



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:

Authentic Balinese Atmosphere

Step into a sanctuary that feels worlds away from ordinary life. Our retreat center is designed with the soul of Bali — from sacred spaces to serene gardens — offering you an authentic experience that goes far beyond a stay at a standard hotel.

Spiritual Healing with Balinese Masters

Receive guidance and deep care from experienced Balinese healers. Through a private session of your choice, combined with a powerful purification ceremony at the secret Santhipala Waterfall, you'll release what no longer serves you and welcome a renewed sense of clarity.

Immersive Cultural Experience

Bali is more than a place — it's a living spirit. Join in cultural workshops, traditional cooking classes, fire ceremonies, and Balinese dance performances that connect you with the island's heritage and help you feel its heartbeat.

A Journey Beyond the Retreat Center

This program is not limited to one location. From dolphin watching and snorkeling adventures to visiting sacred Buddhist temples and healing hot springs, you'll explore the natural and spiritual treasures of North Bali while creating unforgettable memories.

The Perfect Balance of Inner Work and Deep Relaxation

Your journey combines self-discovery with exquisite care for your body. While yoga and meditation guide you inward, our curated experiences — from a group sound healing journey to two luxurious SPA treatments — ensure you feel both emotionally lighter and physically renewed. It's a retreat where healing and indulgence beautifully meet.

A Global Community of Seekers

Share your journey with like-minded travelers from all over the world. In open conversations and shared experiences, you'll find inspiration, fresh perspectives, and meaningful connections that make your healing path even more profound.

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. You are welcome to arrive on every Monday / Wednesday / Thursday / Saturday / Sunday.



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 Classes

Each morning greets you with a practice perfectly suited to your journey — whether you're stepping onto the mat for the very first time or seeking fresh inspiration as a seasoned yogi. Flow through restorative sessions, embrace the strength of Hatha, and experience the sacred energy of Balinese Healing Yoga Markandeya. Every class becomes a doorway to self-discovery.

Relaxing SPA Treatments

Surrender to the art of care with two deeply nurturing SPA experiences. The Detox ritual cleanses body and spirit, while the Queen/King treatment wraps you in a cocoon of pure indulgence. Step out glowing, light, and renewed — as if the island itself has touched you.

Guided Tours

Bali invites you on unforgettable journeys — from watching dolphins at sunrise and snorkeling vibrant reefs to meditating in a sacred Buddhist temple and soaking in holy hot springs. You'll also discover the hidden beauty of Santhipala Waterfall. And if your spirit craves more adventure, a variety of optional tours await to make your retreat uniquely yours.

Sacred Ceremonies

Step into the soul of Bali through sacred rituals that awaken and renew. At the hidden Santhipala Waterfall, the mud purifies your body and the rushing waters wash away what no longer serves you. Fire ceremonies spark clarity, while those arriving at full moon may join a rare meditation in Bali's most ancient hidden Buddhist temple.

Cultural Activities

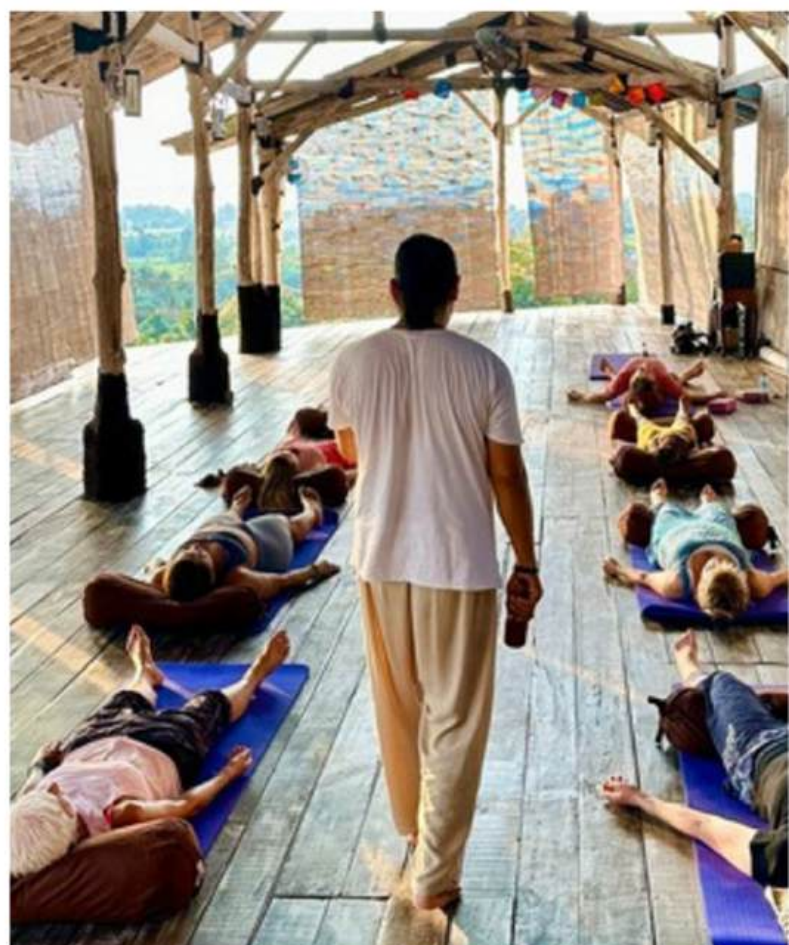
Taste, create, and celebrate Bali's rich traditions. Cook with local flavors, share a joyful Balinese BBQ by the ocean, and witness the grace of traditional dance under the evening sky. Each moment draws you closer to the heartbeat of the island and its living soul.

