



Attn. Group Retreats Organizers
An Imperative of Wellness, Sustainable & Inclusive Tourism Experiences
www.zenresortbali.com

Bali, renowned for the blissful beauty of its rice-fields landscapes, Coffee and Cocoa Plantations, Natural Forests, Surf Beaches and spectacular Diving as well as Magnificent Temples with daily Spiritual Offerings, as well as Balinese compassionate and heart-warming Hospitality and Service.

Bali, the Island of the Gods as well an Island of Humanity is one of the world's foremost holistic wellness and Nature recreation retreat destinations, recognized annually over the last decade as the World's Best Island Tourism Destination.

Zen Resort Bali, a boutique 10 Hectares property is located in a serene and secluded North Bali environment, nestled in tropical gardens, natural forest, rice fields and vineyards with wide open views over the Sea of Bali, the beach being just 300 meters away. Zen Resort offers integrated holistic Ayurveda, Yoga, Pranayama, Meditation, Naturopathy, Integrated Physical, Mental, Emotional and Spiritual Detox, Organic and Healthy Cuisine with Dosha Balancing Herbs from our onsite regenerative farm and a wide choice of Recreational Nature and Culture Excursions

Zen Resort Master Video

<https://www.youtube.com/watch?v=GjIebWNGZuU>

Zen Founder Video

https://www.youtube.com/watch?v=aDRc_eIdSag

Zen Resort Photo Gallery

<https://www.zenresortbali.com/zen-resort-photo-gallery/>

Zen Resort Video Gallery

<https://www.zenresortbali.com/zen-resort-video-gallery/>

Zen Resort Video Guest Testimonials

<https://www.zenresortbali.com/zen-resort-video-testimonials/>

Zen Group Retreats

Zen Resort, has had extensive experiences over the last two decades of hosting a wide range of retreat groups including, yoga, meditation, mindfulness, personal development, creative rehab, art and music therapy as well as Business and Corporate Management Planning and Bonding Retreats.

At Zen there are numerous group retreat activities locations, including Yoga Shala (capacity 40 people) amidst tropical floral gardens, Roof-top Yoga and Meditation (capacity 40 people) overlooking Natural forest, rice fields and vineyards and the Sea of Bali, a sacred Meditation Nirvana sanctuary (capacity 30 people), an air- conditioned Zen healing mediation and meeting room (capacity 24 people), a Forest Yoga and Meditation Pavilion (capacity 30 people) and numerous garden lawns (capacity + 40 people).

At Zen Resort we cater for individual dietary needs, including allergy- free, vegan, vegetarian, fish, poultry etc, ayurvedic dosha balancing herbal cuisine as well as juice/soft food/panchakarma in combination with Ayurveda Massage Therapies, Yoga, Mediation integrated physical, mental, emotional and spiritual Detox options.

Zen Resort accommodations offers warmth and tranquillity with numerous choices to suit personal / group requirements; Zen West Wing with 7 sunset sea view deluxe villas (65 sq. m) with rain showers and sunken bath open sky garden Bathrooms, 7 sunrise sea view deluxe villas (55 sq. m) with rain

showers, open sky garden bathrooms and Zen East Wing with 12 sunrise sea view premium villas (80 sq. m) with private plunge pools and 3 studio apartment garden villas (80 sq. m).

All Zen villas have a porch to sit and relax; and in the case of Seaview Sunset Deluxe and Premium Villas there is also a relaxation bed.

Total Zen Resort Single occupancy capacity of 29 people and a Double Occupancy capacity of fifty eight people.

<https://www.zenresortbali.com/zen-sunrise-deluxe-villas/>

<https://www.zenresortbali.com/zen-sunset-deluxe-villas/>

<https://www.zenresortbali.com/zen-sunrise-premium-villas/>

<https://www.zenresortbali.com/zen-orchard-villas/>

Zen Resort Nature and Culture Excursions

A wide range of Nature and Culture excursions including bathing at Banjar Hot Springs, eco-forest walk and Meditation at Vihara Buddhist temple (3 to 4 Hours); Rice field Trekking and Munduk waterfalls (5 Hours with lunch); Sunrise Dolphin Sail (3 Hours); Snorkelling and Scuba Diving at Menjangan Island and other North Bali dive sites (6 Hours); Golf at Bedugul; Mount Batur Volcano Hike; Local Markets and Temple Tours as well as Balinese Spiritual Palm Reading and Karma Healing (1 hour), Golf at Bedugul (6 Hours) and more.

