

A vibrant tropical beach scene featuring several tall palm trees with lush green fronds. The ground is covered in bright green grass, and the ocean with white-capped waves is visible in the background under a clear blue sky with scattered clouds. The text 'UPSTATE' is centered at the top in a white, bold, sans-serif font.

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
BALI 2026

HELLOOOO PARADISE!

Hi legend!

We're so excited for a week of adventure, connection + movement in Bali.

This guide has everything you need to know – where you are going, what to pack, and what to expect.

Let's get you prepped for a week of sun, sweat, and stunning views!



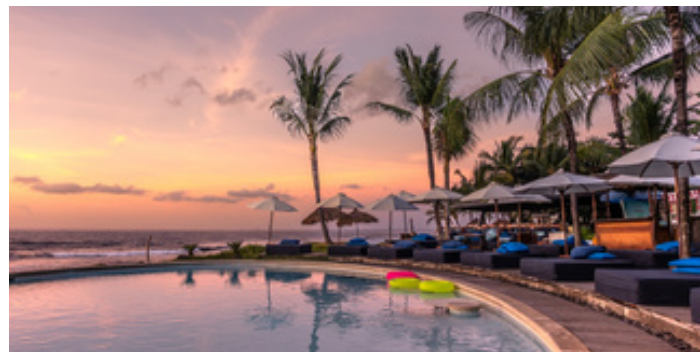
GET SET FOR ADVENTURE

This retreat isn't just about relaxation, it's your launchpad for adventure, connection, and movement!

Start your day with a sunrise walk along the sand, watching the ocean sparkle as surfers carve through the waves.

Indulge in more than just your included massage at the spa, where treatments blend traditional Balinese healing with modern wellness rituals like rejuvenating body scrubs, and glowing facials.

When you're not pampering yourself, take time to explore and fully enjoy the resort's expansive tropical grounds, designed to inspire both rest and play.



Practise all your favourite class styles including Reformer Pilates, Mat Pilates, Power Flow and Yin Yoga, all led by our experienced Upstate instructors.

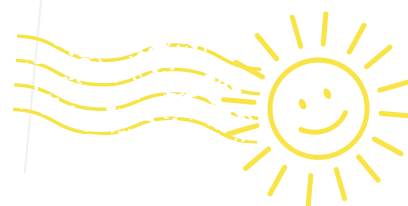
Every class is optional, so you can fully tailor your retreat to what your body and mind need most. Feel empowered, connect with good vibes, and uncover your inner calm.

This is your time to move, explore, recharge and make it unforgettable!

ISLAND ESCAPE



Welcome to your home
for the week - Hotel
Komune, a tropical
escape set on Bali's
unspoiled east coast
overlooking the world-
famous Keramas surf
break.



THE RESORT

This retreat space is where wellness meets the waves.

Surrounded by lush gardens and ocean views, the resort offers stylish rooms alongside state-of-the-art wellness facilities.

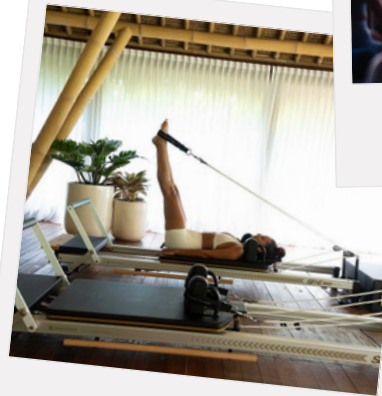
It boasts purpose-built reformer and mat studio spaces (including an open-air oceanfront beach shala), allowing you to move mindfully surrounded by nature far from life's usual distractions.

Treat yourself to a spa or recovery session – think invigorating massages, sauna and cold plunge.

Lounge by the beachfront infinity pool or utilise the indoor and outdoor gym spaces.

The resort also has three unique restaurants that offer a variety of dining experiences, each highlighting the vibrant flavours of Bali with locally sourced ingredients, nourishing dishes, and international favourites.

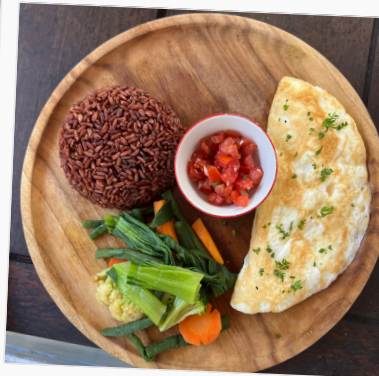
In between classes and rest time explore nearby cultural gems in Ubud, book an excursion or simply stroll on the beach. Whether you're seeking connection, adventure, or relaxation, you'll find the ultimate balance right here.



SAMPLE DAY



6:30AM
MAT PILATES



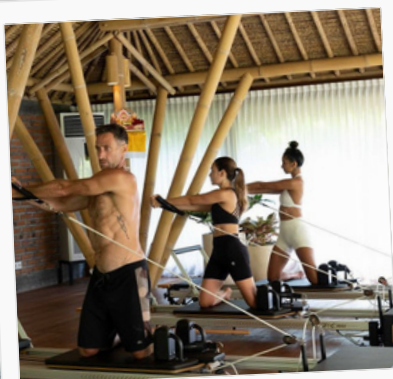
7:30AM
BREAKFAST



9:30AM
FLOW



12:00PM
LUNCH



4:00PM
REFORMER PILATES



5:00PM
YIN



6:00PM
DINNER

PRICES + ROOMS



Set on the lush and unspoilt East Coast of Bali, Hotel Komune Resort and Beach Club is blessed with a hypnotising view of the world famous Keramas surf break.

