

Frequently Asked Questions by Category

General Questions

When is the retreat?

Our journey begins October 6, 2027. Our 10-day Birth Workers Retreat takes place in Bali, Indonesia, from October 9–18, 2027.

This Who is this retreat for?

This retreat is intentionally designed to create a culturally affirming space that centers the experiences, wellness of Black women.

While the retreat primarily welcomes birth workers, including doulas, midwives, nurses, childbirth educators, lactation consultants, physicians, therapists, and maternal health advocates, it is also open to others who value and support this mission.

Even if we've never met before, our shared commitment to caring for women, families, and communities creates an immediate sense of connection. It is this common purpose that transforms a group of strangers into a supportive colleagues.

Do I have to be a doula to attend?

No. While this retreat is thoughtfully designed with birth professionals in mind, we also welcome individuals who are passionate about maternal health, women's wellness, and supporting the mission of improving birth outcomes. Whether you are a doula, midwife, healthcare professional, advocate, or simply someone who values this work, you are invited to join us for a transformative experience of rest, renewal, connection, and cultural immersion.

What makes this retreat different?

Unlike a traditional vacation, our retreats combine:

- Rest and self-care
- Cultural immersion
- Professional networking
- Wellness experiences
- Reflection and renewal
- Opportunities to build lifelong friendships with birth workers from around the world

Registration & Payments

How do I reserve my spot?

A deposit secures your reservation. Registration is complete once your signed agreement and deposit have been received.

Do you offer payment plans?

Yes! To reserve your place on the retreat, a **\$750 non-refundable deposit** is required at the time of registration.

To make planning easier, you may choose **one of two payment options**:

1. **Pay in Full** – Pay the full retreat investment at the time of registration.
2. **Monthly Payment Plan** – Secure your reservation with a **\$750 non-refundable deposit**, then enjoy convenient **automatic monthly payments of \$500** charged to your selected payment method according to your agreed-upon payment schedule until your balance is paid in full.

Our flexible payment options are designed to make your retreat experience more accessible while allowing you to plan with confidence.

When is the deposit due?

Registration opens on September 15, 2026.

To secure your reservation, a **\$750 non-refundable deposit** is required at the time of registration.

Space is limited to **16 participants**, and accommodations are available on a **first-come, first-served** basis. Each villa and room at SEED Bali is uniquely designed, with its own distinctive features, layout, and pricing. Once a room has been reserved, it is no longer available for selection.

We encourage you to register early to enjoy the widest selection of accommodations and ensure your place on this unforgettable retreat.

When is my final payment due?

Final payment is due July 15, 2027

How and when are payments made?

If you choose the **monthly payment plan**, your payments will be **automatically drafted** from your selected payment method on the **15th of each month**, beginning **October 15, 2026**.

Monthly payments are **\$500** and will continue for **up to 10 months**, or until your retreat balance has been paid in full, whichever comes first.

Automatic payments make it easy to stay on schedule while securing your place on the retreat.

What payment methods are accepted?

We accept a variety of convenient payment methods, including **major credit and debit cards**. All payments are processed securely through our online payment system to ensure your personal and financial information remains protected.

Are payments refundable?

No. All retreat payments are **non-refundable and non-transferable**, as planning and financial commitments begin well in advance of the retreat.

For your peace of mind, we **strongly recommend** purchasing comprehensive travel insurance that includes coverage for trip cancellation, trip interruption, medical expenses, emergency evacuation, and other unforeseen circumstances that may affect your ability to travel.

What's Included?

What is included in the retreat investment?

Your retreat package includes:

- Welcome celebration
- 5 Star hotel stay in Singapore
- Ten days luxury private estate accommodations
- All chef-prepared breakfasts, lunches, and dinners during all scheduled group dining experiences throughout the Bali retreat.

