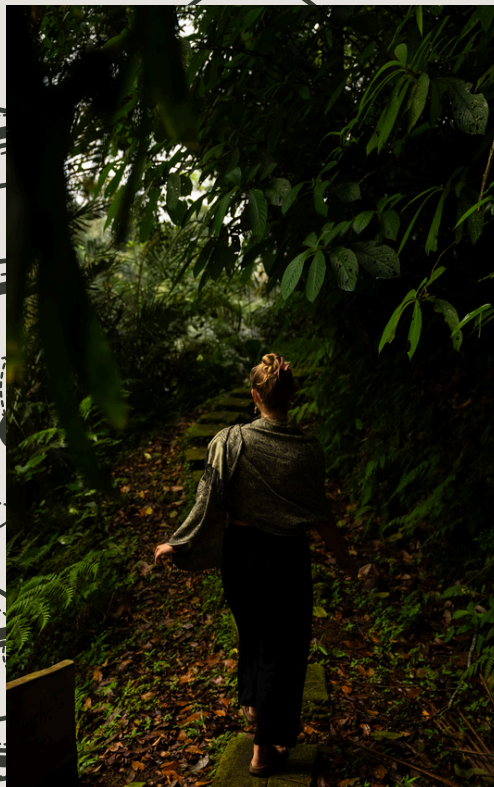


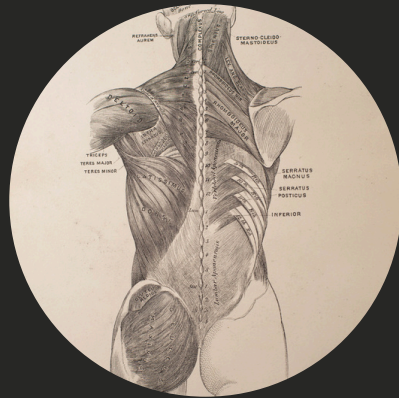


B A L I

उपचार गिरय | THE HEALING MOUNTAINS

U L T I M A T E P E A C E 2 - 9 J U N E 2 0 2 5





There's no greater investment than in yourself. An act of self-love that nurtures clarity, strength, and purpose. This retreat invites you not only to find inner peace but to build resilience, learn new skills, and awaken a deeper strength within, creating lasting change that will stay with you long after you leave.

Investment in yourself can be found through movement, mindful breath, deep restoration, self-love, new experiences and nourishment for the mind, body, and soul.

WHAT'S INCLUDED

- * 7 DAYS - 7 NIGHTS ACCOMMODATION BASED ON YOUR CHOICE
- * AYURVEDIC , ORGANIC MEALS FROM THE ON SITE PERMACULTURE GARDEN (BREAKFAST - LUNCH -DINNER)
- * DAILY TRADITIONAL YOGA & PHILOSOPHY BY DR. KUMAR FROM RISHIKESH - INDIA.
- * EMOTIONAL BLOCKAGE THERAPY
- * ASHTANGA YOGA WITH MALIK
- * VINYASA YOGA BY VIOLLA
- * YIN & FLOW YOGA BY ERA
- * WOODEN SOUNA AND (1) MASSAGE
- * (1) WORKSHOP OF BALI : BALINESE COOKING , MAKING PALM SUGAR, INTRODUCTION TO PERMACULTURE, WOOD CARVING, BALINESE OFFERING CREATION
- * SOUND HEALING
- * DAILY PRANAYAMA & MEDITATIONS
- * PRIVATE WATERFALL & RIVER
- * NATURE IMMERSION / EARTHING
- * BONFIRE GATHERINGS
- * NATURE WALKS & BIRDWATCHING
- * AYURVEDIC CONSULTATION
- * DIGITAL MEMORIES
- * TOUR OF HIDDEN BALI
- * SPECIAL DISCOUNTED RATES ON ADD-ONS & OPTIONAL ACTIVITIES

यो ग

Y O G A | U N I O N

Gyan Yog Breath Ashram, located in Rishikesh, India, has been a renowned center for traditional yoga since 2008, offering authentic practice and personal transformation. With retreats and Yoga Teacher Trainings tailored for small groups of up to 12, the ashram ensures each participant receives personalized guidance from seasoned instructors. Blending ancient yogic wisdom with contemporary practices, Gyan Yog Breath is dedicated to fostering deep healing, spiritual growth, and holistic rejuvenation, making it an ideal destination for those seeking profound change.



DR. KUMAR



Yogiraj Vipul, born into an Aryan family in northern India, began his yogic journey under family traditions. With a doctorate in *Yoga Science*, dual master's degrees in *Yoga Philosophy* and Sanskrit, and extensive expertise in *Ayurveda* and *yogic therapeutics*, he brings over 23 years of teaching experience. Vipul's approach integrates *Pranic energy healing*, alignment, and a scientific methodology, fostering both strength and relaxation in his classes. His profound insights, drawn from Himalayan yogis and family wisdom, resonate through his teaching, offering a transformative and peaceful practice environment.

VIOLLA



Violla's yoga journey began in 2016 with a 250-hour certification under Markandeya in Bali. As an Indonesian instructor, she draws deeply from *Vinyasa*, using it as a pathway for self-discovery and mindfulness. Through synchronized breath and movement, *Vinyasa* has taught her the true essence of "inhale" and "exhale," even uncovering the depth of savasana. This evolving practice continues to inspire her to share yoga's transformative power, guiding others toward inner calm and self-awareness.

