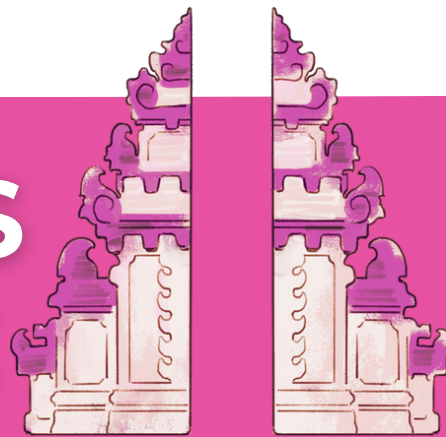


GODDESS & DEVAS TRAVEL GUIDE



Bali

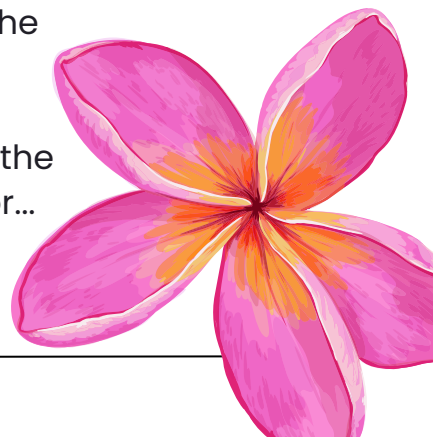


Tosca the Joyful Goddess and Dr Niikee'sha are thrilled to invite you and your Mother or Daughter, to join them on an Adventure of Spirit to the Goddess and Devas that align with our Souls!

Teaming up in the Sacred Sanctuary of Ubud in Bali, surrounded by the lush landscapes and cultural heritage that this region is famous for...

June 30 - July 6, 2025

Goddess & Devas





OUTLINE

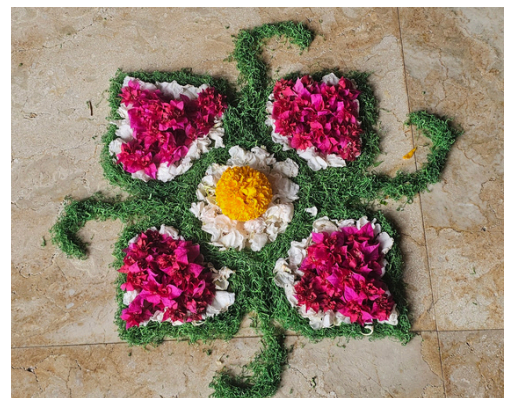
-
- > Welcome to Ubud
 - > Guide Team
 - > Packing List
 - > Visa's - T & C's
 - > Retreat Itinerary
 - > Contacts



Upon your arrival, you will be met by your pre-arranged transfer to bring you to 'GAIA' Retreat Center, which is approximately 90 minutes from the International Airport in Denpasar.

Gaia Retreat Center is nestled in the heart of terraced rice fields located in the creative mecca of Ubud - a 15 minute stroll from the town centre.

The view from the villa is quintessential Bali. Think swaying palm trees, therapeutic breeze, beautifully landscaped rice terraces and wind chimes singing away.



Retreat Facilities: - Chlorine free swimming pool - Sun lounges - Hot tub - Traditional style marble and teak grand entrance overlooking the rice fields - Locally sourced plant-based cuisine served in the dining room overlooking the jungle - Fire circle - Breezy open plan yoga and group sessions space - On site massage practitioners available on request.

Over our week together, we have curated visits to local attractions that encompass the potency of the natural elements that abound in the region. These include the majestic private holy water temple and waterfall, nature connection and jungle exploration, historic temples and meditation chambers, all of which complement the program of magic, mystery and Divine Union being prepared for you.

Our days will be a combination of teaching and experiential learning, with your Mother or Daughter, dotted with time for both sharing and introspection, together and apart, time for relaxation and shopping!! We will be well nourished with local, freshly produced vegetarian cuisine, lovingly prepared by the Retreat Centre cooks.

The weather in this region in June-July is generally really pleasant with top temperatures of around 30 and minimum of 22 degrees in the early hours of the morning. Rooms are airconditioned and we have a private swimming pool to laze around during our breaks when we aren't around exploring the region... hats and sunscreen are a must during our excursions.

