



# 8 Days Emotional Cleansing, Wellness Detox, Meditation and Yoga Retreat

## Inclusions

- 1 7 nights accommodation
- 2 Food & Beverages\*
- 3 Daily yoga & meditations
- 4 3 SPA programs for detox
- 5 4 Excursions
- 6 Leela game
- 7 2 way transfer

## Excursions



Dolphins adventure tour with swimming and snorkeling



Buddhist temple and Holy Hot Spings in Banjar village



Outdoor yoga tour to Holy Santhipala waterfall



Trekking tour to seven waterfalls in Lemukih village

## Cultural Activities

- M Balinese dance workshop
- T Offering workshop
- W Cooking class
- T Massage workshop
- F Spiritual workshop
- S Megibung dinner
- S Balinese dance show

## Daily schedule\*\*

<b>DAY 1:</b> Arrival	<b>DAY 5</b>
<b>DAY 2</b>	8 am Hatha Yoga
8 am Hatha Yoga	9.30 am Breakfast
9.30 am Breakfast	10.30 am SPA 2.5 hours
10.30 am Leela Game	1 pm Lunch, free time
1 pm Lunch	5 pm Kundalini Yoga / Meditation
2 pm Leela Game	7 pm Dinner, cultural activities
5 pm Kundalini Yoga / Meditation	<b>DAY 6</b>
7 pm Dinner, Cultural activities	8 am Breakfast
<b>DAY 3</b>	9 am Santhipala Tour
8 am Hatha Yoga	7 pm Dinner, Cultural Activities
9.30 am Breakfast	<b>DAY 7</b>
11 am SPA for detox	7 am Dolphins Adventure Tour
1 pm Lunch, free time	1 pm Lunch
5 pm Kundalini Yoga / Meditation	2 pm Banjar Tour
7 pm Dinner, Cultural activities	5 pm Massage
<b>DAY 4</b>	7 pm Dinner, cultural activities
8 am Hatha Yoga	<b>DAY 8</b>
9.30 am Breakfast	8 am Breakfast
10 am Lemukih tour	12 pm Departure
5 pm Kundalini Yoga / Meditation	
7 pm Dinner, Cultural Activities	

## Accommodation & Prices, USD

### DREAM HILL RETREAT CENTER

Single	1,100
Single bungalow	1,200
Double / Twin	2,100
Double bungalow	2,150

### SANTHIKU HOTEL & VILLAS

Standard (1 pax)	1,200
Standard (2 pax)	2,150
Standard (3 pax)	3,100
Superior (1 pax)	1,300
Superior (2 pax)	2,200
Superior (3 pax)	3,150

Villa 1-5 persons on request



**Early bird discount**  
10% (60 days in advance)



[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)  
[dreamhillbali@gmail.com](mailto:dreamhillbali@gmail.com)  
+62 857 9260 7168

\*Alcohol beverages are not included.

\*\*This is approximate schedule of this retreat program.

The order of the days and time of activities can be changed.

Exact daily schedule is planned according to other guests' arrivals.