



Borneo  
Orangutan  
Survival UK

# Get ready for your trip Rainforest Retreat



**Immerse yourself into an unforgettable week, whereby you return home with memories that will last a lifetime.**

From walks in the rainforest to watching orangutans roaming free on the sanctuary islands, a week on one of these retreats is for anyone looking for a transformative experience. Prepare yourself for something entirely different—a place where you can absorb the natural world and reinvigorate the human soul.

## Your guides



**Sylwia**

*Tour leader*  
swojlaw@bos-uk.org



**Sam**

*Tour leader and photographer*  
srios@bos-uk.org



**Diaz**

*Yoga teacher*  
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## Samboja Lestari Eco Lodge

We have chosen a special place for our yoga retreat. Located in the Borneo Orangutan Survival's beautifully appointed eco-lodge where aesthetics and artisanal handicraft blend seamlessly into its breath-taking surroundings. You don't have to even move from your bedroom with its panoramic views to enjoy the abundant wildlife all around.

Sustainability and conservation are at the core of our values, by staying with us you directly give back to the wild spaces around you.

Two room choices available, a private double room or a shared twin. Each room has its own en suite and exceptional views of the rainforest. For an extra unforgettable experience, for an extra fee, you can book a king room on the top floor of the lodge with an 180 degree view over the forest canopy or a queen room below that features an intimate 180 view of the forest understory.

## Food and Drinks

The price for your accommodations also includes all 3 meals per day (not including alcohol). For those who eat meat, we consciously choose locally sourced meat and fish, and for those who are plant-based we always provide delicious alternatives. Tea and coffee are available at all times.

While we can cater for different diets, we would like to be informed about your dietary requirements/allergies in advance. Please make sure that you will provide us with all necessary information.

## Recommended flights

\*Any flights arriving in Balikpapan, Kalimantan on Sunday 16th October and departing Balikpapan on Saturday 22nd October. Let us know if you are planning to arrive/depart on different days.

\*Please remember that airfare is not included. The airport shuttle is only included on the day the retreat begins and ends. An extra fee will be added if you arrive or depart on alternative days.

## Contact:

If you have any queries or would like to chat to anyone about the best options for you, please contact Sylwia via [swojlaw@bos-uk.org](mailto:swojlaw@bos-uk.org) or via phone/whats app +44 7496428237.

Please note that we may need to contact you from time to time with important information via email. If you have booked a retreat with us, please ensure that you provide us with an up-to-date email address and check your inbox regularly for any important updates, as you may miss out on critical information.

## Vaccinations

According to the most recent governmental advice, three COVID vaccines and a PCR test are required to enter Indonesia and Samboja Lestari, please note that it's up to you to take with you ALL required confirmation documents.

**Important:** For any further vaccines, please consult with your travel clinic.

## Fitness Level

This retreat is open to **ALL LEVELS**. Most yoga offered will be considered intermediate, with both modifications for beginners and challenges for more experienced practitioners provided.

## Payment

**To secure your booking, a deposit of £500 is required. The final payment is due 1 month prior to your trip.**

**Single room supplement:** £250

**Queen room supplement:** £500

**King room supplement:** £700

## Cancellation Policy

Please note that unless the retreat is cancelled, your deposit is non-refundable as costs need to be paid in advance.

# ○ Your itinerary

## DAY 1: Arrival

Arrival in Kalimantan. Airport transfer

-  Depending on arrival times, free time to walk and relax
-  Your sunset yoga practice
-  Group dinner and getting to know each other.

