

# SPIRITUAL TRAVEL GUIDE

## Ubud, Bali



# Hello.

I love Ubud, Bali. It has many good vibes which you can immerse into. You can see this travel guide as my personal recommendations. It includes all highlights of what I tried and liked in the Ubud area. I also list some secret spots and tips on what I suggest you to try at specific locations.

This guide is called spiritual travel guide because I just list places where I liked the energy, so you won't end up at any tourist traps.

I hope the guide helps you that you can have the best time in Ubud.

Love,

Marie

Certified Akashic records reader  
[www.featherly.be](http://www.featherly.be)



# Yoga

## YOGA BARN

The Yoga Barn is located in the heart of Ubud. The retreat is in a calm area, offering different yoga classes, meditation, lectures, wellness, detox, accommodation, restaurant, teacher training, ecstatic dance, kirtan and much more.

### WEBSITE

[www.theyogabarn.com](http://www.theyogabarn.com)

### CONTACT

+62361 971 236

### GOOGLE MAPS

<https://goo.gl/maps/1MdQ298xq5E2>

## RADIANTLY ALIVE

Throughout all their offerings - teacher trainings, yoga classes, workshops, and healing therapies - they provide a safe, nurturing and loving space that will allow you to undertake your own personal journey.

### WEBSITE

[www.radiantlyalive.com](http://www.radiantlyalive.com)

### CONTACT

+62361 978 055

### GOOGLE MAPS

<https://goo.gl/maps/MerMbawiH2mamU5N6>

# Cooking School

## NEW EARTH SCHOOL

The New Earth school is a holistic health center where they offer plant-based cooking classes, meditation, energy healing and breathwork. They have an impressive perma culture tropical garden as well.

### WEBSITE

[www.newearthcooking.com](http://www.newearthcooking.com)

### CONTACT

[hello@newearthcooking.com](mailto:hello@newearthcooking.com)

### GOOGLE MAPS

<https://goo.gl/maps/NKgecPQgkQJ2>



YOGA BARN



NEW EARTH SCHOOL

# Vegan Restaurants

## ZEST

Zest is my favorite restaurant in Ubud. It offers a variety of vegan and gluten-free dishes. They use mostly regionally grown fruits and vegetables.

### WEBSITE

[www.zestubud.com](http://www.zestubud.com)

### CONTACT

+6282340065048

[hello@zestubud.com](mailto:hello@zestubud.com)

### GOOGLE MAPS

<https://goo.gl/maps/qaJbfxhdB3q>

#### TIP

Try their pizzas, Awakened Cowbody, Nasi Campur, crispy crushed baby potatoes

## BALI BUDA

Bali Buda offers many Balinese local dishes in organic quality and good prices.

### WEBSITE

[www.balibuda.com](http://www.balibuda.com)

### CONTACT

+62361299467

### GOOGLE MAPS

<https://goo.gl/maps/QP9a2DDkS2Pr68sk7>

## ALCHEMY

Alchemy offers many healthy raw vegan dishes and also has regular movie nights showing inspiring films.

### WEBSITE

<https://alchemy-vegan-restaurant.business.site>

### CONTACT

+62 361 974911

### GOOGLE MAPS

<https://goo.gl/maps/2rND8fxTM1r>



# Vegan Restaurants

## MUSE

Muse is an artistic healthy wholesome Cafe Restaurant and Bar but also has some non-vegan options.

### WEBSITE

<https://www.facebook.com/musecafebali/>

### CONTACT

+623619082508

### GOOGLE MAPS

<https://goo.gl/maps/h3zTeMTUdbDYjeWa7>

## SAWOBALI CAKE AND COFFEE SHOP

Sawobali is a daily buffet for vegetarian and vegan dishes, mostly Indonesian but also Fusion Foods and a la carte desserts.

### WEBSITE

<https://www.facebook.com/pg/sawobaliveganglutenfree>

### CONTACT

+6281910003513

### GOOGLE MAPS

<https://goo.gl/maps/qvnoFPoJJemGwc5p8>

## SAGE

Sage offers a vibrant vegan cuisine, always choosing local and organic ingredients when available. Their dishes are so delicious that it is hard to stop eating.

### WEBSITE

<https://www.facebook.com/pg/sagerestobali>

### CONTACT

+62 361976528  
[contactsagebali@gmail.com](mailto:contactsagebali@gmail.com)

### GOOGLE MAPS

<https://goo.gl/maps/9VUtFcHEChw>

#### TIP

Try their Tempe Rendang, Hula and Kitchari Burger, baked Cheesecake



## BELLA BY SAGE

Bella is a vegan Italian restaurant offering mostly gluten-free dishes.

