breakfast included.

TO BOOK:

Via WhatsApp: +62 81 236 700 778

Via e-mail: info@sukanusaluxuryhuts.com

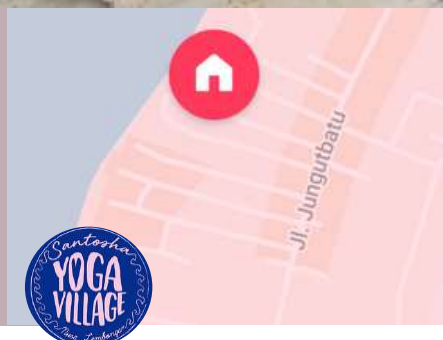
Via booking.com: <https://www.booking.com/Share-ZyD3PU>

**PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.**

OMBAK SURF HUTS - 10 MIN WALK



ONE STORY ROOM FROM*
 Approx \$36 USD Per Night
 Approx \$52 AUD Per Night
 Approx €31 Euro Per Night
 *prices change in high / mid season



STUDENTS LOVE: FRIDGE, KITCHEN FACILITIES, ROOMS

Bungalow Beauties in peaceful harmonious surrounds. These stylish bungalows with a full kitchen make a cosy home for your time on the island. 10 Minutes walk from our shala. Hot water, full kitchen with fridge, AC, daily room cleaning.

TO BOOK:TO BOOK:

Via WhatsApp: Nagi +62 8223 5311 110

- Mention you are a Santosha student for discounted rate above

Via airbnb: [Ombak Surf Huts on airbnb](#)

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

LINDA BEACH RESORT-1 MIN WALK



Standard Double Room
Approx \$40 USD Per Night
Approx \$60 AUD Per Night
Approx €36 Euro Per Night
Free Daily Breakfast

Santosha Yoga Village

STUDENTS LOVE: FREE BREAKFAST, LOCATION, POOL

Beachside with delicious free breakfast and pool. 1 Minute beach walk from our shala. Rooms are equipped with air conditioning, free wifi, desk, and seating area. All rooms include a private bathroom.

TO BOOK:

WhatsApp Wayan: +6282144482896 - say you are a Santosha student
Via booking.com: <https://www.booking.com/hotel/id/linda-beach-resort.en-gb.html>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

KETUT LOSMEN - 1 MIN WALK



Deluxe Double Room
 Approx \$90 USD Per Night
 Approx \$134 AUD Per Night
 Approx €83 Euro Per Night



STUDENTS LOVE: POOL, BEAUTIFUL SPACIOUS ROOMS, KIND STAFF

Lovely family-run beach resort with luxurious rooms, garden and pool - only 1 minute walk from our shala. Units come with a fridge, kettle and bathroom, while selected rooms here will provide you with a fully equipped kitchen with stovetop.

TO BOOK:

Via [booking.com](https://www.booking.com/Share-Bff9Yw): <https://www.booking.com/Share-Bff9Yw>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

OHANAS - 30 SEC WALK



DELUXE GARDEN ROOM
1.870.000 IDR per night
Approx \$119 USD Per Night
Approx \$180 AUD Per Night
Approx €105 Euro Per Night



**Ohana's - Beach Club,
 Restaurant & Boutique...**



Santasha Yoga

STUDENTS LOVE: INFINITY POOL, FUN VIBE, HANDY LOCATION

Luxury Beach Resort right next to our shala. Relax in the beachfront infinity pool, or sip juices at the swim-up bar at the resort pool set amongst luscious gardens. As the sun sets enjoy a beach bonfire or wood-fired pizza on the roof-top bar.

