

# Bali Mountain Retreat



Guesthouse & Retreat Center

## Academic Writing Retreats in Bali

**16-22 June & 17-23 November 2019**

**1-week full residential package starts from USD\$430**

Escape for a week to write in the secluded mountains of Bali! This residential writing retreat is designed for scholars requiring deep work and focus.

Academic writing retreats have received recognition in academic literature as strategic ways in which to develop a writing practice, increase publications, and enhance academic development.<sup>1</sup>

The writing retreat provides a focused opportunity for academics to make significant advances in their research and scholarly writing in a supportive social and natural environment.

Scholars plan their writing goals and strategic outputs, and along the way reflect on writing habits in order gain insights into sustainable writing practices. The retreat is open to all scholars at any stage of their career.



Writing space at Bali Mountain Retreat

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<sup>1</sup> Kornhaber, R., Cross, M., Betihavas, V., & Bridgman, H. (2016). The benefits and challenges of academic writing retreats: an integrative review. *Higher Education Research and Development*. Vol.35, pp. 1210-1227. Murray, R. & Newton, M. (2009). Writing retreat as structured intervention: margin or mainstream? *Higher Education Research & Development*, Vol.28, No.5, pp. 541–553. Murray, R. (2014). *Writing in Social Spaces*. Routledge/Taylor & Francis, London, UK. Strengers, Y. & Maller, C. (2017). Writing retreats: Academic indulgence or scholarly necessity? *The Research Whisperer* (Blogsite).

## The Writing Retreat offers:

### *Time dedicated specifically to writing.*



writing space, and sunset venue

A one-week retreat allows the completion of a set writing piece. Each day time is allocated for the mental activities of planning, writing and review. Writing in the company of peers increases self-motivation.

Time is also set aside for physical well-being in the form of healthy meals, light treks and activities, and the posture enhancing benefits of massage.

View from Restaurant: meals,

### *Space conducive to contemplation and concentration.*

The retreat is held in a compound of traditional houses located in the crisp mountain air of central Bali. It is surrounded by views of forests, plantations and rice terraces.

The retreat offers a selection of inspiring and aesthetic spaces in which to write. It also provides private rooms, a restaurant, café, spa, yoga shala and 'Joglo' (traditional open plan meeting hall).

Traditional





buildings set in a garden compound.

## The Writing Retreat brings together:

*A Community of scholars dedicated to their writing practice.*



The retreat provides a meeting place for scholars from a variety of disciplines and universities across the Australasia, Southeast Asia regions and beyond.

The diverse mix of this scholarly community helps to sustain the integrity of the retreat so that each individual feels supported and inspired to write.

'Birds nest': views, sunrise,

contemplation, writing

Concentrated writing practice is encouraged through designated communal work spaces and timed writing periods.

Discussions and reflection are ignited through shared meals, the evening wind down and aperitif hour, and activities.

Private contemplation and solo writing is respected.

Café and writing space



# Writing Retreat Schedule

## Sunday

3:00 – 6:00pm	Arrivals and check-in
6.00 – 7.00pm	Welcome drink and Orientation
7.00 – 9.00pm	Dinner and Socializing

## Monday - Friday

7:00 – 8:00am	Sunrise stretch (optional)
8.00 – 8.45am	Breakfast
8.45 – 9.00am	Wind up – personal writing plan
9.00 – 10.30nn	Writing session 1
10.30 – 11.00am	Morning break
11.00 – 12.30pm	Writing session 2
12.30 – 1.30pm	Lunch
1.30 – 2.30pm	Walk, Massage, Stretch
2.30 – 4.30 pm	Writing session 3
4.30 – 5.00pm	Afternoon tea
5.00 – 6.00pm	Free time
6.00 – 7.00 pm	Wind down – aperitif and review
7.00 – 9.00 pm	Dinner and discussion

- \* Tuesday & Thursday
- \* Wednesday afternoon

Morning hike: for endurance!  
Making Bali offerings: for concentration!

\*optional (extra cost)

## Saturday

7:00 – 8:00am	Sunrise stretch (optional)
8:00 – 9:00am	Breakfast and discussion
9:00 – 11:00am	Goodbyes and airport transfers

### About Bali Mountain Retreat:

Our boutique eco-retreat is located in a lush tropical garden that guarantees serenity and quietude. Ten traditional houses of various styles are nestled within the garden compound offering a variety of writing spaces and private accommodation options.

