



8 DAYS

emotional
cleansing
wellness

RETREAT

Reset body and mind for a new beginning



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WHAT IS SPECIAL ABOUT THIS RETREAT



This Emotional Cleansing Retreat stands out for its holistic and deeply personalized approach to wellness and personal growth. Here's what makes it special:

Tailored Emotional Healing

We recognize that each guest arrives with unique challenges and needs. Our program includes group sessions with experienced energy healers and counselors, ensuring that your journey to emotional healing is as personalized and effective as possible.

Integrative Wellness Practices

Combining traditional methods like meditation and yoga with innovative workshops on self-awareness and emotional resilience, our retreat offers a comprehensive approach to mental and physical health. This blend helps facilitate deeper healing and lasting change.

Natural and Serene Setting

Set in the tranquil beauty of Bali, our retreat offers an escape from the stresses of daily life. The peaceful environment not only enhances relaxation but also aids in the deeper introspection and healing processes.

Community and Connection

Small group sizes create a supportive community, allowing for shared experiences and personal growth. This sense of community helps foster connections that can continue to be a source of support long after the retreat ends.

Expert Guidance

Led by a team of skilled practitioners from diverse backgrounds in holistic health and spiritual guidance, our retreat provides expert insights and techniques to help you navigate your emotional landscape and find peace.

Sustainable Practices

We emphasize sustainability not just in our environmental choices but also in the practices we teach. Our goal is to equip you with skills and habits that promote long-term emotional health and well-being.

This retreat is not just a temporary sanctuary—it's a launching pad for a rejuvenated life, offering tools and experiences that prepare you for a new beginning with clarity, joy, and resilience.



OUR TEAM



Guru Ari Lisna

Sound Healing
Meditation
Restorative Yoga

Ari, a certified Hatha and Yin Yoga teacher, began her journey as an emergency nurse before finding healing through yoga after being diagnosed with an autoimmune disease. Her teachings focus on embodiment, helping students connect with their physical sensations, emotions, and thoughts. At Santhika Retreat, Ari leads restorative yoga, meditation sessions, and offers private energy healing, chakra sessions, and past life regressions, providing a deeply transformative healing experience.



Guru Made

Purification ceremony
Meditation
Balinese Healing Yoga

With over 20 years of experience, Guru Made is a seasoned yoga teacher specializing in Balinese Yoga Markandeya, yoga therapy, sound healing, and aqua shiatsu. As the head of the Yoga Community in North Bali, he helps locals achieve happiness through yoga and wellness. At Santhika Retreat Center, Guru Made offers transformative practices like Balinese Healing Yoga, Sacred Purification ceremonies, and private healing sessions, including Holistic Body Work and solitude meditation. He also leads a powerful 7-chakra healing ceremony at the Holy Santhipala waterfall, combining ancient wisdom with modern healing techniques.



Guru Nena

Hatha Yoga

Meet Nena, an International Yoga Teacher with diverse training, including Hatha Yoga in India and advanced studies in Ubud, Bali. With her RYT500-hour certification and YACEP, Nena brings extensive global teaching experience in Hatha, Vinyasa, Restorative, and Yin Yoga, emphasizing alignment, Pranayama, and Mindfulness. As an Ashtanga practitioner since 2018, Nena focuses on improving physical health and emotional well-being. Her philosophy: "Yoga is my Therapy! I love sharing my passion and love for practice with others".



RETREAT DESCRIPTION



When?

This is a continuous retreat program, and you're welcome to join all year round. The program starts on every Monday / Saturday / Sunday.

If you would like to arrive on another day of the week, please confirm with us possibility and availability.



For Whom?

Are you ready for a fresh start after significant life changes? Do you need spiritual guidance to navigate life's roadblocks? If you're seeking relief from burnout, looking for deep emotional healing, or struggling to move past old wounds, our Emotional Cleansing Retreat is designed for you. Over eight transformative days, you will decompress, unwind, and find new ways to love and accept yourself. Join us to reset your body and mind, and embark on a journey toward a renewed, more joyful life.