TO BOOK:

Please book directly using this link for Santasha student rates:

https://app-apac.thebookingbutton.com/properties/ohanas?check_in_date=23-11-2022&check_out_date=24-11-2022&number_adults=2&promotion_code=OUROHANA

TIGERLILLYS - 9 MIN WALK



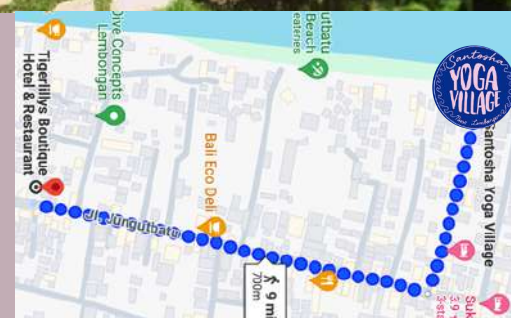
STANDARD ROOM

200,000 IDR Per Night / High - 1,500,000

Approx \$80 / \$100 USD Per Night

Approx \$120 / \$150 AUD Per Night

Approx €74 / €92 Euro Per Night



STUDENTS LOVE: INFINITY POOL, FUN VIBE, HANDY LOCATION

Luxurious stylish rooms, pool and delicious free breakfast, 9-mins walk from our shala. All rooms have wifi, AC, ceiling fans, hot water showers, safety deposit boxes and tea and coffee-making facilities. Prices change in high season.

TO BOOK:

Via WhatsApp: +62 812 4664 0343 for Santosha rates :)

Via Website: <https://tigerlillyslembongan.com> - Mention you are a Santosha student

Via booking.com: <https://www.booking.com/Share-iN99AL>

INDIANA KENANGA - 5 MIN WALK

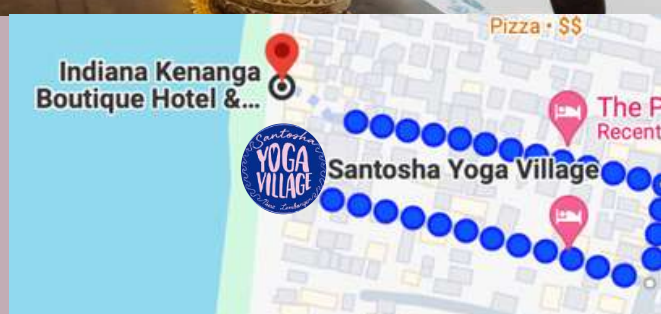


ONE BEDROOM VILLA

Approx \$190 USD Per Night

Approx \$290 AUD Per Night

Approx €178 Euro Per Night



STUDENTS LOVE: LUXURY, PRIVATE POOL, ONSITE SPA

Enjoy a private suite with your own pool at this luxurious boutique resort. Featuring garden view, AC, private patio and bathroom and free wifi, this stunning option is a must for those who like a touch of luxury and style.

TO BOOK:

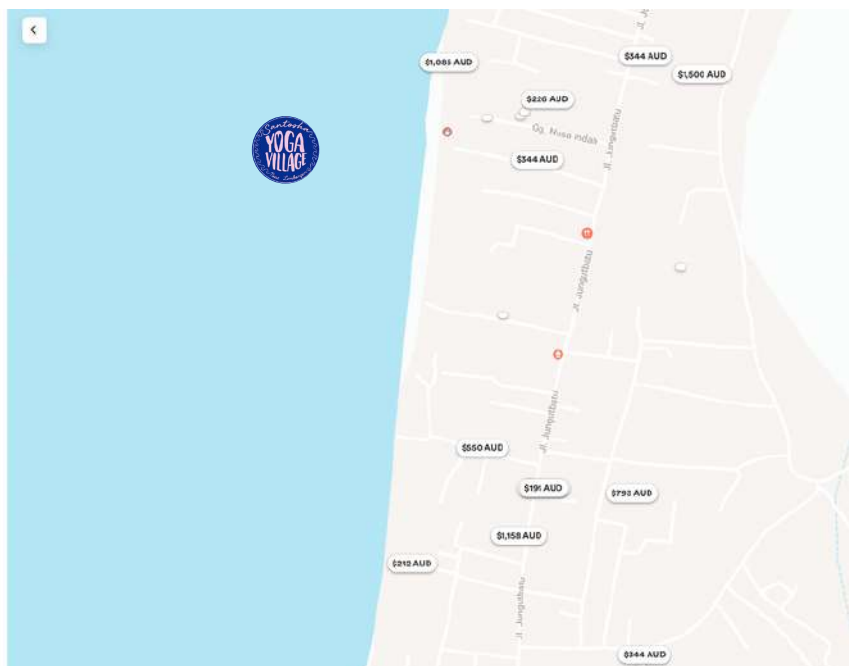
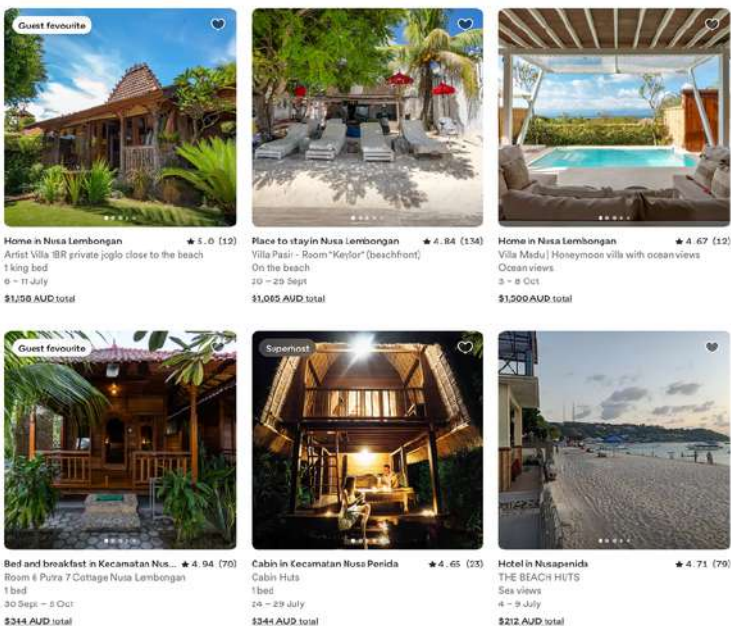
Via [booking.com](https://www.booking.com/Share-JFa5APY): <https://www.booking.com/Share-JFa5APY>

PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.

AIRBNB

AIRBNB OFFERS OPTIONS FROM A SINGLE ROOM TO AN ENTIRE HOUSE, WITH SOME GREAT VALUE OPTIONS NEARBY TO OUR SHALA

406 places

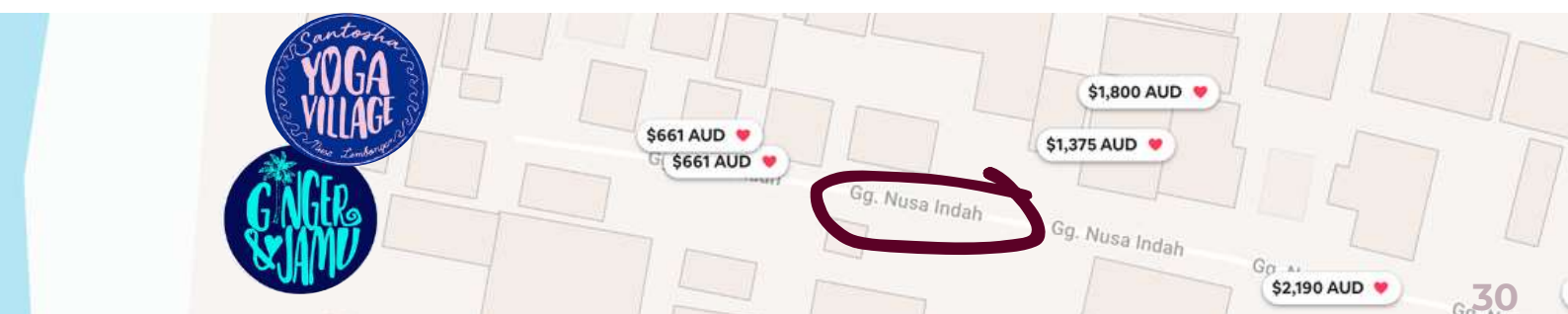


We have created a “wishlist” of over 80 options that are within ten minutes walking distance from our shala:

<https://www.airbnb.com.au/wishlists/1548642885/>

Please note: We have not stayed in all of the homes in this wishlist, so please make sure to **read the reviews and make sure this is the right choice to suit your needs.** Never pay anyone outside of the airbnb website or app.

For reference when checking distance, **we are located above “Ginger & Jamu” cafe** and next to Ohanas, down the “Gang Nusa Indah” (Gg. Nusa Indah)



VILLA RENTAL

THOSE TRAVELLING WITH FAMILY OR FRIENDS MAY LIKE TO BOOK A PRIVATE VILLA ON THE ISLAND!



SOME VILLA BOOKING SITES:

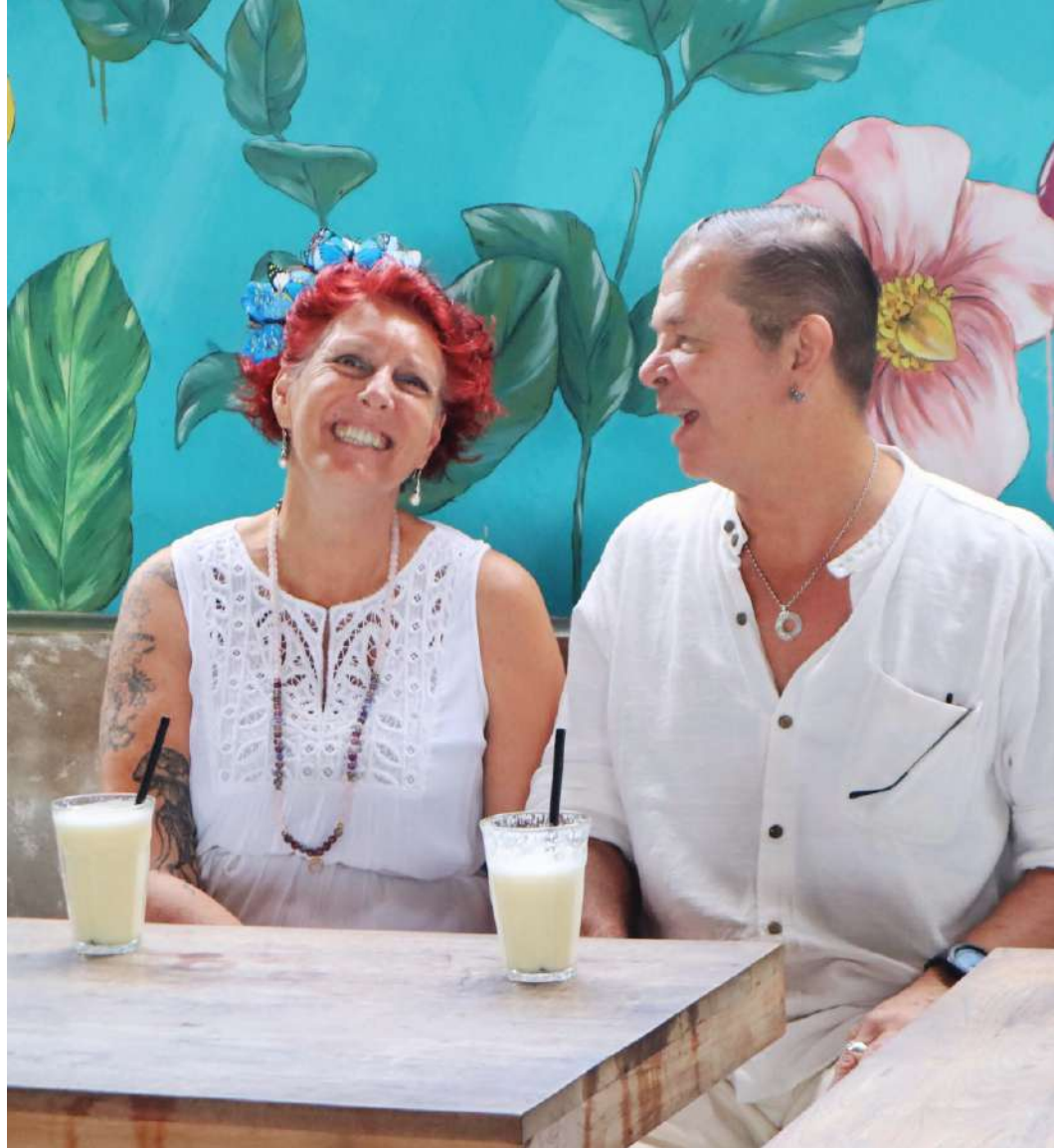
- <https://www.villa-bali.com/>
- <https://www.airbnb.com.au/a/stays/Bali--Indonesia>
- <https://balivillaescapes.com.au/>
- https://www.tripadvisor.com.au/Hotels-g1137831-c3-zff22-Nusa_Lembongan_Bali-Hotels.html

