



23 DAYS

time
for me
wellness

RETREAT



Slow Down, Heal Deeply, and Reconnect with Yourself

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WHAT IS SPECIAL ABOUT THIS RETREAT



The 23-Day Retreat at our serene Bali location is uniquely comprehensive, weaving together a variety of practices and experiences to foster profound personal growth and wellness. Here's what makes this retreat truly special:

A True Balinese Sanctuary

This retreat unfolds in a space that breathes the spirit of Bali — not a resort, but a soulful sanctuary infused with nature, prayer, and sacred beauty. You won't just stay in Bali. You will live it, feel it, and carry its spirit within you long after you leave.

A Community Without Borders

You'll meet open-hearted souls from all over the world, each on their own path of healing and growth. Through shared experiences, honest conversations, and meaningful silence, you'll create bonds that often last far beyond the retreat.

Healing With Balinese Wisdom Keepers

You will be guided by traditional Balinese healers, numerologists, and energy workers — guardians of ancient wisdom and subtle energy. These sessions go far deeper than therapy or coaching — they awaken something sacred and timeless within.

A Journey Designed Just for You

Your transformation begins with a personal diagnostic session to uncover your core needs and intentions. Based on this deep inner inquiry, a tailored 21-day plan is created for you — with personal guidance and ongoing support throughout the retreat. Every step is aligned with your unique emotional and energetic path.

A Ritual Path of Rebirth

Sacred ceremonies are woven throughout your journey — from emotional release at a holy waterfall to meditations in ancient temples and fire rituals under the stars. These are not performances — they are invitations into something real, raw, and spiritually alive.

A Multidimensional Experience

This retreat brings together the best of East and West, body and soul. Yoga, meditation, sound healing, deep bodywork, cultural immersion, nature adventures, and daily wellness practices — everything is designed to support your transformation on every level.

This retreat offers a holistic blend of activities and therapies, all set in the tranquil and inspiring environment of Bali, making it a perfect choice for those seeking to deeply reconnect with themselves and advance their journey toward personal fulfillment and wellness.



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 start on any day that suits your schedule. Just let us know your preferred arrival date, and we'll be happy to confirm availability for you.



For Whom?

Do you feel like you've been putting everyone else's needs before your own and crave time to focus on yourself?

Are you ready to prioritize your well-being and reconnect with your mind, body, and spirit?

Do you long for the space to recharge, reset, and rediscover your inner peace?

Are you seeking a peaceful, nurturing environment to dive deep into self-care and wellness practices that restore balance and vitality?

This transformative 23-day Time for Me Wellness Retreat is designed for those who are ready to reclaim their personal space and make their well-being a priority. If you're longing for a comprehensive wellness journey, want to break free from stress, and are eager to restore harmony in your life, this retreat is for you.



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 Workshops

Engage in specialized workshops that utilize tools like transformational game, aroma diagnostic, metaphorical cards and Balinese numerology to uncover deeper insights into your personality and life path.

Private Healing Sessions

Throughout the retreat, you will have access to 3 private healing sessions. These sessions are tailored to address individual emotional and energetic needs, facilitating a holistic healing process.

Adventure Tours

Reconnect with nature through breathtaking excursions—experience a sacred purification at the hidden holy waterfall, explore the peaceful atmosphere of a Buddhist temple, witness dolphins in their natural habitat, or enjoy the Grand Lovina Tour that takes you through the most stunning highlights of North Bali 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.





AROMA DIAGNOSTIC



Deepen Your Journey with Your Personally Tailored Aroma-plan

Before words, there is scent — intuitive, emotional, and deeply honest. Aroma Psychology opens your inner world gently and precisely, helping reveal what truly needs attention. This session becomes the starting point of your 21-day journey, guiding your transformation through personalized scents, reflections, and rituals.

A Personalized, Living Map of Transformation

Intuitive Scent Choice

You are presented with a selection of essential oils — without labels or prompts. Your system naturally gravitates toward the scents it needs, bypassing the mind and opening access to emotional truth.

Emotional Insight & Root Cause Awareness

Each chosen aroma corresponds to specific emotional patterns and subconscious programs. With the help of your facilitator, we uncover the core emotional theme you are ready to explore and transform.

Personal Aroma Blend & Daily Practice

Based on your session, you receive a custom essential oil blend with a personal affirmation and daily reflection questions. This blend becomes your anchor — a tool for staying present, connected, and intentional each day of your journey.

Integration into Body & Rituals

Your aroma is not just a scent — it becomes part of your healing. It's used in SPA rituals, bodywork, and personal ceremonies, supporting emotional release, embodiment, and energetic alignment.

