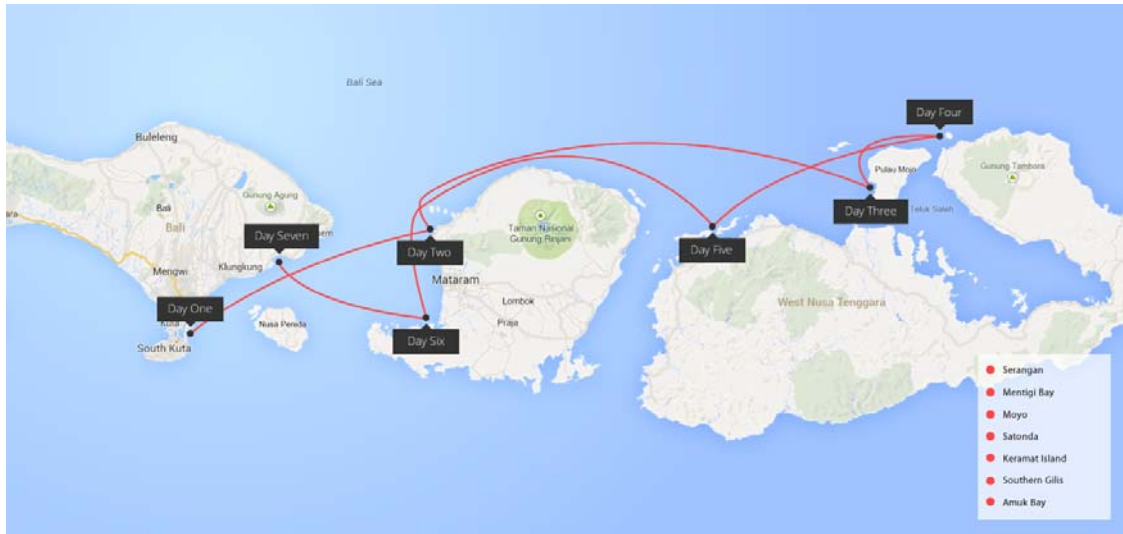


## Sailing unspoiled regions of the pristine Western Archipelago Islands



Day 1 Mentigi Bay, North Lombok.

Day 2 Moyo Island

Day 3 Moyo Island and Satonda Island

Day 4 Satonda and Keremit Islands

Day 5 Southern Gilies Islands

Day 6 Southern Gilies Islands

Day 7 Southern Gillies and land at Alila Resort Candi Desa check in 3pm.

Day 8 Bali spice markets, Royal Pools, Bali Asli Lunch and transfer to airport.

### Day 1- 22/7

- Transfer from Bali airport to boat harbor
- Cabin assignments, introduction to the team and relax
- Simple briefing and orientation
- Sunset Dinner on deck as we set sail
- Sailing overnight to the beautiful Mentigi Bay, Northern Lombok

### Day 2- 23/7

- Qigong on the top deck overlooking the quiet, clear waters of Mentigi Bay
- Breakfast with Chef Penne
- Outboard to the beach for a safety and snorkeling lesson. It's perfect snorkeling here due to the lack of any current.
- Snorkel to shore from the coral point for those who would like to snorkel over distance. Those less adventurous can experience corals and fish closer to shore

- We lunch onboard and sail to the island of Gilies Air where we can snorkel again, or just discover the island. With no cars or bikes, it's a gentle one hour stroll around the island with a number of beautiful beaches along the way
- Acupuncture and massage sessions late afternoon
- Dinner on the boat as the sun sets and we set sail, cruising overnight to Moyo Island

### **Day 3 - 24/7**

- Moyo Island greets us at sun rise and the morning Qigong practice deepens awareness of our connection to nature and ready's us for the day
- Swim the coral reef and later we moor off shore from a small village and walk through the village farms to a forest path. Following this path we emerge at a clear river pool fed by a large waterfall. Swing from vines and drop into the pool below or just swim the cool clear waters. We lunch as we cruise to Angel Reef. A beautiful coral garden awaits us and offers incredible snorkeling in crystal clear waters. A drift snorkel wall offers the more adventurous a breathtaking experience
- We moor here overnight. Acupuncture, massage, and tales of Eastern adventures by our expedition leader and author, Dr Lawrence Blair

### **Day 4 – 25/7**

- Morning start with Qigong meditation. We arrive a few kilometers down the Moyo coastline. Here we explore a mystery destination and later spend time on the beach
- After lunch we depart again for afternoon sailing to the small island of Satonda.
- This is a greatly mystical Island and there is much to explore. We will moor here overnight
- Acupuncture and massage in the afternoon

### **Day 5 - 26/7**

- Morning Qigong on deck or on the Island
- Satonda Island has a sunken volcano-lake at its center. We have all day to explore this island and the bay where we moor is excellent for swimming and snorkeling.
- In late afternoon we set sail west, back to the Southern Gilis and Keremit Island in Lombok

### **Day 6 - 27/7.**

- Morning Qigong at the southern Gilis islands consolidates our strength with the forces of nature
- Today, we short-sail directly west, bringing us to the northern coast of Nusa Penida
- Drift snorkels coral reef gardens and pristine beaches along a number of small islands; just off the main port of Lembar on Lombok
- Acupuncture and massage through the afternoon
- Celebrate our last dinner on deck

### **Day 7 - 28/7**

- Morning Qigong to collect the harvest of Qi ready for departure
- Depending on the wind and tide we will have the opportunity to see the coral reefs at Pura Ped or Buyuk. These tend to be exciting drift dives over a sloping colorful reef, with randomly placed barrel sponges and bommies. Schools of redtooth triggerfish, fusiliers, butterfly fish and drummers ride the ocean currents. If we are lucky we will see giant mola-mola fish, turtles or manta rays
- Mid afternoon, we sail to a north eastern port of Bali and transfer to our luxury rooms at the Alila Resort. We relax till dinner is served at 7pm under the coconut palms

### **Day 08 29/ 7**

- Feel the power of our first Qigong session on the land of Bali. Consolidate all the benefits acquired through our practice over the last six days
- After breakfast at the Alila Resort, we visit the spice markets with Chef Penne to see exotic spices and local produce
- Swim at Tirtha Ganga (the royal swimming place) in the mountains, as it is said that these healing waters are a tributary of the Ganges River
- We then relax at Chef Penne's restaurant, Bali Asli, overlooking mount Agung, for a magnificent lunch
- Rest at Alila Resort until our transfer to the airport in the evening.