Note: Please ensure your Villa is within walking distance of Santosha Yoga Village!

Google map link:

<https://goo.gl/maps/GwXAxpblAQ92>

To check the distance from your villa to our site, use this link (replace the second field with your address): goo.gl/7axccR



ONSITE CAFE - GINGER + JAMU



GREAT FOOD IS AT THE HEART OF OUR COMMUNITY – AND GINGER & JAMU IS A SANTOSHA FAVOURITE!

RUN BY CHEF (AND SANTOSHA GRADUATE!) JAMIE CHICK, THIS ON-SITE CAFÉ SERVES HEALTHY, NOURISHING MEALS MADE WITH LOVE AND THE FRESHEST LOCAL INGREDIENTS.

AS A YOGI AND NUTRITION EXPERT, JAMIE KNOWS EXACTLY WHAT BUSY PILATES STUDENTS NEED TO STAY ENERGISED, HAPPY, AND GLOWING. NO MSG – JUST WHOLESOME, DELICIOUS FOOD TO SUIT ALL DIETS, INCLUDING VEGETARIAN, VEGAN, AND GLUTEN-FREE OPTIONS.

PLUS, A GREAT VARIETY OF LOCAL CAFES, MARKETS AND RESTAURANTS ARE JUST A SHORT WALK FROM THE SHALA.

"Best food on Nusa Lembongan by a long shot! If you want fresh, super healthy Canggu style food not super expensive, this is the place to come! Everything is made from scratch using only the healthiest freshest ingredients. Cannot recommend more... thank you Ginger & Jamu! Finally bringing good food to Lembongan!" - Holly, UK



NUSA LEMBONGAN -
TRAVELLERS PARADISE!

TIME OFF IN NUSA LEMBONGAN



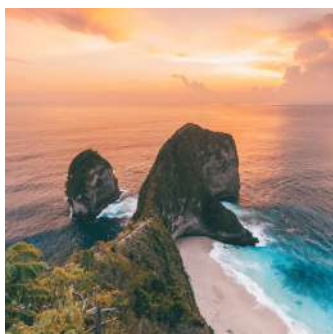
SURF LESSONS + SURF TAXI

World-class waves, surf-able all year. We can also recommend a safe **surf school**. Suitable for beginners or those who want to take their skills to the next level. You can also organise a **surf taxi** to surf after class!