Your aroma diagnostic is more than a moment of insight — it becomes a living tool for your 23-day retreat. It gently guides your awareness, opens space for deep shifts, and grounds your transformation in daily practice. Through scent, you don't just understand yourself better — you feel it, live it, and grow through it.





AROMA PSYCHOLOGY WORKSHOP



Unlock Emotional Insights with Our Aroma Psychology Workshop

The Aroma Psychology Workshop is a unique, transformative game that combines the therapeutic properties of essential oils with the principles of psychology. This innovative approach uses scent as a gateway to explore emotions, memories, and subconscious thoughts, facilitating profound personal insights and emotional healing.

Benefits

Emotional Insight and Clarity

Participants explore their emotional landscapes through the evocative power of scent, which can trigger deep-seated memories and feelings, providing clarity and understanding about personal patterns and behaviors.

Stress Reduction

The aromas used in the workshop have calming properties that can significantly reduce stress and anxiety levels, promoting a state of relaxation and mental clarity.

Enhanced Well-being

By connecting with emotions and memories through scent, participants can address and process emotional blockages, leading to improved mental health and emotional well-being.

Creative Engagement

The game format encourages creativity and problem-solving, as participants navigate through challenges and scenarios related to their personal and emotional development.

Playing the Aroma game is more than just a pastime; it's a transformative journey that provides valuable lessons and tools applicable to everyday life, fostering overall well-being and a fulfilled existence.





SELF-AWARENESS PRIVATE SESSIONS



Discover Your Path with Our Numerology Insights Session

A Balinese numerology reading offers insightful benefits by delving into the numerical symbolism associated with your life. This ancient practice provides a unique perspective on your personality traits, life challenges, and opportunities, by interpreting the numbers connected to your birthdate and other significant details. Participants can gain a clearer understanding of their life's purpose, potential paths for personal and spiritual growth, and better manage their relationships and career choices. By uncovering these numerological patterns, you are equipped to make more informed decisions and align your actions with your deeper life goals, enhancing overall harmony and fulfillment.



Explore Inner Meanings with Our Metaphorical Cards Session

A metaphorical cards session offers profound insights into your subconscious, providing a unique and creative way to explore personal dilemmas and emotional challenges. By using vivid imagery and symbolic representations, these cards help uncover hidden aspects of your psyche, facilitating deeper self-awareness and understanding. Participants often find clarity and new perspectives on life's issues, leading to breakthroughs in personal growth and emotional healing. This session acts as a mirror reflecting your inner world, offering guidance and fostering decision-making that aligns with your deepest values and goals. It's an invaluable tool for anyone looking to enhance their journey of self-discovery and personal development.





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 3 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



Balinese Massage

Experience the healing touch of tradition with our signature Balinese Massage. Surrender to the rhythmic flow of a full-body massage using long, soothing strokes and acupressure techniques to release tension and restore energy flow. This ancient therapy combines therapeutic oils and intuitive touch to balance body, mind, and spirit—leaving you deeply relaxed and reconnected with yourself.



Hot Stone Massage

Experience the ultimate in relaxation with our 1-hour Hot Stone Massage. This soothing treatment uses smooth, heated stones placed on key areas of your body to gently warm your muscles and enhance deep relaxation. The heat from the stones penetrates deeply into the muscles, easing tightness and promoting a sense of calm and balance.





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
- Aroma Diagnostic / MAC / Aroma Game
- Meditation
- Cultural workshop

Thursday

- Hatha Yoga
- Massage / Numerology
- Meditation
- Fire Ceremony

Tuesday

- Hatha Yoga
- Purification Tour to Santhipala waterfall / Massage
- Cooking class

Friday

- Balinese Healing Yoga
- Banjar Tour / Grand Lovina Tour / Pemuteran Tour
- Sound Healing

Wednesday

- Hatha Yoga
- Massage / Private Healing Session
- Meditation
- Sharing

Saturday\Sunday

- Dolphins Tour / Restorative Yoga
- SPA Treatment
- Meditation
- BBQ dinner / Balinese dance performance

Arrival Days: any day

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

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 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.

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

Pemuteran Tour

Explore the natural and cultural treasures of the Northern Coast

Your experience includes:

- Pulaki Monkey Temple
- Snorkeling on Bio Rock Reef
- Turtle farm

Grand Lovina Tour

Immerse yourself in the natural beauty and cultural wonders of North Bali.

Your experience includes:

- Exploring hidden waterfalls
- Visiting the iconic Ulun Danu Temple
- Strolling through the Botanical Garden
- Enjoying scenic views in Munduk

Cultural workshops

Experience sacred traditions through immersive cultural activities:

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



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	52,550,000 IDR	-
Single with private bathroom	55,200,000 IDR	57,850,000 IDR
Superior with private bathroom	57,850,000 IDR	61,850,000 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	102,350,000 IDR	98,350,000 IDR	102,350,000 IDR
3 people	-	142,850,000 IDR	146,800,000 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 23-day retreat is a comprehensive program that provides you with the tools, experiences, and insights necessary to achieve a profound understanding of yourself and to continue evolving long after the retreat has ended.