GUIDE TEAM



■ Tosca Dee



■ Dr Niikee



■ Goddess



■ Devas



- Plenty of cool, comfortable clothes for practicing yoga, sitting in workshops, and going outside
- Good walking shoes for our outings
- Personal Toiletries (toothbrush, toothpaste, etc.)
- Hat + sunglasses + sunscreen + water bottle
- Natural Insect Repellant
- Swimwear for swimming in the pool and waterfall, with a sarong or light covers over shoulders and knees for Temples and other Sacred spaces
- Earplugs if sensitive to others noise when sleeping
- Journal and pens
- Fun costume for our final celebration night
- Any crystals or other objects sacred to you that you feel to bring on your journey



Please treat this journey as something Sacred as it will best support you to make the most of the experience.

In preparation, try to refrain from being intoxicated or eating unclean food too much before your arrival.

Clean energy will allow you to best integrate the experiences with clarity and surety to return home with your highest calibration frequencies...



BALI

VISAS

Many visitors to Bali can now obtain electronic visas –the Indonesia e-VOA. For travel up to 30 days, you require the e-VOA, you can complete here - <https://www.indonesiavisaonline.com/visa-application>

In addition to obtaining the eVOA, you must also complete an Electronic Customs Declaration (e-CD) to enter Indonesia. You can do this here - <https://www.indonesiae-cd.com/>

These online visas are quick and easy to request, thanks to the completely digital system. Eligible travelers simply need to complete the online form, then the approved Bali visa is sent to you by email within 2 days.

You need to present your approved visa and passport when you arrive at immigration. Be sure you have at least 6 months validity on your passport.

Find out more here - <https://www.indonesiavisaonline.com/bali-visa>

> TERMS AND CONDITIONS

Please keep in mind that it is your responsibility to ensure that you have adequate travel insurance coverage for the retreat and your entire time away from home.

You are asked to sign a waiver that you understand that Tosca Dee and Dr Niikee Energy Medicine will not be held liable for any issues that arise during your travels or our retreat.

It is your responsibility to advise us of any medical conditions and if you are limited in your capacity to participate in any of our excursions.

Tipping is customary in many countries. Please keep some local currency so you can show your appreciation along your journey.

Also, please make sure you bring anything else that you need outside of the catering available for the duration of the retreat. It is not as simple as popping down to the store if you forget something, although there are places not too far away from the retreat.

Please reach out to us if you have any concerns, as we are here to support you as best we can in the lead-up to our epic journey together.

We are also dedicated to ensuring you have a wonderful, enlightening experience during our time together.





GODDESS & DEVAS

ITINERARY

- Mon 30th June - Arrival, Dinner and Welcome Ceremony with flower offering blessings
- Tues 1st July - Earth element - embodying the Goddess with Tara - Forest Nature Walk and Connection - Mala making
- Wed 2nd - Water element - Clearing Ancestral Patterns with Bhuvaneshvari - Holy Waterfall Temple & Ceremony
- Thurs 3rd - Fire element - cycles, beginnings and completions with Kali Mai - Sunrise over the rice terraces - Sunset fire ceremony
- Fri 4th - Air element - mantra, breath and expansion with Lalita - Ancient Temples & Meditation Chambers of Gung Kawi
- Sat 5th - Ether, Lakshmi & Abundance Integration - Ubud town visit, shopping - Celebration costume dinner and dance
- Sun 6th - Closing Circle, opening to the new in everyday life - check out midday

Daily morning yoga and meditation, group teaching circles and sessions, all meals and excursions included.





CONTACT

DETAILS

How to Get to Gaia Retreat Centre

Ngurah Rai International Airport, Bali's main international airport, is just 90 minutes away from our retreat center. You can arrange a taxi prior via Gaia Retreat Centre or organise when you arrive at the airport. The average cost is around ₹500,000.00 IDR which is around \$50 AUD.

Villa Gaia, Jl. Sriwedari no.5, Br Tegallantang, Ubud, Kabupaten Gianyar, Bali 80571

Located right across the bridge-link connecting Suweta street and Sri Wedari street - next to Muse Cafe.



+61413122076 / +61408260636 (Dr Niikee/Tosca Dee)



+6282236641661 (Agung Gaia Retreats)



tosca@toscadee.com



sunshine@drniikee.com



MOTHERS & DAUGHTERS - A SACRED ADVENTURE...



Taking the Time...
Honour the most Sacred of
Relationships



Magical Adventures Await