### WEBSITE

<https://www.facebook.com/mybellabysage/>

### CONTACT

+623619087584  
[mybellabysage@gmail.com](mailto:mybellabysage@gmail.com)

### GOOGLE MAPS

<https://goo.gl/maps/2rND8fxTM1r>

#### TIP

Go there for Happy Hour 3:00-4:30 pm pizzas, salads, drinks are 50% off



# Vegan Restaurants

## YOGA BARN GARDEN KAFE

Set overlooking the lush grounds of The Yoga Barn, the Garden Kafe serves fresh and wholesome foods.

### WEBSITE

<https://www.theyogabarn.com/healingfoods>

### CONTACT

[kafe@balispirit.com](mailto:kafe@balispirit.com)

### GOOGLE MAPS

<https://goo.gl/maps/fSMcX1pk7912>

## AA JUICERY

AA JUICERY's mission is to bring the best organic vegan juice and food to visitor of Ubud at a fair price. They offer mostly Balinese dishes.

### WEBSITE

<https://www.facebook.com/AA-juicery-and-cafe>

### CONTACT

+623614792270

### GOOGLE MAPS

<https://goo.gl/maps/91B7DhKPT81NTWz37>

## SAYURI HEALING FOOD

Sayuri has definitely the best raw vegan desserts in Ubud and a wide range of delicious bowls and creative dishes like aged vegan nut cheese.

### CONTACT

+62 822 40485154

[info@sayurihealingfood.com](mailto:info@sayurihealingfood.com)

### GOOGLE MAPS

<https://goo.gl/maps/z34xEv1ixCA2>

### TIP

Try Gravlax and  
on Mondays the  
Peak Performance  
Bowl





# Organic Farming

## HAR'S GARDEN

Har have been farming organically for more than 12 years. When you go there Har is telling you what he grows right now, then you select what you want. He takes a basket and freshly harvests and picks the food for you. The quality is the best you can get around Ubud!

### WEBSITE

<https://harsgarden.com>

### CONTACT

+628133738209

### GOOGLE MAPS

<https://goo.gl/maps/xfT7ubXap8JmuV1z6>



HARS GARDEN

# Floating

## UBUD FLOAT GARDEN

Floating means lying in a float tank that contains a highly concentrated salt solution which creates the opportunity for you to float effortlessly like in the Dead Sea.

### WEBSITE

<https://ubudfloatgarden.com>

### CONTACT

+6281933035318

### GOOGLE MAPS

<https://goo.gl/maps/ANn2A2zLWPU2>

# Hiking

## MOUNT BATUR TOUR

I have met the most empathetic guide for this hike, his name is Made. Ask him to also show you the cave. The energy inside the cave was incredible beautiful, I felt so much love in there and almost nobody knows about this cave.

### CONTACT MADE

+6281915662162 (WhatsApp)

### GOOGLE MAPS

<https://goo.gl/maps/gK7KSEcbfkXFQE2k9>



UBUD FLOAT GARDEN



UBUD  
**FLOAT GARDEN CAFÉ**



Relaxing &  
Meditative



Boosts  
Creativity



Reduces  
Anxiety



Improved  
Sleep



**Floating Benefits  
for your  
Mind and Body**



Muscle  
Recovery



Increased  
Immune Health



Relieves  
Stress



Helps with  
Depression

**BOOK A FLOAT NOW ONLINE :**  
[www.ubudfloatgarden.com](http://www.ubudfloatgarden.com)



# Health Food Stores

## BALI BUDA

At Bali Buda you can always find freshly baked bread, granola, cookies, energy balls, imported staples like olive and nut oils, a good selection of gluten-free products, organic veggies, nutritional supplements, green cleaning supplies, sustainable toiletries etc - a vast selection of alternative products and healthy food.

### WEBSITE

[www.balibuda.com](http://www.balibuda.com)

### CONTACT

+62361299467

### GOOGLE MAPS

<https://goo.gl/maps/CwSDxchK7zotv9ZV8>

## GREEN HABIT

Green Habit provides Organic & Natural Superfood for your healthy lifestyle. They offer high quality nuts, seeds, dried and frozen fruits, vitamins, etc. for the most compatible price in town.