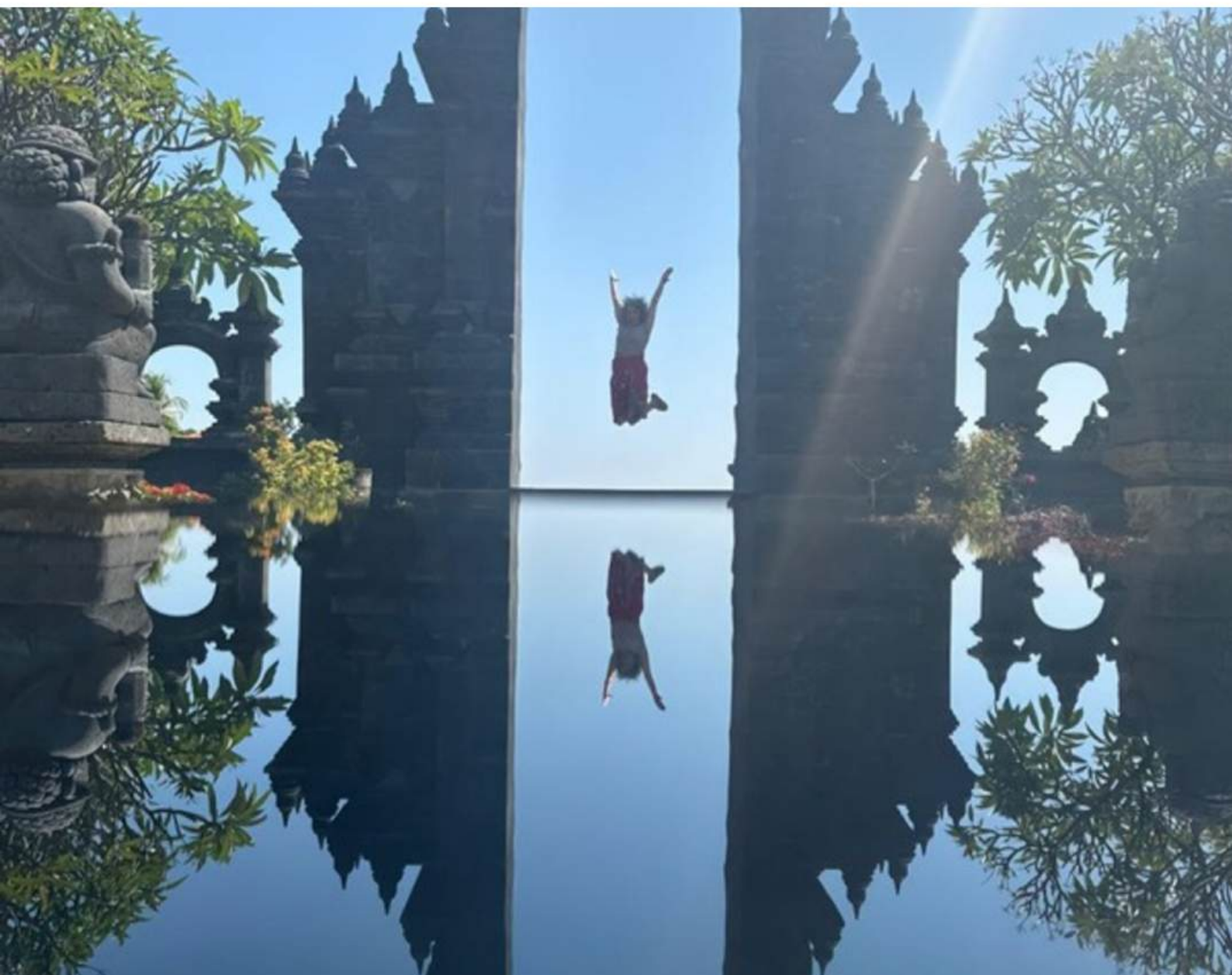


CONTACT US FOR FURTHER INQUIRIES

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OUR RETREATS



8 Days Emotional Cleansing Retreat

Embark on an 8-day journey of emotional release and renewal. At Santhika Retreat Center, we invite you to gently let go of what no longer serves you and create space for clarity, peace, and inner strength. Through yoga, meditation, healing therapies, and self-awareness practices, you'll reconnect with your true self in the supportive and tranquil atmosphere of Bali.



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.



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.