



## 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 7,880,000++/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 14,250,000++/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