

# Bali, Islands of Gods is a marvelous and beautiful place

## Meditation Retreats Bali

Bali, Islands of Gods is a marvelous and beautiful place. Many people choose this beautiful destination for their holidays. Indeed, Bali, Island of Indonesia, gather incredible asset for any holiday maker. It's a dream destination. Beautiful beaches, incredible landscape with wild mountains, perfect trekking places, buzzing city and trending food places. Everything concentrated on one spot. Millions of tourists all over the world already choose Bali as their main holiday destination.

Many people choose this perfect holiday destination to try new activities like surfing, diving, sports activities or Yoga.

Other people decided to keep healthy and do some specific health and nutrition retreat in Bali

Yoga and spiritual events are very frequent in Bali as the spiritual crowd is one of the most active in the world. The island gather individual from any nationalities passionate by mediation, Yoga, health, consciousness and mindfulness.

So, if your decided to do a Meditation or spiritual retreat in Bali, you definitely choose the right spot.

What kind of spiritual retreat can you find?

You can find any kind of events, spanning form one day to a few days. Most of the retreat will include Yoga, Yogic philosophy, meditation or some specific spiritual practices (Buddhist, Taoist, Vipassana, Zen, Tantra etc. ...)

It's very important to check the feedback and reputation of the provider. Indeed, customers reviews can definitely help you to choose the right provider for your spiritual retreat in Bali.

Indeed, the quality of customers feedbacks will give you a better idea of the quality of the service, the food and give your more details about the retreats itself.

Location is another important topic too. Retreats can be all over the Islands in beautiful resort. Sometimes it will be good to check customers feedback on the hostel itself, to know if it really a good quality accommodation with professional staff and good food.

ADDA YOGA located and Canggu Bali provide any kind of spiritual, mindfulness and consciousness activities and retreats. Our main service is Yoga studio, with daily classes for all levels. We have different styles of Yoga classes, some more dynamic, some physically challenging and some slow pace. So, if you are looking to practice Yoga in Bali, come and join us. We provide private Yoga classes in Bali too.

Another part of our activity is retreat. We organized spiritual and health retreats for individuals. Those events spanned from one evening to 4 or 5 days and we try to cover different topics and practice as Meditation, philosophy, Yoga, health.

If you need a full reset to relax and come back from your holidays with more energy and focus, get in touch with us.

All our retreats are on Facebook section events.

## Contacts

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