- Enjoy elevated dining experiences featuring fresh, locally sourced ingredients, thoughtfully prepared by SEED Bali's talented culinary team and served in breathtaking private settings.
- Group airport transfers to and from the Estate
- Nature inspired gym with State of the Art fitness equipment
- Immersion in Balinese culture and Indonesian cuisine
- A customized, personalized itinerary uniquely designed to balance adventure, wellness, culture, and relaxation activities.
- Traditional Balinese Dance Performances
- Retreat Gift
- Two (2) spa treatments at the SEED Estate. You can choose either a 60-minute or 90-minute massages, based on your personal preference and spa availability. Transportation for group planned excursions and activities.
- Exclusive access to a stunning oceanfront swimming pool, cascading jungle pools, and tranquil waterfall features
- Complimentary Wi-Fi
- Private Yacht Charter - Day Cruise
- Cultural excursions
- Entrance Fees and Activity Tickets
- Biohacking Spa w/Inferred Sauna and Temperature controlled Ice Bath
- Nature Trails w/Scenic routes, hiking, or outdoor fitness challenges
- Gratuities for group arranged activities

What is NOT included?

- Transportation to and from the JFK meet-up airport
- All Domestic and International airfare
- Airport transfers to and from the estate if you arrive earlier or later the groups arrival
- Passport fee (\$130-\$165) [See the US official website](#)
- Visa fees (\$56) [See Bali's official website](#)
- Tourist tax (\$8) [See Bali's official website](#)
- Required or recommended vaccinations (check the [CDC's website](#))
- Travel insurance (Highly recommended and encouraged you purchase)
- Global Entry (\$120, Highly encourage you purchase) see the [U.S. Official website](#)
- Transportation outside scheduled group activities (including taxis and ride shares)
- Optional excursions, activities or spa services
- Gratuities for privately arranged activities or services (e.g., spa services, private transportation, etc)
- Cocktails, mocktails, beers, and wines
- Meals, snack or refreshment not listed on the itinerary

- Meals and beverages during the layover in Singapore
- Personal shopping
- Personal expenses e.g., laundry, room service, telephone charges, or incidental expenses

Travel

Which airport should I fly into?

The group will meet at New York's John F. Kennedy International Airport (JFK) and travel together on Singapore Airlines. Our journey to Bali's Ngurah Rai International Airport (DPS) includes scheduled layovers in Frankfurt, Germany, and Singapore. Complete flight itineraries and travel details will be provided upon registration.

Do I need a passport?

Yes.

Passport Requirements for Travel to Bali (Indonesia)

To enter Indonesia, travelers must have:

- A **valid passport** with **at least six (6) months of validity** remaining beyond the date of entry into Indonesia.
- **At least two blank passport pages** for immigration stamps.
- A passport that is in **good condition** (not damaged, torn, or excessively worn).
- A **return or onward ticket** showing departure from Indonesia.

Important: If your passport expires within six months of your arrival date, you may be denied boarding by your airline or refused entry into Indonesia. Please check your passport well in advance and renew it if necessary.

Do I need a visa?

- Yes, **Visa or Visa on Arrival** is required for US citizens. Purchasing it online will cut down on the time at customer. [See Bali's official website](#)

Should I purchase travel insurance?

Absolutely! We strongly encourage every participant to purchase comprehensive travel insurance to protect their investment and provide peace of mind throughout their journey.

Your policy should include coverage for:

- Trip cancellation and trip interruption
- Emergency medical expenses
- Emergency medical evacuation
- Lost, delayed, or damaged luggage
- Flight delays, cancellations, and missed connections

While we hope your travel experience is seamless, unexpected situations can arise. Travel insurance helps ensure you're financially protected should unforeseen circumstances impact your trip.

Accommodations

Will I have my own room?

Depending on availability, you may choose between **single-occupancy** and **double-occupancy** accommodations.

For guests seeking additional privacy, **single-occupancy rooms or villas** are available for an additional fee. Guests who prefer a more economical option may select **double occupancy** and share accommodations with another retreat participant.

Are all the rooms the same?

Each villa and guest room at the resort is unique, with pricing based on its size, features, and amenities. As a result, no two rooms are priced exactly the same. Rooms are reserved on a first-come, first-served basis, so once a room has been selected and reserved by another guest, it is no longer available and you will be able to choose from the remaining available villas. The price for each room will be listed next to the accommodation option on the website and on the registration page.

Can I choose my roommate?

Yes. If you already have a preferred roommate, both participants must indicate each other as their requested roommate during registration.

If you do not have a preferred roommate but select **shared accommodations**, we will thoughtfully match you with another participant. While we cannot guarantee roommate compatibility, we will make every effort to pair guests in a way that creates a comfortable and enjoyable retreat experience.

What if I don't know anyone?

You're not alone! Several of our guests have come to a retreat alone, and it's one of the things that makes the experience so special.

