

Retreat organised by In partnership with



CURATED ESCAPES

Ubud, Bali

LED BY ROHIT

24-28 JUNE 2026




*Get sweaty, Get happy.
Your Bikram Yoga Escape awaits
in Ubud, Bali*

The Essence of the Bikram Experience

Each day unfolds with two original Bikram Yoga sessions, one in the morning and another in the late afternoon. Rohit will guide you through the full Bikram sequence with his signature clarity and compassion, creating space for self-discovery and personal growth. Between sessions, indulge in your own rhythm of rejuvenation – unwind by the gorgeous pool, enjoy a soothing massage at the spa, vibrant cafés, explore Ubud in your own selected tours, and, or simply surrender to the serene pace of Ubud life.

Limited slots available.

 [yogaedition.sg](https://www.instagram.com/yogaedition.sg)

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The Practice

Ubud Yoga Centre @ubudyogacentre

All classes will be held at Ubud Yoga Centre. A world-class yoga studio designed by award-winning Balinese architect Popo Danes, featuring stunning architecture and overlooking a river and rice terraces. The facility is exceptionally well-maintained and clean with modern amenities including two open-air studios, a café with tasty and affordable food, towels and showers, and a children's playroom with kids' classes on weekends.

The natural surroundings—cicadas, river sounds, hundred-year-old jackfruit trees, and jungle views—combine with the thoughtfully designed eco-friendly architecture to create a magical sanctuary that encourages inner tranquillity and relaxation.

This retreat is more than an escape — it is a homecoming to your body and breath. The heat, discipline, and rhythm of Bikram Yoga practice will challenge you, while the stillness of Bali's natural beauty will restore you. Whether you are deepening an existing practice or rediscovering your connection to yoga, you will leave renewed — stronger in body, clearer in mind, and calmer at heart.

ABOUT THE ACCOMMODATION

Breathe, Sweat, and Reawaken in Bali's Green Gem — Ubud

Arkamara Dijiwa, Ubud Bali

Nestled amidst the lush greenery and tranquil rice fields of Ubud, Arkamara Resort Bali offers a serene sanctuary that perfectly complements the intensity and discipline of a Bikram yoga retreat. Designed with a harmonious blend of modern comfort and traditional Balinese aesthetics, the resort features elegantly appointed suites and pool villas, surrounded by tropical gardens and calming natural landscapes. Its peaceful setting, slightly removed from the bustle of central Ubud, creates an ideal environment for rest, recovery, and deep inner work—allowing participants to fully immerse themselves in both their practice and the restorative energy of Bali.

During the retreat, Arkamara becomes more than just a place to stay—it transforms into a space for holistic rejuvenation. Between your twice-daily Bikram Yoga sessions, unwind by the spacious pool, indulge in rejuvenating spa treatments, or enjoy nourishing meals crafted to support your wellness journey. The resort's intimate and boutique atmosphere ensures a personalized and grounded experience, where every moment—from sunrise to sunset—supports your physical, mental, and emotional reset.

Whether you are seeking to deepen your practice or simply reconnect with yourself, Arkamara Resort provides the perfect backdrop for a transformative retreat experience..



YOUR RETREAT LEAD

Rohit Mistry

It was in London in 2003, where Rohit first started picking up yoga. In the years that follow, practicing yoga made Rohit stronger and more flexible. He could also manage his stress and mental wellbeing better than before. After experiencing how yoga improved his quality of life while battling a serious illness, Rohit left a successful corporate career to teach yoga professionally in 2007, as soon as his illness was in remission.



Teaching yoga became a mission for Rohit as he wanted to help others benefit from the practice of yoga, the same way yoga has helped him. Since then, Rohit has taught yoga in New Zealand and England before joining True Group Singapore.