ITINERARY



Daily Yoga & Meditation Classes

Start each day with gentle Hatha yoga and guided meditation, helping you release stress, restore balance, and connect with your inner self.

Self-awareness Workshop

Explore your emotions and subconscious patterns through transformational game, gaining clarity and personal insights.

Adventure Tours

Reconnect with nature through breathtaking excursions—purification tour at the secret holy waterfall, guided journey in the Buddhist temple, or adventure watching dolphins tour to refresh your mind and spirit.

Relaxing SPA Treatments

Soothe your body and mind with rejuvenating Balinese massages, Detox SPA, and energy-balancing treatments designed to release emotional tension.

Cultural Activities

Experience the heart of Balinese traditions with sacred ceremonies, traditional cooking, and Balinese dance that invite harmony and inner peace into your journey.





SELF-AWARENESS WORKSHOP



Deepen Your Journey with Our Self-Awareness Workshop

As part of your retreat package, join our Self-Awareness Workshop—a transformative experience designed to help you explore your inner self. Through this unique and interactive workshop, you'll gain insights into your thoughts, emotions, and life patterns, fostering greater self-understanding and personal growth. Perfect for anyone seeking clarity and direction, this workshop offers a profound opportunity to connect with your true self in the nurturing environment of our Bali retreat. Discover new perspectives and leave with a deeper sense of purpose and awareness.

Benefits

Mind Pattern Awareness

Recognize and confront the subconscious beliefs, stereotypes, and mental programs that limit your potential.

Life Clarity

Understand what's happening in your life right now, where you're stuck, and what's keeping you from reaching your goals.

Transformational Insights

In one session, you may gain more profound understanding than through prolonged periods of conventional spiritual or psychological practices.

Energy Awareness

Discover what drains your energy and learn how to accumulate the strength to overcome obstacles and move forward in life.

Life-Changing Guidance

Find the clarity and awareness to transform your life, making way for harmony, inner peace, and fulfillment

The Transformational Game is a group experience with a deeply personal journey for each participant. Sharing and witnessing others' insights fosters reflection, new perspectives, and deeper self-discovery, making the process more enriching and insightful.





SPA TREATMENTS



Detox SPA Treatment

Indulge in a cleansing ritual that restores balance to your body and mind. Start with a soothing foot bath with herbs and sea salt, followed by a detoxifying clay mask for your feet and legs. Enjoy a full-body herbal scrub to exfoliate and refresh your skin, then unwind with a hydrating honey massage to ease tension. Finish with a warm herbal bath, leaving you completely renewed and revitalized.



Queen/King SPA Treatment

Indulge in pure relaxation with our luxurious SPA package. Start with a soothing foot bath, followed by a detoxifying clay mask for your feet and legs. Choose a full-body scrub for glowing skin, then melt into a deeply relaxing massage. Enjoy a facial and hair treatment, then unwind in a flower bath, feeling refreshed and renewed.





YOGA & MEDITATION CLASSES



Rediscover Your Best Self

Each day begins with rejuvenating yoga to enhance wellness and body awareness, followed by meditation for spiritual solace and emotional healing.

Hatha Yoga

- Ideal for Beginners
- Enhances Strength & Flexibility
- Improves Breathing
- Calms the Mind
- Detoxifies & Purifies

Markandeya Yoga

- Ancient Balinese Healing Practice
- Connect with Cosmic Energies
- Enhance Body Awareness
- Profound Spiritual Experience

Restorative Yoga

- Deep Relaxation & Healing
- Myofascial Release
- Mindful Self-Connection
- Holistic Approach

Meditation

- Balances Your Energy System
- Various Techniques for Inner Peace
- Reduces Stress & Anxiety
- Enhances Self-Awareness

Group Sound Healing Meditation

Step into a deep state of relaxation and renewal with our 1-hour group sound healing session. Using the soothing vibrations of Tibetan and crystal singing bowls, gongs, chimes, and other sacred instruments, this session is designed to harmonize your energy, release tension, and bring balance to your mind, body, and spirit.