Retreat participants are invited to choose a room or bungalow that best suites their needs, budget and taste. Choose between 12 private rooms.



The Butterfly Spa: massage space

The Retreat is a special place in Bali for connecting with nature and the traditional energy of the island. The Batukaru area is surrounded by rainforests, plantations and rice terraces and is an important site in Balinese spirituality. We offer our guests the opportunity to take a break from writing to experience these natural environments and the cultural practices of our local temple through guided treks. Guests can also book a massage





in our intimate spa.

The team at Bali Mountain Retreat has been hosting individuals and groups on retreat in the Batukaru highlands of Bali for over ten years. The retreat staff are all from the local village and are especially keen to share their beautiful surrounds and to support you to make your time at the retreat a success.

We look forward to welcoming you to Bali Mountain Retreat.

## Retreat meals:



Our restaurant uses fresh produce, organically grown when available. We have our own vegetable garden and always buy from local farmers and markets. Our menu features both Western and Asian cuisine, including many Balinese dishes. For retreats we serve a buffet selection of dishes to your table and guests share from the bowls and platters.

The retreat offers vegetarian meals, and can cater for vegan and most food intolerances. Meat dishes (chicken, pork, beef, fish), are available at a surcharge.



***Our retreat menu includes 3 meals per day and afternoon tea.***

- **Breakfast** is a fruit plate/or juice and either: 2 eggs (any style) steamed vegetables, sliced tomatoes and toast; Indonesian nasi or mie goreng; toast with jam, peanut butter, honey; pancakes with palm sugar syrup. Drinks: coffee or tea.

- **Lunch** is a mix of Indonesian style dishes e.g. crispy tempe, tofu, noodles, Nasi Kuning, Cap Cay, vegetables, and salads. Drinks: spring water.
- **Afternoon tea** includes tea or coffee and a small local snack.
- **Dinner** typically includes rice, noodle and potato dishes, tempe, tofu, vegetables and salads. Dessert may include: fried bananas, ice cream or chocolate cake.

**Beer and wine** are available on request and charged to guest's account.

## Writing Retreat Price Package

### *Writing Retreat 6 nights/ 7 days*

The retreat package includes your room for 6 nights + meals + airport transfers + 1 fifteen-minute shoulder massage + 1 welcome drink.

- **Accommodation:** we offer a choice of 12 rooms. Package price is for your entire stay including taxes. Prices are quoted in USD\$ for 1 solo person or 2 person share (for academic writing couples/friends).
  - 1 x Lotus Bungalow (deluxe): USD\$ Solo 890.00/ Share 590.00
  - 2 x Gladak Bungalow (superior): USD\$ Solo 765.00/ Share 530.00
  - 1 x Limasan Wishnu (deluxe): USD\$ Solo 980.00/ Share 635.00
  - 1 x Limasan Arjuna (deluxe): USD\$ Solo 980.00/ Share 635.00
  - 1 x Limasan Krisna (standard): USD\$ Solo 630.00/ Share 460.00
  - 4 x Teak House (superior): USD\$ Solo 765.00/ Share 530.00
  - 2 x Teak House (standard):\* USD\$ Solo 570.00/ Share 430.00

*\* All rooms with ensuite except Teak House (standard) which has outside bathroom.*
- **Meals** consist of three vegetarian meals and afternoon tea per day. (Meat and fish dishes are available at surcharge USD \$6.50 per guest per night).
- **Airport transfers** both ways. The retreat is about 2 hours from the airport. It is a pleasant and scenic drive once you turn off the main road to the foothills.
- **Massages:** 1 fifteen-minute shoulder massage is included in the package. Extra Balinese massages can be booked during your stay.

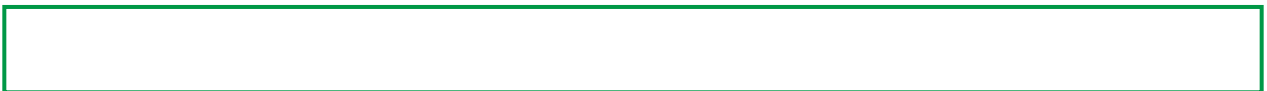
### *Extras upon request*

- **Drinks:** extra drinks as well as beer and wine are available at charge to guests account.

