Frequently Asked Questions

Is this retreat suitable for beginners?

Yes. All practices are offered with modifications, and I create safe, accessible experiences for all levels.

What is the weather like in March?

March is transitioning from wet to dry season, with warm temperatures (26-30°C), afternoon showers, and beautiful clear skies. I have to say I loved the humidity, it made my skin more juicy.

Is travel insurance necessary?

While not required, we strongly recommend comprehensive travel insurance covering medical expenses, trip cancellation, and emergency evacuation. (Credit cards also do these, check it out)

What about solo travellers?

You can ask me for a single or a shared accommodation knowing that you may not have a roommate. We will make our best.

What happens during Nyepi (Day of Silence)?

Nyepi is a sacred Balinese Hindu holy day where the entire island observes total quiet. We stay inside our beautiful resort grounds at Vije Resort. We will practice gentle somatic yoga, restorative breathwork, silence, and stargazing. The airport and streets close for 24 hours, offering us an unprecedented, peaceful sanctuary with zero light or noise pollution.

Ready to Begin Your Journey?

This retreat fills quickly and due to the number of rooms in Sidemen (Only 10), I will recommend securing your spot early to avoid disappointment.

To Connect With Me & Reserve Your Space:

Email me: sayeghstephanie@gmail.com

*"I feel so honoured to bring you with me to this journey where the container of Bali is inviting the healing process of our practices and intentions"***Stephanie**