Our retreat is intentionally designed to create meaningful connections through shared experiences, wellness activities, cultural immersion, and group excursions. Time and time again, participants arrive as strangers and leave with lasting friendships, a supportive community, and cherished memories that extend far beyond the retreat itself.

Food & Dietary Needs

Will vegetarian or vegan meals be available?

Yes! Chef at the SEED Estate is very accommodating to a variety of dietary preferences, including vegan and vegetarian diets. Their culinary philosophy emphasizes fresh, locally sourced ingredients and health-focused dining. Menus feature a variety of nourishing dishes prepared with seasonal produce, and the chefs are experienced in accommodating different dietary needs.

Can you accommodate food allergies?

If you have dietary restrictions—including gluten-free, food allergies, or other special dietary needs—please let us know on your registration form. We will share this information with the SEED culinary team in advance so they can prepare appropriate meal options for you.

Activities

Are all excursions required?

No. Participation is always optional. This is your retreat—you are welcome to relax at the resort if you prefer.

Will there be free time?

Absolutely! We've intentionally designed the retreat schedule to provide a balance of planned activities and personal time. Each day includes a variety of optional experiences, allowing you to choose the activities that interest you most.

This flexible approach gives you the freedom to personalize your retreat by adding in additional free time for relaxation, shopping, spa treatments, or exploring on your own

Is the retreat physically demanding?

We welcome participants of all abilities; however, this retreat includes activities requiring moderate to active physical mobility.

Individuals with mobility limitations, walking difficulties, chronic back or knee conditions, or those using assistive devices such as canes, walkers, or wheelchairs may find certain excursions physically challenging.

Safety

Is Bali Safe?

Yes. Bali is considered one of Southeast Asia's most popular and generally safe tourist destinations, welcoming millions of international visitors each year. As with any travel destination, visitors should exercise common-sense precautions, such as safeguarding personal belongings, using reputable transportation services, and remaining aware of their surroundings, particularly in crowded tourist areas or at night. Petty crimes such as pickpocketing and bag snatching can occur, but violent crime against tourists is relatively uncommon.

For our retreat, your safety is a top priority. SEED Bali is a private wellness retreat center with controlled access, and an overnight security guard is on duty to help ensure the safety and security of guests and the property. During our stay, our group will travel together for scheduled excursions, and our local transportation partners are experienced professionals who regularly work with international visitors.

Will someone be available if I need assistance?

Yes. Members of The Doula Exchange team will be available throughout the retreat.

Professional Networking

Will there be networking opportunities?

Yes! The retreat intentionally creates space to connect, collaborate, and build relationships with birth professionals from across the country and around the world.

Will there be educational sessions?

Depending on the retreat schedule, we may offer optional discussions, leadership conversations, cultural learning experiences, and professional development opportunities.

Packing

What should I pack?

We recommend bringing:

- Lightweight clothing
- Comfortable walking shoes
- Swimsuit
- Sun hat
- Sunscreen
- Bug spray
- Light rain jacket
- Reusable water bottle
- Passport
- Travel electrical adapter or converter
- Medications

A complete packing guide will be sent before departure.

Communication

Will there be Wi-Fi?

Yes. Complimentary Wi-Fi is available at the resort, though speed may vary.

Can I use my cell phone?

Most major carriers offer international plans. We also recommend installing WhatsApp for communication during the trip.

Additional Questions

Can I extend my stay?

Absolutely! But the SEED is only for groups so you would have different accommodations. Additional lodging and transportation costs are the guest's responsibility.

Can I bring my spouse or a friend?

In many cases, yes. This retreat is intentionally designed to create a culturally affirming space that centers the experiences, wellness, of Black women.

If your spouse or friend does not identify as a Black woman, we encourage you to consider extending your stay before or after the retreat to enjoy additional vacation time together. This allows you to fully immerse yourself in the retreat experience while also creating meaningful time with your travel companion outside of the scheduled retreat activities.

What happens after I register?

You'll receive:

- A welcome email
- Payment schedule
- Retreat handbook
- Packing guide
- Travel tips
- Required forms
- Pre-departure meeting information

Still Have Questions?

We're here to help!

The Doula Exchange

- **Email:** info@thedoulaexchange.com
- **Website:** www.thedoulaexchange.com