Daily Meditation Classes

Let your mind and spirit be guided into stillness and depth through a variety of meditation practices. From gentle guided journeys to the liberation of dynamic meditations, and the profound resonance of sound healing, you'll uncover new ways to quiet the mind and release hidden emotions.

Private Healing Sessions

Your healing is as unique as you are. Choose the path that calls to your heart — whether it's energy or chakra balancing, holistic bodywork, or the insight of metaphorical cards. In this sacred space, every session is designed to meet your soul's needs.





PRIVATE HEALING SESSIONS



Enhance your retreat experience with our Private Healing Sessions, an integral part of your wellness package. These sessions are tailored to your unique needs, offering one-on-one time with experienced healers who utilize a variety of techniques to address physical, emotional, or spiritual concerns. Whether it's through energy work, therapeutic conversation, or specialized holistic practices, these sessions provide deep, personalized healing.

Your experience includes 1 private sessions, with the option to book additional sessions during your stay.



Personal past live regression

- Gain a deeper understanding of your life's purpose
- Heal emotional traumas from past lives
- Break free from limiting patterns and behaviors
- Enhance your personal growth and spiritual development
- Experience inner peace and emotional clarity



Private chakra healing session

- Realign your energy centers for improved well-being
- Release emotional and energetic blockages
- Experience deep relaxation and peace
- Awaken your inner potential through holistic healing



Energy Healing Private Session

Release emotional baggage and feel lighter
Awaken inner strength and self-awareness
Experience powerful emotional and physical shifts
Find deep peace through guided energy practices



PRIVATE HEALING SESSIONS



Private Mindfulness Meditation & Yoga Nidra Session

- Release physical, mental, and emotional tension
- Reconnect with your inner peace and clarity
- Improve sleep and restore your energy
- Support emotional healing and self-discovery



Private Kundalini & Reiki Healing Session

- Awaken dormant energy and expand awareness
- Clear blockages and restore inner balance
- Receive divine energy transmission for holistic healing
- Elevate your vibration and emotional resilience



One-on-One Kundalini Activation & Balancing Session

- Reconnect with your divine essence
- Balance stillness and creative life force
- Awaken spiritual awareness and inner strength
- Feel empowered, centered, and alive



Private Traditional Hatha Yoga Session

- Improve strength, flexibility, and posture
- Learn effective breath control (pranayama)
- Cultivate mental clarity and emotional calm
- Deepen your personal practice with hands-on support



PRIVATE HEALING SESSIONS



Private Holistic Body work

- Release emotional blockages stored in the body
- Promote energy flow and balance throughout your system
- Experience deep relaxation and stress relief
- Enhance self-awareness of your body's emotional patterns



Sacred Solitude: Private Meditation for Self-Healing and Forgiveness

- Discover the transformative power of self-forgiveness
- Find inner peace through deep, guided meditation
- Escape from external stress and noise
- Reconnect with your true self and ignite emotional renewal



Aroma cards

- Discover what your soul is learning from your current situation
- Identify what's blocking and supporting you
- Receive intuitive guidance from the world of scents
- Walk away with a personalized blend and a healing ritual for daily support





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 Santhipala waterfall
- Cooking class

Friday

- Balinese Healing Yoga
- Banjar Tour
- Sound Healing

Wednesday

- Hatha Yoga
- Private Healing Session
- Meditation
- Sharing circle

Saturday\Sunday

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

Arrival Days: Saturday, Sunday, Monday, Wednesday, Thursday

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	19,000,000 IDR	-
Single with private bathroom	20,000,000 IDR	21,000,000 IDR
Superior with private bathroom	21,000,000 IDR	22,500,000 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	35,800,000 IDR	34,300,000 IDR	35,800,000 IDR
3people	-	49,100,000 IDR	50,600,000 IDR





LOWCOST PACKAGES



Bed in 10-beds dormitory in Lovina Loca Bnb

Our 10-bed Dormitory offers a budget-friendly and social stay in a cool, air-conditioned room. Each guest enjoys a comfortable mattress, with a shared bathroom nearby. Perfect for travelers seeking connection and community, it provides a relaxed atmosphere close to retreat activities.

Single Room with Private Bathroom in Lovina Loca BnB

Our Single Rooms provide a private and cozy retreat for solo travelers. Equipped with air conditioning and a private bathroom, they ensure comfort and convenience. Located within easy reach of retreat activities, they offer both privacy and peace.