With over 18 years of teaching experience, Rohit is the Lead Instructor for True Group's acclaimed Original Hot 90 yoga program. Known for his engaging and dynamic approach, Rohit's classes are celebrated for their invigorating sequences and the positive energy he brings to each session. His deep understanding of yoga principles, combined with a genuine passion for guiding students of all levels, ensures that each class is both challenging and accessible. Rohit's commitment to creating a welcoming and supportive environment helps students achieve their personal goals and discover their full potential on the mat.

TENTATIVE ITINERARY

24-28 June 2026

Day 1 : 24 June (Wednesday)

- 05:15AM : Group Meet Up at Singapore Changi Airport
- 07:30AM : Flight to Bali via Scoot TR280
- 10:15AM : Arrival at Gusti Ngurah Rai International Airport
- 11:15AM : Airport Transfer
- Lunch En-route
- 02:00PM : Arrival at Ubud Hotel
- 05:00PM : Bikram Yoga Session
- 07:00PM : Welcome Dinner

Day 2 : 25 June (Thursday)

- 07:00AM : Bikram Yoga Session
- 09:30AM : Breakfast
- 11:00AM : Free & Easy
- 03:00PM : Bikram Yoga Posture Clinic (90 mins) *not heated
- 05:00PM : Bikram Yoga Session
- Free & Easy

Day 3 : 26 June (Friday)

- 07:00 AM : Bikram Yoga Session
- 09:30 AM : Breakfast
- 11:00 AM : Free & Easy
- 03:00 PM : Yin Yoga (90 mins) *not heated
- 05:00 PM : Bikram Yoga Session
- Free & Easy

Day 4 : 27 June (Saturday)

- 07:00 AM : Bikram Yoga Session
- 09:30 AM : Breakfast
- 11:00 AM : Guided Group Tour
- Free & Easy
- 07:00 PM : Farewell Dinner



Day 5 : 28 June (Sunday)

- 06:30AM : Breakfast
- 09:30AM : Group Check-Out
- 10:00AM : Airport Transfer
- 12:15AM : Arrival at Gusti Ngurah Rai International Airport
- 02:05PM : Flight back to Singapore via Scoot TR289
- 04:55PM : Arrival in Singapore

Itinerary is tentative and may be subjected to changes, depending on ongoing local conditions.

PACKAGE INCLUDES:

- 4N Accommodation at 5-star Resort
- Daily Breakfast
- Welcome & Farewell Dinner
- All Airport Transfers and Group Transportation Expenses
- 1x Guided Group Tour
- All yoga sessions and workshop
- Rental of yoga studio spaces and related logistics



PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

DOUBLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$ 1,420.00
Early Bird Price	S\$1,520.00
Regular Price	S\$1,620.00

SINGLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$1,880.00
Early Bird Price	S\$1,980.00
Regular Price	S\$2,180.00

** Prices listed are per person*

Early Bird Discount ends 4 June 2026.

**Attendees are required to bring their own yoga mats and any other props they deem necessary for practice.*

RECOMMENDED FLIGHTS

SINGAPORE – BALI | 24 JUNE 2026

7:30AM – 10:15AM | VIA SCOOT TR280

BALI – SINGAPORE | 28 JUNE 2026

2:05PM – 4:55PM | VIA SCOOT TR289

Payments

Payments will be made directly to Dream Valley Pte Ltd.
Please WhatsApp 8805 7790 or email
info@dreamvalleydestination.com for payment
arrangements.

Enquiries

Please WhatsApp 8805 7790 or scan the code to fill up
the enquiry form.



Prices are inclusive of prevailing GST. Slots are limited and will be allocated on a first-come-first-served basis. Upfront payment is required before a booking can be confirmed. A minimum of number of sign-ups is required for this retreat to run. In the event that Yoga Edition decides to cancel this retreat, a full refund will be accorded to affected registrations. No refunds or credits will be given for cancellation initiated by registrants. Other terms & conditions apply. *In the event of discrepancies between the printed and web versions, the web version shall prevail.





