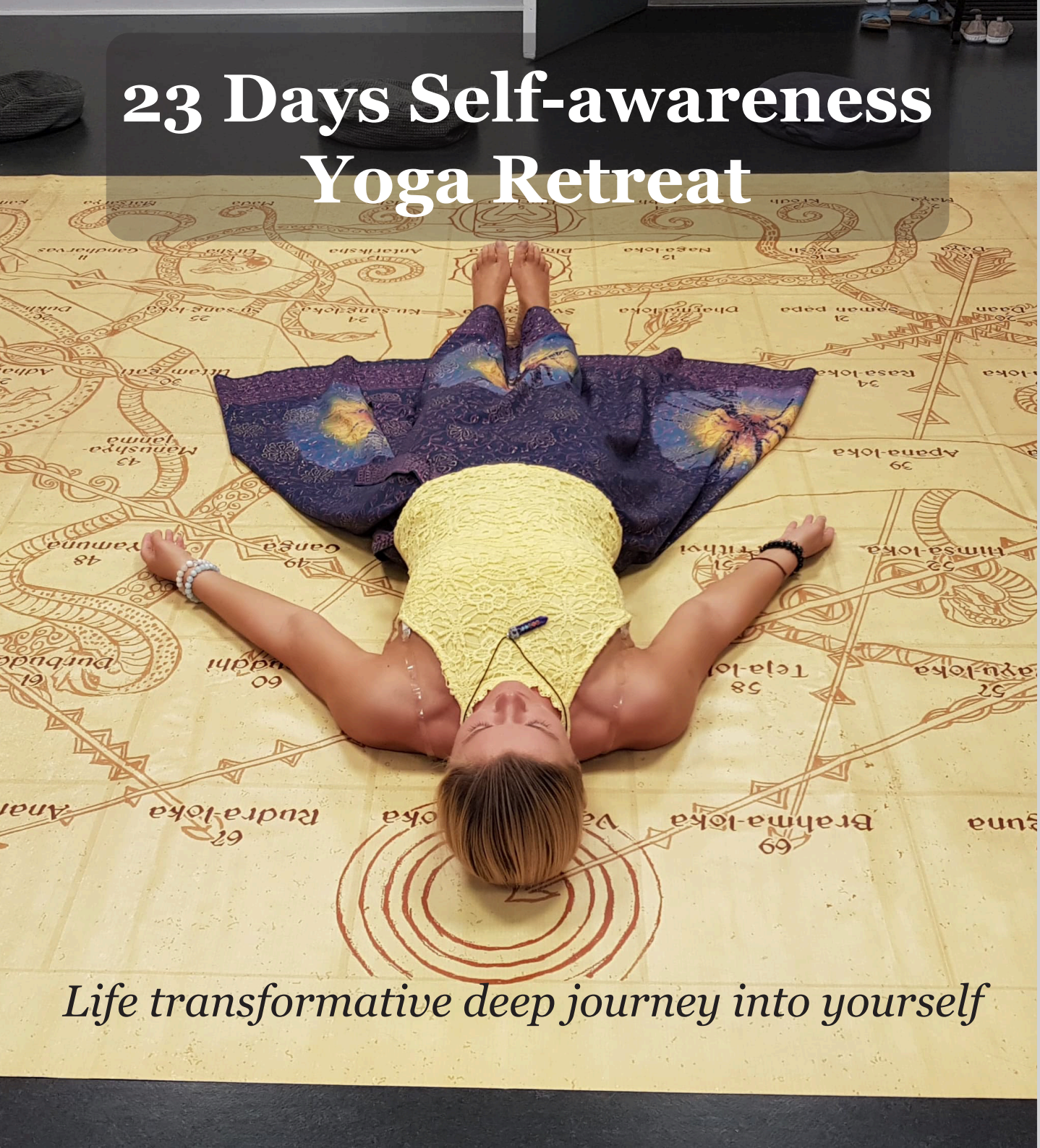


23 Days Self-awareness Yoga Retreat

Life transformative deep journey into yourself

Arrival
** Ongoing program - arrival on any date*
**Business visa fee included*
**2-ways transfer in Bali included*

**Quarantine in Jakarta required on arrival on your own expences*
**Flights are not included*

Yoga
**Daily yoga and meditation classes*
**Tantric numerology reading*
**Self-awareness Leela game*
**Coaching game Points of You*
**Osho Tarot Cards*
**Transformative game Essential Key*
**Personal fragrant blend creation*
**2 gong meditations / sound healing*
**Energy healing session*

SPA
**Every week 2 full body relax massage*
**Every Sunday long SPA treatment*

Tours
**Outdoor Yoga tour to Holy Santhipala waterfall*
**Dolphins Adventure Tour*
**Pemuteran Tour / Lemukih trekking*
**Banjar Tour*
**Night snorkeling*

Accommodation&Food
**Accommodation on your choice*
**3 times a day meals*
**Non-alcoholic beverages*
**Cultural activities*

WEEK 1. TANTRIC NUMEROLOGY

Monday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga/Meditation
7 pm Dinner

Tuesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Tantric numerology reading
5 pm Kundalini Yoga / Meditation
7 pm Dinner

Wednesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga/Meditation
7 pm Dinner

Thursday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
4 pm Kundalini Yoga with Gong Meditation
7 pm Dinner

Friday
8 am Breakfast
9 am Outdoor Yoga Tour to Holy Santhipala Waterfall
7 pm Dinner

Saturday
6.30 am Breakfast
7 am Dolphins Adventure Tour
12 pm Lunch, free time
7 pm Dinner

Sunday
8 am Breakfast, free time
12 pm Cooking class
1 pm Lunch
3 pm Detox SPA treatment
7 pm Dinner

Numerology reading will help you to find out what you must break through in order to be successful in your relationships with yourself and with others, and to receive key to living a fulfilled life by understanding who you are and why you are here on this planet at this time.