Twin or Triple Room with Terrace in Lovina Loca BnB

Our Twin Rooms are ideal for friends or travel companions, featuring two single beds, air conditioning, and a private bathroom. A private terrace invites you to unwind and enjoy the serene surroundings, just steps away from retreat activities.

Double Room with balcony in Lovina Loca BnB

Our Double Rooms offer a spacious and comfortable stay, perfect for couples or solo travelers. Each room features a double bed, air conditioning, and a large private bathroom. A private balcony provides a tranquil spot to relax and take in the peaceful atmosphere.

	1 person	2 people	3 people
Bed in 10-beds dorm	16,500,000 IDR	31,300,000 IDR	46,100,000 IDR
Single with private bathroom and AC	17,000,000 IDR	-	-
Double room with balcony and AC	-	31,800,000 IDR	-
Twin/Triple room with AC	-	31,300,000 IDR	46,100,000 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.



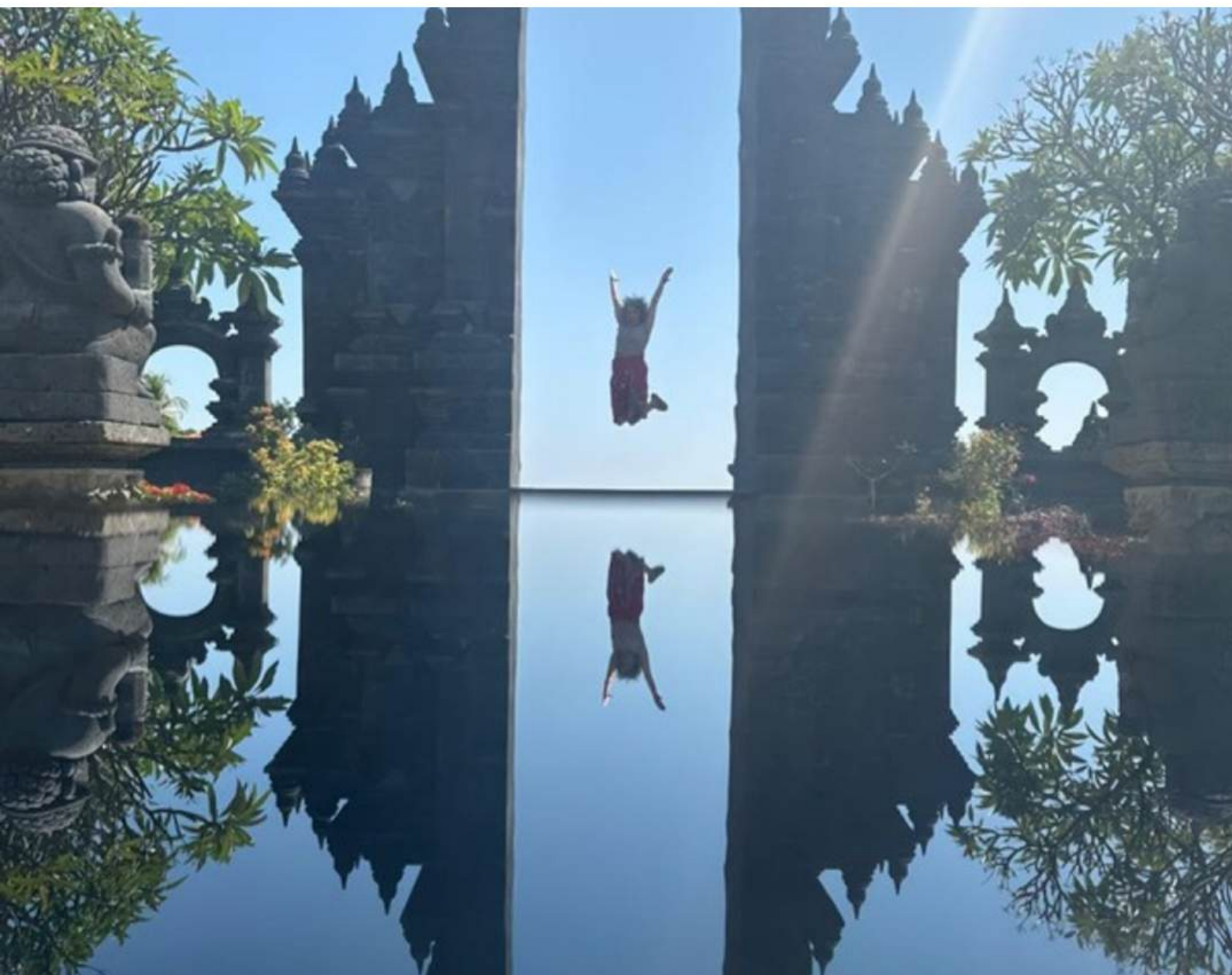


CONTACT US FOR FURTHER INQUIRIES

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Buleleng, Bali**

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.