### WEBSITE

<https://www.facebook.com/pg/greenhabitbali>

### CONTACT

+6281293138989

[info@greenhabitstore.com](mailto:info@greenhabitstore.com)

### GOOGLE MAPS

<https://goo.gl/maps/QcrzEvz1rUszkmJ76>

# Zero Waste Stores

## ZERO WASTE BALI

Zero Waste Bali is a bulk food store that offers food and non-food items package and plastic free.

### WEBSITE

<https://zerowastebali.com>

### CONTACT

+6281239552540

### GOOGLE MAPS

<https://goo.gl/maps/hazMJEhGjeubZKuV7>

## NATURALLY FOOD STORE

They sell a wide variety of carefully selected organic beans, grains, nuts, sun-dried fruits, wild taro chips, fresh kefir, coconut water, coconut yogurt, pure coconut sugar, jungle honey etc.

### WEBSITE

<https://www.facebook.com/pg/greenhabitbali>

### CONTACT

+6281999498535

### GOOGLE MAPS

<https://goo.gl/maps/PgtJrtgae7BZLi2r6>



ZERO WASTE BALI



# Sauna

## DRAGONFLY HERBAL STEAM SAUNA

Dragonfly Herbal Steam Sauna uses natural herbs with a portion of natural scrub for your body.

### WEBSITE

<http://www.dragonfly-village.com/facilities>

### CONTACT

[home@dragonfly-village.com](mailto:home@dragonfly-village.com)

### GOOGLE MAPS

<https://goo.gl/maps/tJ2MZFx2HUF2>

## TJAMPUHAN SPA

Tjampuhan Hotel offers a spa area accessible also for day guests. They have a beautiful sauna landscape including dry sauna, steam bath, hot and cold pools. It is directly next to the beautiful river.

### WEBSITE

<https://www.tjampuhan-bali.com/spa.html>

### CONTACT

+62361975368

### GOOGLE MAPS

<https://goo.gl/maps/W59eoswRAd12bez86>



### TIP

Have some food  
at their restaurant  
after sauna

# Sound Healing

## PYRAMIDS OF CHI

Experience the power of gongs, crystal bowls, drums, didgeridoos, Tibetan singing bowls and voice inside three pyramids built to 1/16th and 1/18th scale to the Great Pyramid of Giza.

My husband Martin and I are facilitating the Akashic Sound Journey and Akashic Yoga Journey in the newly built Earth Pyramid. We would love to welcome you as our guests at one of our sessions.

### WEBSITE

<https://www.pyramidsofchi.com>

<https://pyramidsofchi.com/products/akashic-sound-journey>

<https://pyramidsofchi.com/products/akashic-yoga-journey>

### CONTACT

+62 361 9000 717

### GOOGLE MAPS

<https://goo.gl/maps/DnsMwbNm4r>



#### TIP

Lay down right behind one of the big gongs



PYRAMIDS OF CHI

# Hot Springs

## NATURAL HOT SPRINGS PENATAHAN 2/AIR PANAS

The natural hot springs are located on the banks of the river and offer private chambers for full relaxation.

### WEBSITE

<https://air-panas-penatahan-tabanan.business.site>

### CONTACT

+62 823-4116-4757

### GOOGLE MAPS

<https://goo.gl/maps/EZRazxMRKRG2>



# Cinemas

## PARADISO

Paradiso hosts quality film screenings alongside a range of other cultural activities.

### WEBSITE

<https://www.paradisobud.com>

### CONTACT

+62 (0) 857 3761 4050

[info@paradisobud.com](mailto:info@paradisobud.com)

### GOOGLE MAPS

<https://goo.gl/maps/xCAsg4NxVt>

## ALCHEMY

Alchemy offers different movie nights on a regular basis. Check out their programme in their restaurant.

### WEBSITE

<https://alchemy-vegan-restaurant.business.site>

### CONTACT

+62 361 974911

### GOOGLE MAPS

<https://goo.gl/maps/2rND8fxTM1r>



# Chocolate

## POD CHOCOLATE FACTORY

This factory site is rather small but still interesting to see how chocolate is being produced from bean to bar.

### WEBSITE

<https://www.podchocolate.com>

### CONTACT

[sales@podchocolate.com](mailto:sales@podchocolate.com)

### GOOGLE MAPS

<https://goo.gl/maps/d9NWSzAn1Vm>



# Waterfall

## HIDDEN WATERFALL TANGKUP

I discovered this hidden waterfall by accident. There were no people at all and I could have a nice swim. A Balinese family operates a nice little herbal garden close by.