SNORKEL WITH MANTA RAYS

Swimming with majestic mantas is a bucket list experience - and snorkel/ mask is all you need. The other amazing thing about this experience is the price – from 250.000 IDR (approx \$25 AUD/ \$17 USD)



EXPLORE NUSA PENIDA

Book into a **day tour to Nusa Penida** - which includes the boat trip over and a driver to show you the sites. Scenic blue billabong, breathtaking cliff-top views and of course the famous T-Rex beach 🦖



MASSAGE + RELAXATION

There are many **massage, facial treatments and beauty options** within walking distance of the shala, with incredibly good rates. Ask our team for their current recommendations and relax and enjoy!



EXPLORE BALI

EXPLORE BALI + INDONESIA

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



AMED

Seven villages make up what is popularly known as Amed beach - the perfect place to **immerse yourself and observe typical life in Bali**. Some of the best snorkeling reefs in Bali, or dive **a famous Japanese shipwreck**.



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.



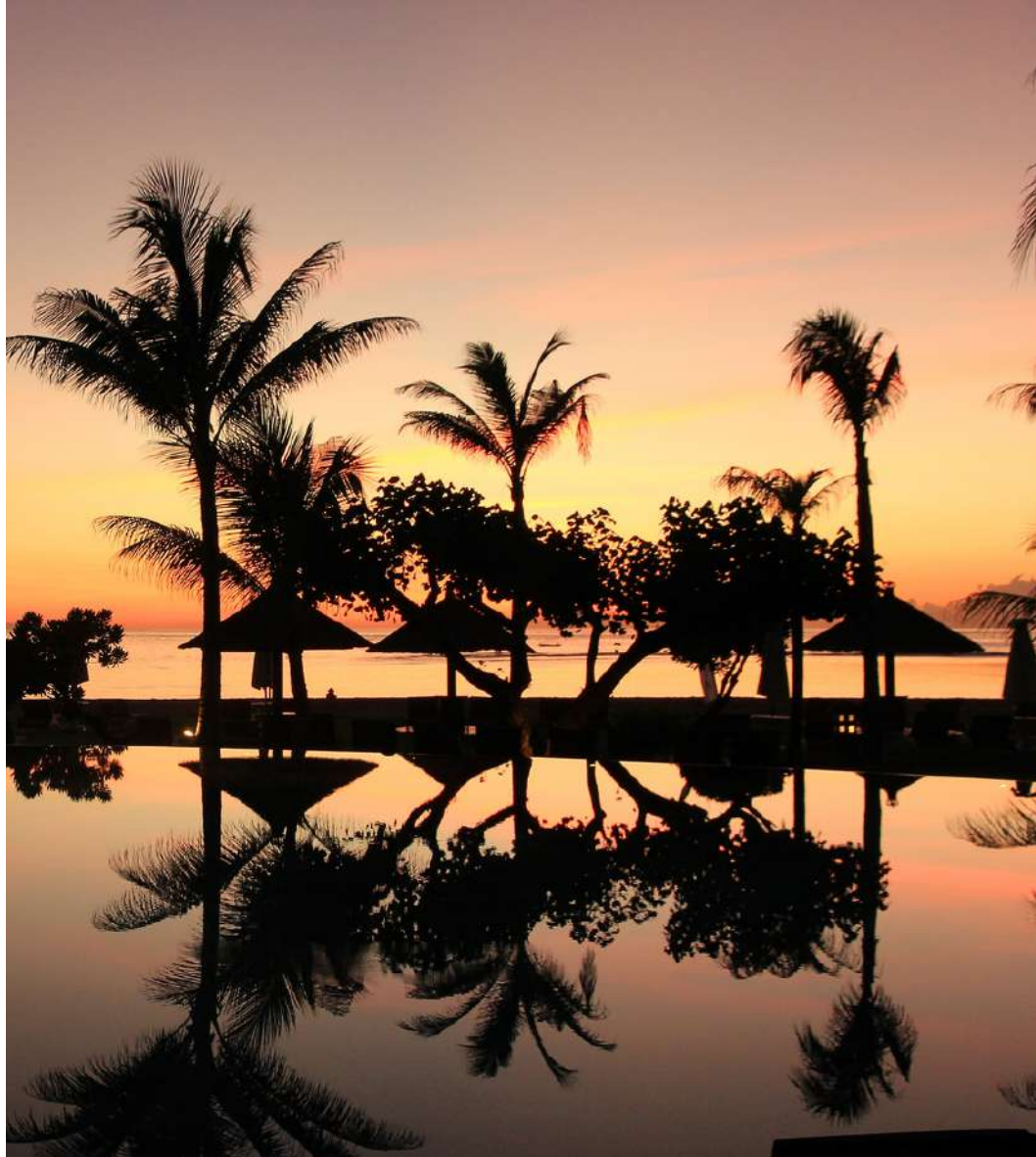
LOVINA

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 - BALI, TRAVEL & VISAS

FAQS - TRAVEL - GETTING TO US

HOW DO I GET TO YOGA VILLAGE NUSA LEMBONGAN?

Getting to the island is easy and simple:

Book
Flights

Step 1 - Book your flights

You will want to consider costs but also the timing of the arrival against the boat times from mainland Bali (Sanur Harbour) to Nusa Lembongan Island. You may need to plan to stay the night in Sanur and get the boat the next day.

Book
Boat

Step 2 - Book Boat and Airport/Hotel pick-ups