DAY-BY-DAY SCHEDULE



Explore Enriching Experiences Included in Your Retreat Package

Each day begins with rejuvenating yoga to enhance wellness and body awareness, followed by meditation for spiritual solace and emotional healing.

Day-by-day Schedule

Monday

- Restorative Yoga
- Detox SPA
- Meditation
- Cultural workshop

Thursday

- Hatha Yoga
- King/Queen SPA
- Meditation
- Fire Ceremony

Tuesday

- Hatha Yoga
- Purification Tour to Santipala waterfall
- Cooking class

Friday

- Balinese Healing Yoga
- Banjar Tour
- Sound Healing

Wednesday

- Hatha Yoga
- Self-awareness workshop

Saturday\Sunday

- Dolphins Tour
- Meditation
- BBQ dinner / Balinese dance performance

Arrival Days: Saturday, Sunday, Monday

Some activities will be scheduled on other days depending on your arrival day.





CULTURAL EXPERIENCE



Our Excursions

Included in your stay are carefully curated tours that promise adventure, relaxation, and spiritual renewal. Each of these tours offers unique benefits that enhance your retreat experience, from connecting with nature and engaging with local culture to achieving personal peace and wellness.

Santhipala Purification Tour

Experience renewal with our private holy waterfall purification tour.

Your experience includes:

- Purification ceremony
- Body clay treatment
- Emotional cleansing practice
- Lunch in the rice fields

Dolphins Watching Tour

Explore the magic of the ocean with our wild dolphin watching & snorkeling tour.

Your experience includes:

- Watching dolphins in the wild nature
- Snorkeling in the dolphins area
- Snorkeling on the coral reef
- Snacks and drinks on the boat

Banjar Tour

Discover serenity: tour of Bali's largest Buddhist Temple and Holy Hot Springs

Your experience includes:

- Guided tour through Brahma Vihara Temple
- Meditation in the Temple
- Swimming in Holy Hot Springs

Cultural Experiences

Experience sacred traditions through immersive cultural activities.

Your experience includes:

- Cultural workshops
- Fire ceremony
- Megibung BBQ on the beach
- Balinese dance performance

Cultural Activities

Explore the rich tapestry of Balinese culture with our curated selection of cultural activities. Each activity is designed to immerse you in the local traditions and arts of Bali, offering a hands-on experience that goes beyond the typical tourist path.





PACKAGES FOR SOLO



Single Room with Shared Bathroom at Dream Hill

Our Single Private Rooms offer a simple, comfortable stay with a fan and mosquito net. A shared bathroom is nearby. Located atop the rock, they provide tranquility but require stair access. Close to retreat activities yet peaceful.

Single Room with Private Bathroom at Dream Hill

Our Single Private Rooms offer a serene stay with a private bathroom, fan, and mosquito net. Perched atop the rock, they provide a peaceful escape but require stair access. Close to retreat activities yet private for relaxation.

Superior Single Room with Terrace and Seaview at Dream Hill

Our Superior Single Private Rooms offer comfort, privacy, and a sea view from the room or terrace. Each is unique, so flexibility is key. Rooms include a private bathroom, fan, mosquito net, and outdoor seating. Some have bathtubs, subject to availability. Conveniently located near retreat activities, room placement varies and is assigned based on availability.

Standard or Superior Room with AC at Santhiku Hotel

This Santhiku Hotel room, 600m from the beach, accommodates up to three guests with a double and single bed. It includes AC, a private bathroom, and a terrace. Enjoy the lounge pool, with a free shuttle to and from the retreat.

