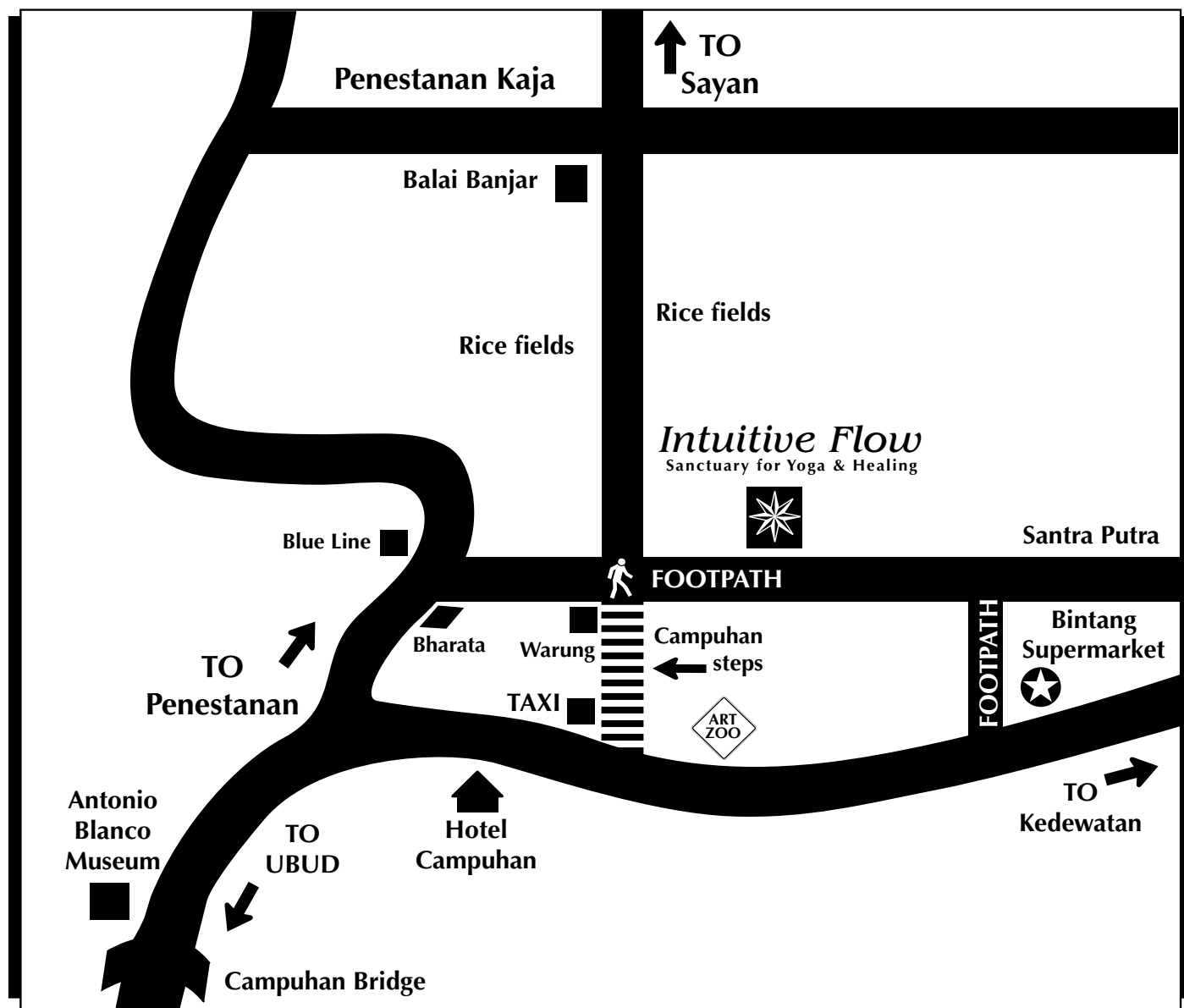


Intuitive Flow

Sanctuary for Yoga & Healing



4 optional ways to get to Intuitive Flow...

Up the Penestanan steps

Look for the posko (Taxi stand) across from Tjampuan hotel. Next to the posko, there are the famous Penestanan/Campuan steps. Climb the steps all the way up to Ibu Putu's warung. After Ibu Putu's warung, make a right, climb a few more steps, pass a small rice field, you will see the sanctuary on the left. It's a red building.

A short walk from Penestanan

Across from blue line, next to Bharata, there is path with a sign that says Gerebig, take this path, pass Gerebig, pass Melati Cottage, pass Londo, ... go down a few steps crossing another path, keep going straight ahead, climb a few more steps, pass a small rice field, and you will see a red building on the left. This is Sanctuary.

By motorbike from Penestanan Kelod

From Ubud up the hill to Penestanan Kelod, follow jalan Penestanan Kelod, until a T-junction. Turn right to Penestanan Kaja, at the balai banjar. Make a right, go down a hill keep going, cross a small river, pass Made's warung on the right. Pass Santra Putra on the left, pass Lala and Lili's warung, Sawi Beadwork. Find a parking spot. Walk to the end of the path, before Ibu Putu's warung make a left, climb a few steps, pass a small rice field and you will see a red building on the left. This is the Sanctuary.

Walk from Bintang Supermarket

Park your car on Jalan Raya near Bintang. Just before Bintang (if you are coming from Ubud) there are some steps. Climb the steps and follow the path until you reach Santra Putra and make a left. Follow the path, after Kori Agung, on the right you will see the Sanctuary. It's a red building.