



WELLNESS RETREAT PROGRAM

Mindfulness and De-stress Retreat

This retreat combines movement and therapies to bring out a renewed internal focus and a heightened connection to the divine. Guided meditation, mindfulness movements, healing sessions and massage are centered on minimizing the effects of stress as well as reducing tension and cultivating mindfulness.

2 Days Retreat
IDR 7,450,000++/person

Day One

Wellness Consultation	30 Min
Guided Chakra Meditation	60 Min
Traditional Healing Session	60 Min

Day Two

Water Purification including meditation in sacred site	Half Day
Mindfulness Movement	60 Min
Sleep Support Therapy	105 Min

Included:

- Unlimited use of the herbal steam, sauna and vitality pool
- Daily complimentary group yoga

3 Days Retreat
IDR 13,750,000++/person

Day One

Wellness Consultation	30 Min
Guided Chakra Meditation	60 Min
Traditional Healing Session	60 Min

Day Two

Water Purification including meditation in sacred site	Half Day
Energetic Healing Session	60 Min
Sleep Support Therapy	105 Min

Day Three

Mindfulness Movement	60 Min
Subtle Energy signature ritual	150 Min
Fire Blessing ceremony	60 Min