### GOOGLE MAPS

<https://goo.gl/maps/AEDj3QVgk2q>

## WATER BLESSING CEREMONY

The Hay-Leit Waterfall in Ubud is a secret spot. You can get a water blessing ceremony there with a local priestess who is supporting you to release what is no longer serving you using the power of the waterfall. She is applying a mud scrub on your body to help you release. After you are receiving a blessing by her. It's all donation based. You can contact her via WhatsApp.

### CONTACT

+6281999452037

### GOOGLE MAPS

<https://goo.gl/maps/fv1zzGrDAHbwqLCX7>

# School Tour

## GREEN SCHOOL BALI

Green School is a private school with a big difference. The Green Campus features an ecologically-sustainable design – all structures are made up of locally grown, treated and manufactured bamboo.

### WEBSITE

<https://www.greenschool.org>

### CONTACT

[tours@greenschool.org](mailto:tours@greenschool.org)

### GOOGLE MAPS

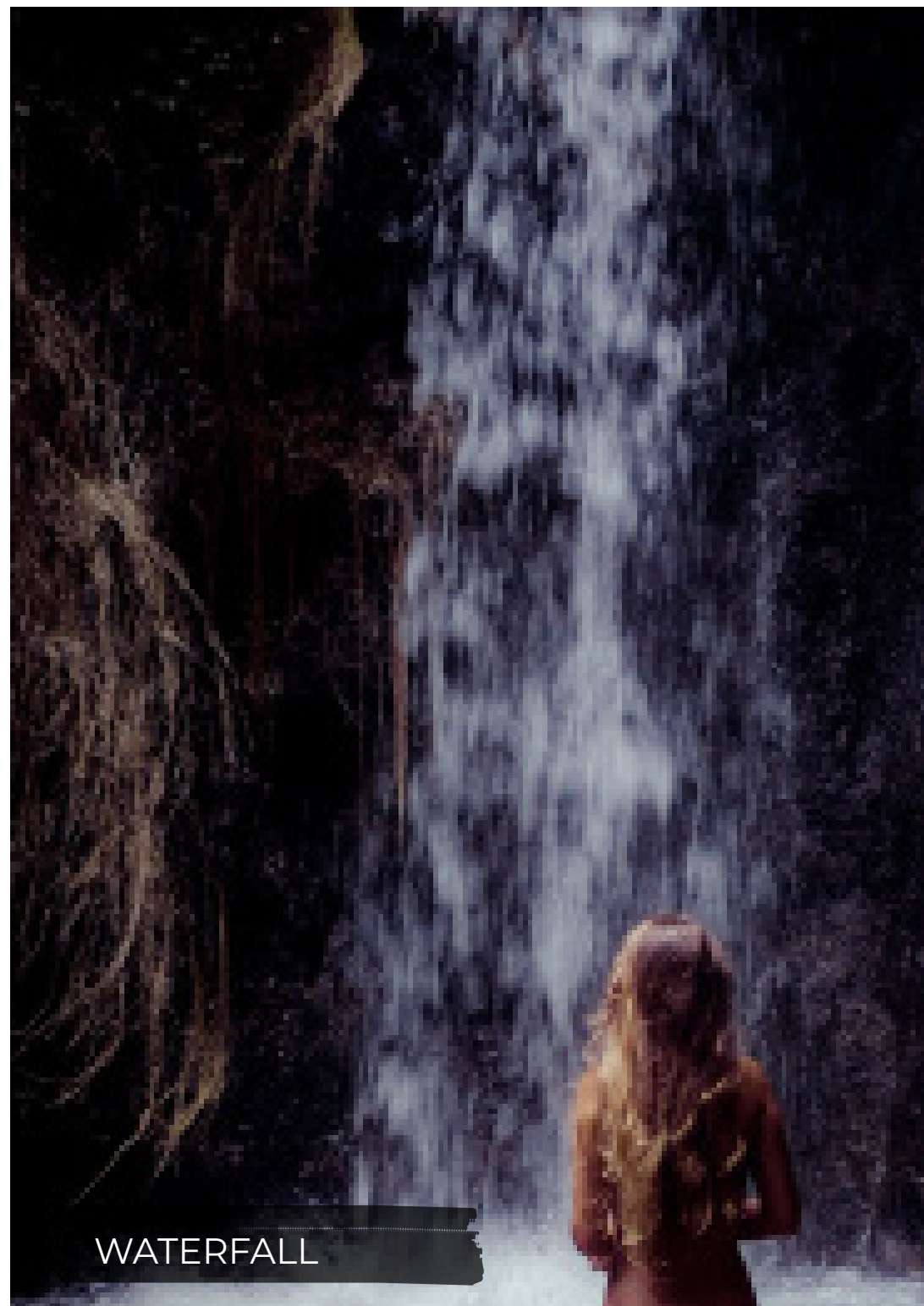
<https://goo.gl/maps/WKQJKWDnXv82>

**TIP**  
Book the  
Campus  
Guided Tour





GARDEN AT WATERFALL



WATERFALL



DOOR TO WATER BLESSING





GREEN SCHOOL



# Palmleaf Reading

## PALM LEAF READING

In a palm leaf reading you will find answers to your important questions and future predictions about your life. The information on the palm leaves was written more than 5,000 years ago.