With its pristine volcanic beach, this beachfront Bali resort offers a wonderful experience of spending leisure time in a natural luxury hotel.

All rooms feature the following amenities:

- Private Bathroom
- Cable / Satellite TV
- Separate Hanging Closet
- Luxury linen, robes and towels
- Electrical Adapters Available
- Wireless Internet available
- Work Desk w/ Lamp
- Air Conditioner
- Hairdryer available
- In Room Safe

Check in on arrival day: 2pm

Check out on departure day: 12pm

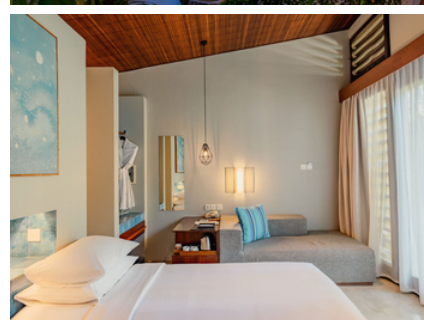
Retreat starts with dinner on arrival day and ends after breakfast on departure day.

NOTE

EARLY BIRD ends: July 10th 2026
Book with a friend and save \$100 each!

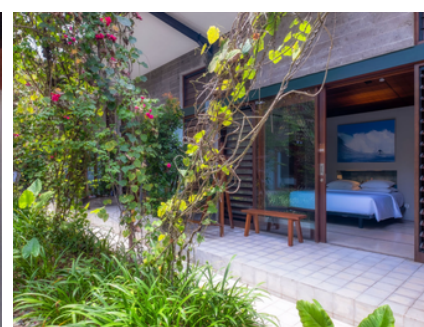
PRICES + ROOMS

Upgraded Rooms available on request and subject to availability.



RESORT ROOM SHARED

Early Bird \$2390, Full Price \$2690



RESORT ROOM PRIVATE

Early Bird \$2890, Full Price \$3190

PAYMENT DETAILS

SECURE YOUR SPOT!

To lock in your place (and those island paradise vibes), a \$700 deposit is required.

- You'll receive an invoice with payment details after you have registered.
- The deposit is non-refundable and must be paid within 7 days of receiving your invoice.

HOW TO PAY

We accept both credit cards and bank transfers. More details on your invoice!

REMAINING BALANCE

- 50% due 90 days before the retreat start date.
- Final balance due 60 days before the retreat start date.
- Full T&Cs here: [Retreat Terms & Conditions](#)

Let us know if you have any questions—we're here to help!



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Bug spray (just in case)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

- 5 Nights Accommodation
- Daily classes
- All Meals
- 1 Massage
- Finale Dinner

WHAT'S NOT INCLUDED

- Airfares
- Airport Transfers
- Travel & Medical Insurance
- Recovery Treatments
- Additional Food and Drink outside of set meals
- Additional Excursions

STAY CONNECTED

We'll set up a WhatsApp group closer to the retreat so we can coordinate, share tips and hype each other up!

FAQ'S

HOW DO I SECURE MY SPOT?

Register and once we have received your deposit, your spot is secured! We can only hold your place for 7 days without a deposit so please plan accordingly.

DO I NEED TO HAVE A REGULAR YOGA/ PILATES PRACTICE OR FITNESS REGIME TO ATTEND?

Our Upstate teachers are experts in delivering classes with plenty of modifications, so no matter your experience level, you will be able to enjoy the feeling of moving with the group. Classes are also completely optional. So if you do decide that a book by the pool or a rest in your peaceful bedroom is what's calling you most, go for it!

I HAVE SPECIAL DIETARY REQUIREMENTS. CAN THAT BE ACCOMMODATED?

Of course! We will cater to all your food requirements. You can relax knowing your special requirements will be taken care of. Please let us know in advance of any dietary requests.

ARE FLIGHTS INCLUDED IN THE RETREAT PRICE?

Flights are not included in the price. Guests are responsible for booking their own flights.

HOW DO I GET TO THE RETREAT FROM THE AIRPORT?

Upstate private transport is available upon request.

WHAT IF I NEED TO CANCEL? WILL I GET MY MONEY BACK?

If you cancel 90 days or more prior to the retreat, you receive the full amount paid with exclusion of the non-refundable \$700 deposit.

If you cancel 60-31 days or less prior to the retreat, you will forfeit 50% of all payments made towards the retreat.

We cannot offer refunds for cancellations within 30 days of the retreat.

CAN I BOOK WITH FRIENDS?

Yes! Let us know you'd like the shared room option together and we can make it happen.

FAQ'S

CAN I COME SOLO?

Absolutely! Coming solo to a retreat is an awesome way to dive deep into self-care and meet some new like-minded people.

CAN I STILL GET A SPOT IF IT'S SOLD OUT?

Join the waitlist by contacting us, and be the first to know if a spot does become available!

DO I HAVE TO BE AN UPSTATE MEMBER TO ATTEND?

Nope! All are welcome.

WHAT IS THE AGE RANGE OF ATTENDEES?

We welcome all ages 18+ to attend and enjoy retreats.



**GET
ON
UP**