Zen Resort Nature and Culture Excursions

<https://www.zenresortbali.com/zen-excursions/>

Zen Shinrin Yuko Immunity Facility

During the last two Years of the Pandemic Zen staff developed Shinrin Yuko Forest and Spring Water Bathing Immunity enhancing facility. All Zen guests have free access and we recommend they take the opportunity to spend at least an hour daily in the Shinrin Yuko facility. This is relevant to strengthen immunity, as well enhancing vitality to rejuvenate and de-stress. The facility comprises ancient trees to hug, free flow natural mineral water ponds to rejuvenate, Strolling through our Organic Regenerative farm, Hiking through Rice fields, Vineyards, Mango-Coconut-Cocoa Plantation and Natural forest to the Puri Jati Beach, just 300 meters away.

This environment, alive with birds, bees and butterflies to be admired from a number of traditional treetop observation posts and a “Jungle” Yoga-Meditation Platform, especially fresh and enchanting at Sunrise.

Zen Shinrin Yuko Forest & Spring Water Bathing Immunity Therapy

<https://www.youtube.com/watch?v=nblNYX0p-lw>

Zen Sustainable Development and Corporate Responsibility

At Zen Resort we have inhouse experts that regularly facilitate guest discussions on issues of Holistic Wellbeing, Sustainable Lifestyles in Harmony with Nature, Local Community, social, environmental and economic development challenges and more.

Over the last two decades, such Group Retreat dialogues have inspired and encouraged Zen management and staff to develop and implement wellbeing innovations including sustainability measures and practices, waste recycling, solar water heating and garden lighting, landscaping grey water recycling and Natural air flow cooling systems villa designs etc.

Group retreat members often connect with Zen staff and the local village community enhancing mutual understanding and respect of Culture and Nature through knowledge sharing. Everybody, guests and hosts, win when wellness, sustainability and inclusive development measures are at the core of holistic wellbeing resort developments.

Zen Resort Holistic Wellness and Sustainable Tourism

<https://youtu.be/E6R8RUeLSK0>

Zen Founder’s 50 Year Witness Journey of Sustainable Development and Holistic wellness

https://lnkd.in/gh766_qp

Zen Resort Examples of Past Group Retreats

Group Retreats have never been more relevant, then now in the post-Pandemic period, to recover from the fears, stresses and strains and isolation of the lockdown, especially recognizing the need of social-connect with like-minded retreat participants. We share examples of the wide range of Zen Group Retreats.

Group retreat organizers, it is time to empower individual participants to take a leap in the direction of their heartbeats, explore the imperfect beauty and depth of their humanity, connect with nature, taking a break from the modern lifestyle rat race, and write their truest lines, nourish body, mind, heart and soul, back to sustainable humane life and living.

Examples of Past Group Retreats at Zen Resort

<https://www.zenresortbali.com/zen-groups-events/>

Zen Resort Group Retreat Inclusions:

- Airport, Ubud or South Bali return transfers with Zen private car transport
- Welcome Arrival
- Accommodation with daily varying individually served menu at Breakfast, Lunch and Dinner
- Balinese Purification and Blessing Ceremony
- Daily mineral drinking water, free take home refill aluminium bottles
- Daily fresh flowers and fruit basket and Origami towel decorations
- Daily Zenchi: Sunrise Integrated Yoga-Pranayama-Meditation/ Gratitude (6 to 6.45 AM), Sunrise Yoga (7 to 7.45 AM) and Sunset Meditation (5 to 5.45 PM)
- Integrated Wellness, Dosha and Constitution assessment with our team comprising Ayurveda and Naturopathy Doctor, Spa Therapists, Yoga-Meditation Teachers and Diet, Nutrition and Detox Experts
- Mental and Emotional Wellbeing Consultation and Individual Therapeutic Counselling and healing practices
- Daily Shinrin Yuko Forest and Free-flow Spring Water Bathing Immunity Therapy and Forest Yoga and Meditation
- Culinary Experience- Onsite Regenerative organic farm, pick your own wide variety of vegetables, fruits and herbs as well as edible forest products. Zen chefs will prepare delicious and healthy meals as per your request. We offer International, Balinese, Indonesian, Mediterranean, Indian etc. cuisine
- Guest options- Balinese cooking class, coconut oil making, cocoa processing, Frangipani incense making, Origami art classes etc
- End of stay Gratitude Flower Ceremony and Let-go Fire Ceremony
- End of stay celebration Dinner with Balinese culture, music, drama and dance show