	Dream Hill	Santhiku Hotel
Single with shared bathroom	17,000,000 IDR	-
Single with private bathroom	18,000,000 IDR	19,000,000 IDR
Superior with private bathroom	19,000,000 IDR	20,000,000 IDR





PACKAGES FOR 2-3 PEOPLE



Double Room with Private Bathroom at Dream Hill

This private room includes a cozy double bed, private bathroom, fan, and mosquito net. A sitting area outside offers a space to relax. Rooms are located on either level of the property, subject to availability. All rooms provide privacy while being close to retreat activities.

Standard or Superior Room with AC at Santhiku Hotel

This Santhiku Hotel room, 600m from the beach, accommodates up to three guests with a double and single bed. It includes AC, a private bathroom, and a terrace. Enjoy the lounge pool, with a free shuttle to and from the retreat.

Room	DOUBLE Dream Hill	STANDARD Santhiku Hotel	SUPERIOR Santhiku Hotel
2 people	32,000,000 IDR	31,000,000 IDR	32,000,000 IDR
3people	-	44,500,000 IDR	45,500,000 IDR





INCLUSION



Accommodation

Choose the room option that suits you best for a comfortable stay

Transfer

We arrange round-trip airport or any Bali location transfers for your convenience

Meals

Enjoy healthy, delicious meals tailored to your dietary preferences

Program

Immerse yourself fully—all activities are included in your retreat experience

Your Journey Starts Here

This retreat not only offers a break from the daily grind but also provides tools and experiences that will empower you to continue your emotional and spiritual growth long after you leave. Rediscover joy, peace, and balance with us in the serene setting of Bali.