## DAY 2

-  Morning yoga class
-  Breakfast
-  Samboja Lestari Sanctuary Tour
-  Lunch
-  Optional yoga workshop/free afternoon
-  Sunset yoga class
-  Dinner

## DAY 3

-  Morning yoga class
-  Breakfast
-  Waterfall tour
-  Lunch
-  Optional yoga workshop/free afternoon
-  Sunset yoga class
-  Dinner

## DAY 4

-  Full day rainforest trek, animal and plant spotting

## DAY 5

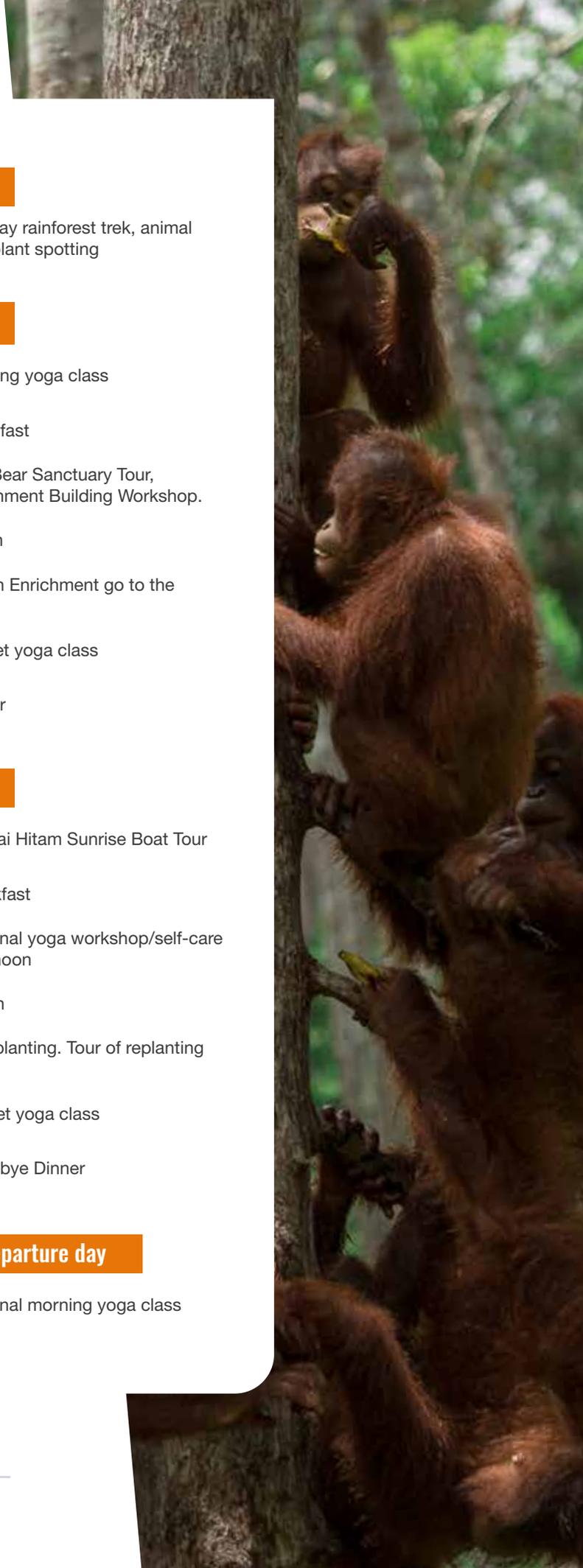
-  Morning yoga class
-  Breakfast
-  Sun Bear Sanctuary Tour, Enrichment Building Workshop.
-  Lunch
-  Watch Enrichment go to the Bears
-  Sunset yoga class
-  Dinner

## DAY 6

-  Sungai Hitam Sunrise Boat Tour
-  Breakfast
-  Optional yoga workshop/self-care afternoon
-  Lunch
-  Tree planting. Tour of replanting area.
-  Sunset yoga class
-  Goodbye Dinner

## DAY 7: Departure day

-  Optional morning yoga class



## ○ Daily yoga

Our retreats are designed so that yoga complements a rainforest experience. Each morning around 6:30am, we will gather to flow through a 60min vinyasa class to awaken the mind and body, preparing us for the adventure-filled day ahead. Our second yoga class of the day is around 5pm as the day begins to settle and just before sunset. Those classes will be taught by Diaz and we welcome all yogis, from complete beginners to experienced students.