Group Retreat Organization Administrative Challenges

One of the time consuming aspect of organizing group retreats relates to meeting varying demands of participating individuals. At Zen Resort we offer an option to incorporate one of our all-inclusive wellbeing and recreation programs, for example a Group Retreat time-span of 7 to 14 Nights Retreat, individual participants have the option to book a 3 to 5 or 7 night respectively a Zen Resort Program directly on the Zen Resort website, including the balance of retreat days 4, 7 respectively as Accommodation with meals and sunrise mediation, sunrise yoga and sunset yoga. Also any individual requests for early arrival before the Group Retreat as well as any extension stay at the end of the Group Retreat can be booked on-line. Thus, this incorporation of a Zen Wellness or Diving Retreat program within the overall Group Retreat is relevant to reducing the Administrative and Tax burden on Group Retreat Organizers.

Group Retreat Booking terms and conditions:

- 10% Deposit payable 8 Weeks in advance of group retreat date.
- Next 50% Payment 4 Weeks in advance of group retreat date.
- Balance of 40% Payment 2 weeks in advance of group retreat date.

Annex 1

Zen Resort Holistic Wellness and Harmony Diving Retreat Programs

Zen Resort Bali offers a range of 3 nights to 21 nights Zen signature wellness retreats incorporating lifestyle-based programs such as relaxation, rejuvenation, purification, slimming, destress, health and wellbeing.

Zen Signature Wellness and Diving Retreats include return transfers by private car to Zen Resort, air-conditioned sea-view sunset and sunrise deluxe villa accommodation, healthy and delicious Breakfast, Lunch and Dinner, daily mineral water, fresh flowers and fruit basket, Sunrise Meditation, Sunrise Yoga, Sunset Yoga, Four Hands Ayurvedic treatments as well as recreation and cultural excursions.

All wellness or diving retreat programs include wellness consultations with our team comprising, Zen Ayurveda and Naturopathy Doctor, Yoga and Spa therapists and nutrition, diet and detox experts, towards enhancing personal development and sustainable lifestyles.

Note that your selected wellness program will be adapted during your stay in line with your progress and your personal wellbeing objectives.

Zen Signature Wellness Programs Retreats

[ZEN SIGNATURE RELAXATION RETREAT \(4 DAYS / 3 NIGHTS\)](#)
[ZEN SIGNATURE REJUVENATION RETREAT \(6 DAYS / 5 NIGHTS\)](#)
[ZEN SIGNATURE PURIFICATION RETREAT \(8 DAYS / 7 NIGHTS\)](#)
[ZEN SIGNATURE HEALTH RETREAT \(14 DAYS / 13 NIGHTS\)](#)
[ZEN SIGNATURE WELLNESS RETREAT \(22 DAYS / 21 NIGHTS\)](#)

Zen Signature Slimming Programs

[ZEN SIGNATURE SLIMMING RETREAT \(8 DAYS / 7 NIGHTS\)](#)
[ZEN SIGNATURE SLIMMING RETREAT \(14 DAYS / 13 NIGHTS\)](#)

Zen Signature Stress Release Programs

[8-DAYS ZEN SIGNATURE STRESS-RELEASE RETREAT \(8 DAYS / 7 NIGHTS\)](#)
[14-DAYS ZEN SIGNATURE STRESS-RELEASE RETREAT \(14 DAYS / 13 NIGHTS\)](#)

Zen Harmony Scuba Diving

Whether you are a certified diver or never been diving before, come and experience Zen Harmony Diving to discover the best of Bali's beautiful underwater paradise and at the same time rejuvenate your mind, body and spirit with practices and exercises of harmony breathing, harmony yoga, harmony meditation, harmony Ayurveda and Zentsu pool rejuvenation, rebirthing.

