

Ultimate Reality Tours

Living with Wisdom

Living with Mindfulness

A 6-Day Vipassana Meditation Retreat

Hosted by Vipassana Illawarra, led by Grahame White

24 - 29 May 2024



Join meditation teacher Grahame White for a six day Vipassana Retreat at the tranquil Ananda Cottages, Ubud, Bali.

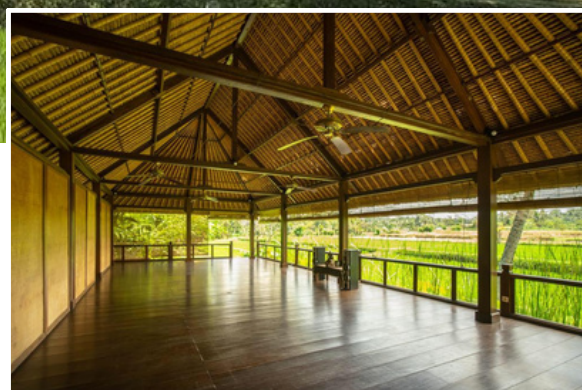
Vipassana Meditation is at the heart of Buddhist Meditation and is an art of living, bringing many benefits. Through the development of mindfulness, wisdom can arise in our minds. Days will be spent practicing the four foundations of mindfulness through sitting, walking and daily activities.

Retreat Includes
5 nights accommodation in 4* Resort
Daily breakfast & lunch
Daily Mindful Movement Techniques

All levels welcome
*optional add on 4-day sightseeing Spiritual Tour around North Bali's Temples.

ACCOMMODATION AT THE STUNNING ANANDA COTTAGES

Ananda Ubud Resort and Spa, is located in the cool tranquil hills of Ubud and offers lovely rural views surrounded by lush, green, fertile rice paddies. Bali's natural beauty remains a part of Ananda's grounds. In each cottage, the Balinese architecture, and décor, is of hotel standard, including all the modern conveniences expected by the discerning international traveller. All rooms are air-conditioned and have exotic garden bathrooms, conveying the essence of the tropics.



YOUR HOSTS



GRAHAME WHITE

Grahame began his studies in England in the late 60's. He was later ordained as a Thai Buddhist monk. His training also includes many visits to Burma over the last 30 years to continue his own studies and meditate with his own teacher. Grahame has been teaching meditation for the past 20 years, in Australia, California and Hawaii. Grahame is a regular guest speaker at the Buddhist library in Sydney and is a founding member of the Blue Mountains Insight Meditation Centre at Medlow Bath.



GERRY BURNS

Gerry is a London trained physiotherapist with 40 years experience. He specialises in Feldenkrais Exercise Therapy, is a Pilates teacher, Acupuncturist and an Aikido student. He currently works from a private practice in the Northern Suburbs of Wollongong. He will be providing daily 1 hour lessons of exploratory movements to improve self awareness and unlock habitual entrenched behaviors.



MEREDITH WILKS

Meredith, from Tiwari Travel Australia, is Uimate Reality Tours Travel Agent. With over 20 years experience in running Spiritual Journey's throughout, Bali, India, Sri Lanka and many other Asian destinations, Meredith is the go to person for bookings, flights, visas and any other travel related enquiries. Meredith will also be on the retreat and helping out with the programme.

Ultimate Reality Tours

4 Day Spiritual Tour of Bali

29 May - 1 June 2024

TOUR ITINERARY

29 May

- Depart from Ananda Cottages hotel after closing circle & breakfast
- Visit Ubud, Goa Gajah & Tirta Empul Hindu Temple
- Lunch (own expense)
- Visit Tegallalang Rice Terrace, a UNESCO World Heritage site, Ubud Palace & Saraswasti Temple & Art Community Village
- Overnight stay at Ananda Cottages

30 May

- Morning meditation & breakfast at hotel
- Depart for Pupuan & overnight stay at Negeraha Hotel, Lovina Beach
- Pupuan short hike
- Lunch (own expense)
- Visit Dhamma Siri Temple & Maha Brahma Vihara Meditation Centre

31 May

- Early morning departure (6am) on the Running with the Dolphins Tour
- Back to hotel for breakfast before departing to visit Meduwe Karang Temple & Wanagiri Twin Lakes Viewing Platform
- Lunch (own expense)
- Visit Ulundanu Beratan Temple
- Overnight stay at Bedugul

1 June

- Morning meditation & breakfast at hotel
- Visit Taman Ayun Temple & Jatiluwih Rice Terrace with short hiking activity
- Lunch (own expense) & visit a local chocolate factory
- Transfer back to Ubud, tour ends late afternoon



RETREAT PRICE*

\$885 pp twin share | \$1185 pp single room

TOUR PRICE

\$355 pp twin share | \$465 pp single room

Includes 3 hotels in Lovina (2 nights) & Bedugul (1 nights) with breakfast, air conditioned transport, driver, entrance fees, dolphin tour, mineral water and local tourist guide

BOOKINGS

For all bookings and enquiries please click here <https://tiwaritravel.com/living-with-wisdom-bali-retreat/>

30% Tour Payment required for confirmation.
70% final balance due 2 months prior to departure ie. 24 March