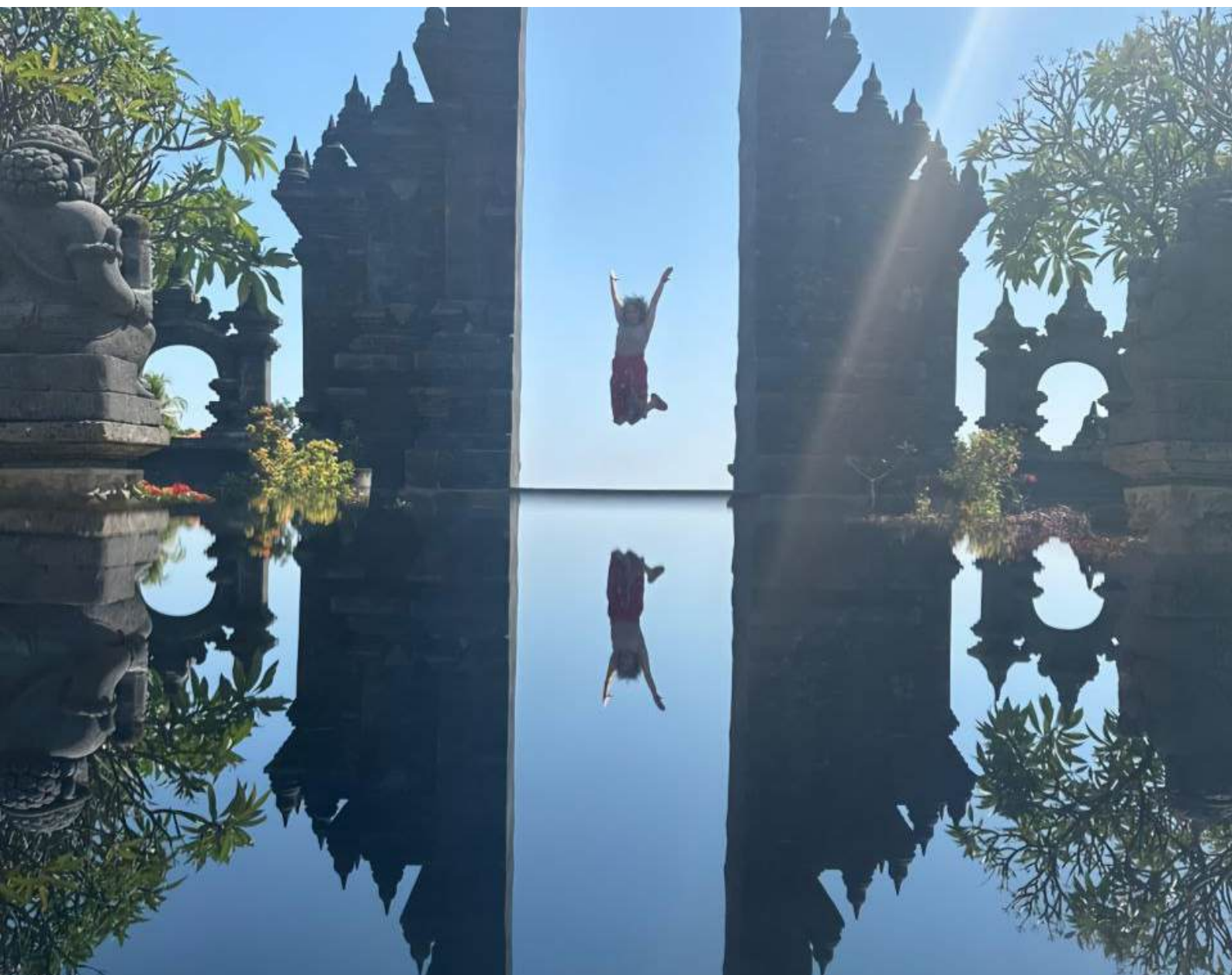


CONTACT US FOR FURTHER INQUIRIES

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www.santhikaretreatcenter.com





OUR RETREATS



12 Days Self-love Yoga Retreat

Embark on a transformative 12-day journey to embrace self-love, restore inner balance, and reconnect with your authentic self. At Santhika Retreat Center, we invite you to nourish your body, mind, and soul through a powerful blend of yoga, meditation, holistic therapies, and self-awareness practices set against the serene backdrop of Bali.



23 Days Time For Me Wellness Retreat

Step away from the chaos of everyday life and gift yourself 23 days of deep healing, self-exploration, and rejuvenation in the tranquil setting of Bali. The Time for Me retreat at Santhika Retreat Center is designed for those who seek profound transformation, inner peace, and holistic well-being through a blend of yoga, meditation, therapy, and cultural immersion.



6 Days Nano Detox & Wellness Retreat

Give your body and mind the ultimate cleanse with our 6-day Nano Detox Retreat at Santhika Retreat Center. This program is designed to gently detoxify your system, boost energy levels, and restore balance through natural methods and holistic therapies.



8 Days SPA & Healing Wellness Retreat

Indulge in eight days of deep relaxation, healing, and self-care at Santhika Retreat Center. This retreat is designed to revitalize your body, calm your mind, and uplift your spirit through a perfect blend of SPA treatments, holistic therapies, and wellness practices in a peaceful Balinese setting.



OUR RETREATS



3 Days Purification Retreat

Step into a sacred journey of renewal and purification with our 3-day Purification Retreat at Santhika Retreat Center. Designed for those seeking a deep energetic reset, this retreat combines traditional Balinese purification rituals, holistic wellness practices, and mindfulness techniques to help you release negativity and restore harmony.



4 Days Restorative Yoga Retreat

Give yourself the gift of deep relaxation and healing with our 4-day Restorative Yoga Retreat at Santhika Retreat Center. This retreat is designed to release stress, restore energy, and bring balance to your body and mind through gentle yoga, mindfulness, and self-care practices.



8 Days Learning Balinese Massage and Yoga Retreat

Immerse yourself in the ancient wisdom of Balinese massage and yoga with this 8-day hands-on training retreat at Santhika Retreat Center. Perfect for both beginners and wellness practitioners, this retreat blends therapeutic bodywork techniques, yoga, and self-care practices to help you develop healing skills while experiencing the serenity of Bali.



Customized Retreat Program

If you haven't found a retreat program that perfectly matches your schedule or personal needs, don't worry — we're here to help! We can create a fully customized retreat experience tailored to your goals, availability, and preferences. Just let us know what you're looking for, and we'll design a program that's uniquely yours.