### WEBSITE

<http://bali-indo-adventure.com/bali-adventure-tours>

### CONTACT

[info@bali-indo-adventure.com](mailto:info@bali-indo-adventure.com)

### GOOGLE MAPS

Call them for any details. It is the private house of the Brahman.



# Ecstatic Dance

## VILLA AKASHA

The Full Moon Party starts with a Cacao-ceremony and connecting to the community, followed by Ecstatic Dance and finishing with a sound meditation. Be aware that the party is free of drugs, alcohol and cigarettes.

### WEBSITE

<https://ubudparty.com/supermoon-conscious-party>

### CONTACT

+62 813-3888-5397

### GOOGLE MAPS

<https://goo.gl/maps/RPxCDJ2ckbA2>

## YOGA BARN

The Ecstatic Dance at Yoga Barn every Friday and Sunday sell out everytime. You can book online a ticket six days ahead of the event and once it sold out online you can line up one hour before the event starts.

### WEBSITE

<https://www.theyogabarn.com/events#dance>

### GOOGLE MAPS

<https://goo.gl/maps/1MdQ298xq5E2>



DOOR TO PALMLEAF READING



AURA CLEANING AFTER READING

# Balian Healer

## SWASTI ECO COTTAGES

Every Sunday from 2:00-6:00 pm is a healing space set up at Swasti Eco Cottages with three Balian Healers. You can come in the time frame any time. One healer after the other of the three is checking you, working on you until he sends you to the next healing station.

### WEBSITE

<https://www.baliswasti.com>

### CONTACT

+623611974079

[hotelswasti@hotmail.com](mailto:hotelswasti@hotmail.com)

### GOOGLE MAPS

<https://goo.gl/maps/2rUZNb5osuZLQf8JA>

# Beach for Day Trips

## VIRGIN BEACH

Virgin Beach is my favorite beach so far on Bali. It was white sand, clear water and cosy warungs where you can rent beds, towels and order local dishes. The best is, though, to have a massage on the beach and order a fresh coconut.

### GOOGLE MAPS

<https://goo.gl/maps/3uUSGoEjJrMytDYj6>

## BINGIN BEACH

Bingin Beach is quite impressive because of its big rocks in the sea and green nature around the beach. The sunsets there are simply stunning.

### GOOGLE MAPS

<https://goo.gl/maps/cqjrSFEMYr5JFDpc6>



### TIP

Take it easy the day after the healing. It is still working on you.



VIRGIN BEACH



BINGIN BEACH

A woman with long brown hair, wearing a white, flowing, sleeveless dress, stands barefoot on a rocky riverbank. She is holding a small, glowing lantern in her right hand. The river flows to her right, surrounded by lush green moss and dense forest. The background is filled with tall trees and thick foliage, creating a serene and mystical atmosphere. The text "ARE YOU LOOKING FOR YOUR Purpose in Life?" is overlaid on the image in a white, serif font. "Purpose" and "in Life?" are in a larger, more decorative script font, while "ARE YOU LOOKING FOR YOUR" is in a smaller, simpler serif font.

ARE YOU LOOKING FOR YOUR  
*Purpose* in *Life?*

# Akashic Records Readings

Find out more about your ...

## PURPOSE IN LIFE

Become aware of your soul's purpose in your life.



## HIGHER SELF

Connect and communicate with your higher self.



## ABILITY TO HEAL

Heal wounds from this life as well as past lives.



## SKILLS

Discover and reintegrate your soul's skills.

## PAST LIVES

Get access to all lessons your soul has ever learned.

## INFINITE LOVE

Learn to feel unconditional love and trust.

**GET 10 % OFF**  
CODE:  
featherlybali10

Book your Akashic records reading online:  
[www.featherly.be](http://www.featherly.be)

I am a certified Akashic records reader.  
Marie Richtsfeld, [contact@featherly.be](mailto:contact@featherly.be)