Tantric Numerology is simply a useful tool for understanding one's strengths and weaknesses and for working on the weaknesses and utilizing the strengths more effectively. If you are aware of a weakness or imbalance in one particular area of your energy structure, you can focus on strengthening and balancing that part using the tools of Yoga and meditation.

WEEK 2. SELF-AWARENESS GAMES

Monday
7 am Morning Yoga
9 am Breakfast
10 am Leela Game
1 pm Lunch
2 pm Leela Game
7 pm Dinner

Tuesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga / Meditation
7 pm Dinner

Wednesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Osho Tarot Cards
5 pm Kundalini Yoga/Meditation
7 pm Dinner

Thursday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga / Meditation
7 pm Dinner

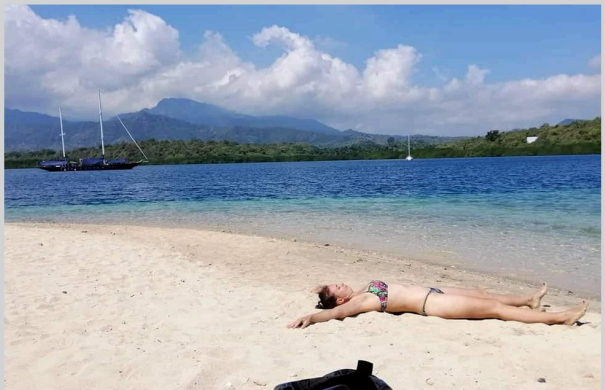
Friday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Coaching Game Points of You
5 pm Kundalini Yoga/Meditation
7 pm Dinner

Saturday
8 am Breakfast
9 am Pemuteran Tour
8 pm Dinner

Sunday
8 am Breakfast, free time
12 pm Cooking class
1 pm Lunch
3 pm Healing massage
7 pm Dinner

Leela Game has been used for many centuries for clearing up negative mind tendencies and developing higher conscience. Playing this game opens the awareness of the mind patterns and due to this one can change his life and destiny. It is not a simple game but a transformative psychological and spiritual practice. In a few hours of play, you may learn MORE than you would learn during a long period of spiritual or psychological practices.You will find out where and how you are limiting yourself, you will expand your perception, your consciousness, discover and eliminate stereotypes, thinking patterns, and subconscious programs that constrain you.

A cornerstone of the **Points of You®** method is the interaction between the right brain, the intuitive and emotional half of the brain, and the left brain, focused on logic and analysis. The games are based on associative links between photograph, theme and the issue we have chosen. This unique inner motion creates a new response, resulting in emotions and insights that are new to our mind and heart.



WEEK 3. ESSENTIAL KEY

Monday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Transformative Game Essential Key
5 pm Kundalini Yoga / Meditation
7 pm Dinner

Tuesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga / Meditation
7 pm Dinner

Wednesday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
4 pm Kundalini Yoga with Gong Meditation
7 pm Dinner

Thursday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Massage
5 pm Kundalini Yoga / Meditation
7 pm Dinner

Friday
7 am Morning Yoga
9 am Breakfast, free time
1 pm Lunch
3 pm Energy Healing session
5 pm Kundalini Yoga/Meditation
7 pm Dinner

Saturday
8 am Breakfast
9 am Banjar Tour
1 pm Lunch
5 pm Night snorkeling
8 pm Dinner

Sunday
8 am Breakfast, free time
9 am King/Queen SPA treatment
12 pm Departure

Aromatherapy will give you a magic of essential keys that you can use in your daily life.Aromatherapy is a technique that allows you to determine the characteristics of a person's psychoemotional state. This is the answer to many questions related to you. If most of the time you live in captivity of negative emotions, depression, irritability, you cannot find yourself and your purpose, you want to improve your life and open streams of abundance in all areas, then this diagnosis is for you.Your subconscious mind will choose exactly those essential oils that can destroy negative attitudes and open the way to harmonize your life. Based on the results of Aromatherapy, individual fragrances will be created, which are important to use within 30-40 days. This is an amazing tool of self-knowledge for talking with your subconscious and Soul, thanks to which you will get answers to exciting questions hidden in ourselves.

DREAM HILL
Retreat center • Resort • Restaurant

Jl. Kamboja, Kaliasem,
Buleleng, Bali

Infinity swimming pool
Sea view restaurant
Sea view yoga shala
SPA, sauna

Santhiku
communication, sharing, happy, healthy and peace
Hotel Villas
Yoga & SPA

Jl. A.A. Panji Tisna,
Kaliasem, Buleleng, Bali

Lounge pool
Open air restaurant
Open air yoga shala
SPA

Single room
USD 2,550

Twin / Double room
USD 4,800

Private bungalow
(1 pax) USD 2,750
(2 pax) USD 5,000

Standard room
(1 pax) USD 2,750
(2 pax) USD 5,000

Superior room
(1 pax) USD 2,950
(2 pax) USD 5,200