- **Treks** for groups. One trek through plantations to local temple & another trek through rice terrace and local village. 3 hrs USD \$15 p/p per trek.
- **Making Balinese offerings** group workshop: 1 hr USD \$15 p/p.
- **Massages**: Balinese massage 1 hr USD \$13 p/p.

## Registration & Payment

We advise registering early for your academic writing retreat as the number of participants is limited. This number restriction follows the recommendations set out in the academic literature regarding best practice. We follow the principles of a semi-structured retreat which provides protected time in which to write in a sustained way, and where participants are able to discuss and review their work with peers according to their needs and desires. The sense of academic community acts as a catalyst for self-motivation and shared learning.

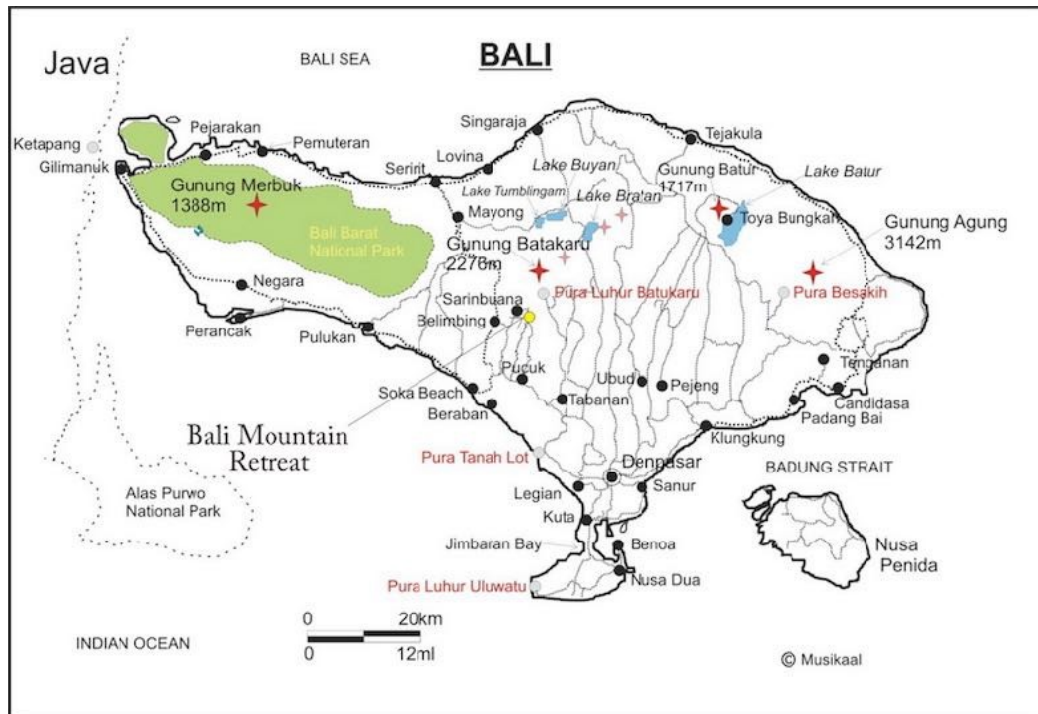


If you require a retreat at another date suitable your group or your institution please contact [junglejaunts@gmail.com](mailto:junglejaunts@gmail.com)



# Preparing for your Writing Retreat

Bali Mountain Retreat is located in the highlands of Mount Batukaru in central Bali. The fresh mountain air allows for warm days and cool evenings. Rainfall is plentiful and the area is fed by mountain springs. We offer real spring water to our guests and ceiling fans circulate the fresh air. Our retreat aims to be environmentally and culturally sustainable.



## What to bring:

- Clothes that can be layered from warm days to cool evenings. Comfort is a priority. Also bring sandals (flip-flops) and walking shoes.
- Equipment: laptop, phone, camera, chords, adaptor, notepad, pen.

## Prepare for writing:

- Have a set piece to write and do your research beforehand.
- Download research articles, information, reports etc to your laptop.
- WiFi is available, but the aim is to disconnect from interruptions and write!