Book your trip via the D'Camel website. With one easy step you can book your boat travel, pick up from the airport or your hotel, and return journey. Best of all this costs less than \$40 AUD/ \$35 USD - with our Santosha discount for the whole trip there and back!

Done!

Step 3 - Relax with a coconut on the beach!

Your boat transfer package with D'Camel will include a free drop off to your hotel in Nusa Lembongan! Easy!

FAQS - TRAVEL - GETTING TO US



WE RECOMMEND D'CAMEL BOATS WHO WILL BOOK ALL OF THIS FOR YOU IN ONE EASY TRANSACTION

You can easily book via the **D'Camel** Company website from anywhere:

<http://dcamelfastferry.com/>

Discount code: Santoshayoga

NOTE: Boats do not leave at night. If your flight arrives in the late afternoon/ evening, you can easily book a hotel in Sanur and travel over to Nusa Lembongan in the morning. Copy + Paste this link in your browser to easily find cheap hotels nearby to the **Sanur Harbour and D'Camel** office:

<https://goo.gl/maps/5BtkeifpNvk>

FAQS - TRAVEL

HOW DO I GET TO BALI?

You will fly into Ngurah Rai International Airport (DPS) also known as Denpasar International 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 A VISA TO GET INTO BALI?

Over 70 countries - including 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.

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.



HOW DO I GET AROUND THE ISLAND?

The island is pedestrian-friendly, and there are many cafes and handy shops within walking distance. For those who would like to stay slightly further afield - or who enjoy exploring - a bicycle or e-bike is a good option. They can easily and cheaply be hired from many places on the island.

FAQS - ACCOMMODATION

HOW DO I BOOK A PLACE TO STAY?

- **Use This Guide**

Select from one of the options we recommend.