On arrival at Zen, you will meet Zen Dive instructors to discuss your booked dive program and package details. You will be briefed on the philosophy,

concept and practice of Zen Harmony Diving, an innovative integration of diving and health with the premise that one goes diving for one's health and the bonus is the beauty and uniqueness of the spectacular world of diving.

Your typical day at Zen Resort will begin with sunrise meditation and yoga in our open-air pavilion. After yoga, enjoy a healthy breakfast and join us for a day of diving at one of Bali's dive sites, perhaps at the world-renowned Menjangan Island, famous for its crystal clear visibility and vibrant coral gardens, or at Tulamben, where you'll experience a 130m World War II shipwreck or at Puri Jati, Indonesia's best macro diving sites and home to some of the world's most exotic and fascinating marine life, including the mimic octopus.

Following your briefings, you will have the opportunity to relax and unwind with Mandi Lulur traditional Balinese Massage in our Zen Resort Spa. Conclude your first evening with our especially created Zen Harmony Yoga Nidra, audio recorded guided meditation that you should listen to, this will enhance sound sleep and calmness for the diving day ahead. Next morning, we will take you even further in the relaxation with Zentsu rejuvenation treatment in the resort's infinity pool with the stunning sea view.

When you return from diving, indulge in an Ayurvedic massage; take a swim in our infinity ocean view pool. Enjoy world-class healthy cuisine under the stars, and then fall asleep to the sounds of the resort's serene environment in one of our sunrise or sunset sea view villas.

Zen Harmony Diving Program for Uncertified Divers

[UCHD3 DISCOVER ZEN HARMONY DIVING \(3 NIGHTS/4 DAYS\)](#)

[UCHD5 DISCOVER ZEN HARMONY DIVING \(6 DAYS / 5 NIGHTS\)](#)

[UCHDO5 OPEN WATER COURSE \(6 DAYS / 5 NIGHTS\)](#)

[CHDOA8 OPEN WATER COURSE AND ADVANCED OPEN WATER COURSE \(9 DAYS / 8 NIGHTS\)](#)

Zen Harmony Diving Program for Certified Divers

[CHDA5 OPEN WATER ADVANCED COURSE \(6 DAYS / 5 NIGHTS\)](#)

[CHD4 ZEN HARMONY DIVING \(5 DAYS/ 4 NIGHTS\)](#)

[CHD5 ZEN HARMONY DIVING \(6 DAYS / 5 NIGHTS\)](#)

[CHD7 ZEN HARMONY DIVING \(8 DAYS / 7 NIGHTS\)](#)

[CHDS10 ZEN HARMONY DIVING SAFARI: ZEN DIVE NORTH & EAST RESORTS \(11 DAYS / 10 NIGHTS\)](#)
[CHDS5 ZEN HARMONY DIVING MACRO SAFARI \(6 DAYS/5 NIGHTS\)](#)

Zen Harmony Free Diving

Whether you are a certified diver or never been diving before, come and experience Zen Harmony Diving to discover the best of Bali's beautiful underwater paradise and at the same time rejuvenate your mind, body and spirit with practices and exercises of harmony breathing, harmony yoga, harmony meditation, harmony Ayurveda and Zentsu pool rejuvenation, rebirthing.

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When you return from diving, indulge in an Ayurvedic massage; take a swim in our infinity ocean view pool. Enjoy world-class healthy cuisine

under the stars, and then fall asleep to the sounds of the resort's serene environment in one of our sunrise or sunset sea view villas.

[ZEN HARMONY FREE-DIVING -INTRODUCTION "BASIC FREE-DIVER" \(3 NIGHTS / 4 DAYS\)](#)

[ZEN HARMONY FREE-DIVING - PADI CERTIFICATION \(5 NIGHTS / 6 DAYS\)](#)

[ZEN HARMONY FREE-DIVING: PADI CERTIFICATION AND SAFARI PACKAGE \(8 NIGHTS / 9 DAYS\)](#)

Please visit www.zenresortbali.com for further details