**FAQs**

**Are flights included in the cost?**

Sadly no, you must purchase your own return flights (check Skyscanner.com for great deals)

Travel insurance is required.

**Which airport do I fly to in Bali?**

Denpasar International Airport (DPS)

**How do I get from the airport to the retreat?**

The airport is approx. 40 mins from the retreat. Airport transfers are not included however there are plenty of taxis available at the airport at the exit. It costs about IDR 40 which is approx. $40AUS. I have a driver I use, Daniel. Let me know if you need his details?

**What is required to travel to Indonesia?**

You no longer need to provide proof of COVID-19 vaccination to enter Indonesia or travel domestically.You will need to purchase a Visa which can be purchased prior online or on Arrival (VOA) which costs approx. AU$55.

Follow advice on Smart Traveller (for Australians) or your local country travel advice website for any updated information. https://www.smartraveller.gov.au/destinations/asia/indonesia

**What time should I arrive for the retreat?**

Official Welcome will begin at 5pm on the first day of the retreat, however, check in time in anytime from 4pm so you are welcome to arrive anytime from 4pm should you wish to relax.

We may be able to check in earlier if no one else have booked the night prior)

**What time is check out on the last day?**

Check out is 11am.

**If I want to come with a friend does the twin share package cover both of us?**

The twin share cost is per person, i.e., if you are coming with a friend you would purchase 2 x twin share packages. If you’re coming solo, but purchasing the twin share package, you will be roomed with another guest also attending solo.

We have a special offer until the end of September if you book with a friend, you both receive a $50 discount.

**What if I come along alone? Will I have to share a room?**

It’s completely up to you! Sharing a room is more cost effective and is an opportunity to make a new friend. If you don’t wish to share a room with someone you don’t know yet, then it’s best to book a single room.

**What if I’ve not done a lot of Pilates or Yoga before?**

All our classes will besuited to all levels. No prior experience is necessary.

**Do I have to participate in every activity?**

We encourage guests to take part in all activities of the week, but we also understand that sometimes you just want to take a break. It’s your holiday and totally up to you! There will be plenty of free time every day to do what you please.

**Can I bring my child/children on the retreat?**

Our programs & events are designed to cater to adults. Therefore, children of any age under 18 are not permitted to be present.

**How do I book?**

Email [hello@pilateshaus.com.au](mailto:hello@pilateshaus.com.au) to register your interest. A $300 deposit is required to confirm your spot. Payment plans are available. Please ask at time of booking.