### Workshop 1

**ASANA LAB:** Learn yoga alignment correctly and safely.

*Duration: 90 - 120 minutes*

In this workshop we'll break down some important yoga asanas (postures) and go in deep with their alignment and modifications. There are so many yoga asanas; seated poses, standing poses, laying down poses, balancing poses, fold poses, twisting poses, heart opener poses, hip opener poses, inversions, and the list goes on. We'll discuss and practice some of the crucial alignment of these poses for you to perform better during class or at your own personal practice, improve your stability and flexibility and gain more benefits for your body and mind.

### Workshop 2

**PRANAYAMA:** Discover the traditional and the new breathing techniques for keeping you at ease and peace.

*Duration: 60 minutes*

Breathing is fundamental. Although we do it unconsciously, sometimes we don't realize the huge benefits from mastering the techniques of breathing. When we are aware of our breathing, we can get so many benefits from it. Learn from the basics that give you a calming effect, to some that can give you a sense of balance, clarity, mindfulness, even strength and the feeling of openness.

### Workshop 3

**ARM BALANCE:** Overcome your fear and gain more strength by paying attention to your core!

*Duration: 120 minutes*

Arm balance can look intimidating. Often in any yoga class, these poses are what class participants often avoid. Arm balance is actually fun but sometimes we don't get enough chances to discover how to enter the poses. Through this workshop we'll learn to use body locks (bandha), engage our core, strengthen our arms and wrist, to trust ourselves and overcome our fear. Dive into these "fancy" yoga poses and have fun to learn step by step on how to perform these asanas correctly and safely. Get ready to fly!

## ○ Massages

Available on request. Please let us know at least 24h in advance if you would like to book one.



# ○ Activities

## Orangutan Survival Sanctuary Experience



*“The eyes of the orangutan are always coming to me before I go to bed. They always remind me that I have to work harder and harder to let them out of the cages”*

Jamartin Sihite, BOS Foundation CEO

home to over 200 orangutans that have been released into 6 islands around the lodge. Our detailed tour, will get you one-of-a-lifetime opportunity to deepen your orangutan knowledge but also observe the behaviour of rehabilitated individuals living within the complex.



## Waterfall Trip



Half of the day to enjoy walking, swimming and being with nature.

## Sun bear Sanctuary

The BOS Foundation also looks after a number of sun bears, smallest bears in the world. You will get to see staff feed the bears but you will also get an opportunity to participate in building daily enrichment.



## Sungai Hitam River Cruise



Following a 30 minute drive from Samboja Lestari, you take a boat ride along the Sungai Hitam river to see highly endangered proboscis monkeys.

## Bukit Bangkarai Full Day Trek

Less than one hour drive from Samboja Lestari lies the protected forest area of Bukit Bangkarai. Releasing sites for around 80 orangutans and a home for Malayan sun bears, proboscis monkeys, 242 species of birds (9 species of hornbills!) and countless other species.



Upon arrival in BB, we meet our local guide and start searching for all those beautiful creatures. The trek is easy and some parts are a little bit muddy so please, bring appropriate footwear!

## Tree planting

There are more than a hundred thousand young trees of many varieties in our nearby plantation. It takes a lot of knowledge to plant trees properly, finding the best locations regarding amount of sun, water needs, proper soil balance and nutrients, etc. It is very educational



and you will be able to experience for yourself the value of the local workers.

## ○ What's next?

**Are you interested in extending your Indonesian Adventure?  
At the moment, we have two possibilities for you but if you have  
a specific idea in place, we are happy to assist too!**

### Derawan Islands

Welcome to paradise! The classic tropical islands of the Derawan Archipelago are where you go to trade jungle trekking and orangutans for white unspoiled beaches, palm trees and warm blue sea. Snorkel or take an optional scuba excursion to see schools of barracuda, whale sharks, green sea turtles, manta rays and more near Derawan's coast



### Yogyakarta and Borobudur Temple in Java

Visit Borobudur at sunrise to explore this massive Buddhist Temple- the largest in the world- and discover the incredible history behind its construction. Travel along small lanes lined with traditional houses and stop to see village activities such as making cassava crackers, playing the gamelan and harvesting and drying of vanilla and chilli.



**Get in touch with Sylwia to help  
arrange your activities outside  
the lodge**

**Sylwia**

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