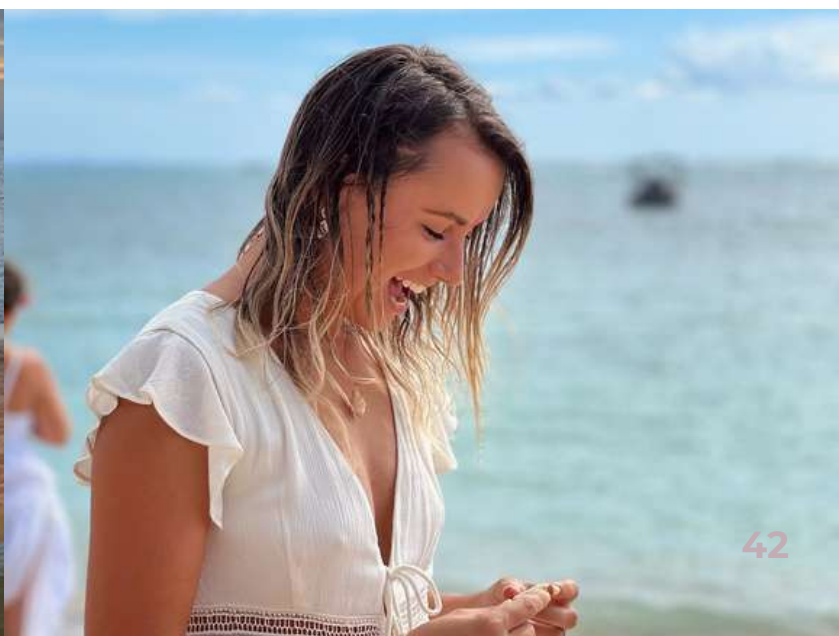
- **Find Your Own**

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

DO YOU OFFER INCLUSIVE ACCOMMODATION PACKAGES?

At Santosha, we prefer to give you **the absolute freedom** to select the Nusa Lembongan accommodation that **perfectly matches your budget and preferences**, ensuring a bespoke pilates experience tailored exactly to your desires!

That's why, unlike other trainings, **we don't lock you into costly resort packages**. Instead, we give you the freedom to choose the **perfect Nusa Lembongan accommodation to suit your budget, style, and vibe**.



FAQS - MEALS

I AM ON A TIGHT BUDGET IS FOOD CHEAP?

If you budget well and eat local, you can spend as little as \$10 AU (\$7 US) a day on meals, which over 22 days would be \$220 AUD (\$155 USD). Note this would be simple local food.

I AM VEGAN - CAN I EAT ON THE ISLAND?

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty vegan options. There are some good vegan spots on the island and nearby our shala.

I AM GLUTEN FREE - CAN I EAT ON THE ISLAND?

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty GF options. Bali Eco Deli nearby also has GF options. Some local dishes are also naturally GF, though watch for sneaky ingredients like soy sauce.

WHERE CAN I BUY FRESH FRUIT AND SNACKS?

There are many small local shops along the main street with snacks - both healthy and not so healthy. Some also sell fresh fruit and coconuts. There is also a daily morning market (6 - 9am) by the field opposite Green Garden Warung.



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)

HOW DO I GET THE VISA I NEED?

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.

<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.

WE SUPPLY FULL DETAILS OF A VISA AGENT AND OTHER HELPFUL VISA INFORMATION IN YOUR STUDENT HANDBOOK, WHICH YOU RECIEVE ONCE BOOKED.



OUR HAPPY STUDENTS!

WHAT OUR GRADUATES SAY



"My expectations were blown out of the water... completely! As you do your yoga practice the **sun rises in front of you**, and you can hear the **waves of the ocean** and it's **just magical**. The island life had a way of helping you detach from the past" - Kerry, Ireland



"It's just **so beautiful**, you are **right on the beach**, with the water there. On your breaks you can go for a swim. You can immerse yourself in the local culture, the food, definitely has been the best decision to do it here!" - Ciara, Aus



"One of the **most beautiful places** I've ever seen, the water is **crystal clear** and you can explore all the different cafes on cliff-faces overlooking the ocean. I've always seen it on a postcard and didn't think it was real, but it's **one on those places you can put on a postcard!**" - Iona, Aus



"This place is **absolutely incredible**, and it is so much more than just learning yoga. The locals here couldn't be nicer and this island is **absolutely beautiful**. You will not regret it!" - Bill, USA



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.com/pilates-teacher-training/bali/>

[BOOK YOUR PLACE](#)