MALIK



Malik is a passionate wellness professional and certified yoga instructor with a strong emphasis on yoga. With a background in fitness economics, he combines his academic expertise with years of experience in group fitness instruction. Malik's journey is rooted in mindful practice, integrating dynamic elements like *Ecstatic* and *Ashtanga* Yoga to foster self-discovery and inner growth. He also leads workshops, retreats, and specialized teacher trainings, inspiring others to embrace a balanced and empowered approach to wellness.

ERA



Era, a traveler, creator and a certified *Yin and Restorative* yoga teacher with over 200 hours of training, Yoga has been her companion for over a decade—what began as a path to personal balance has blossomed into a life of sharing this journey with those seeking harmony and depth. Her classes blend *Yin and Yang*, gently weaving strength with mindful breathwork to guide each student toward a deeper connection with themselves and the rhythm of life.

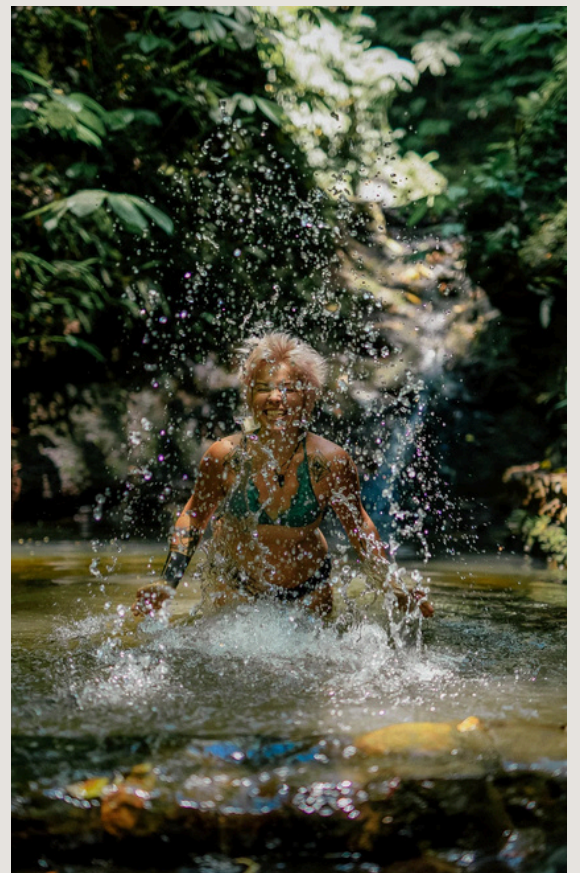
अ श्र म

A S H R A M A | S A N C T U A R Y

Bali, known as the Island of the Gods, is a tapestry woven from rich spiritual roots and vibrant culture, influenced by Hinduism, Buddhism, Animism and ancient Javanese beliefs. This island offers a profound connection to nature and divine energy, where water is revered as a sacred source of life and purification, integral to rituals and ceremonies. Bali's breathtaking landscapes serve as a powerful reminder of the interconnectedness of all living things. Those who have experienced the magic of this island understand that coming to Bali is not just a journey; it's an opportunity for deep learning and transformation, often providing the insights and lessons you've been seeking all along.



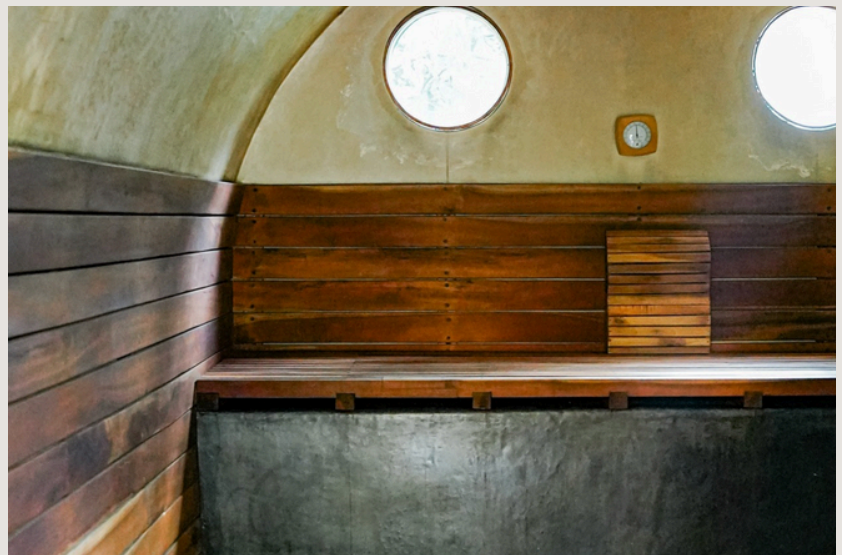
SARINBUANA ECO LODGE



ACCOMMODATION



EXTRA FACILITIES



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V I N I M A Y A | E X C H A N G E

- ✿ The retreat price varies according to bed type, with options for shared bungalows (multiple beds) and private bungalows (one double bed). If two people share a double bed, the cost will be divided equally.
- ✿ The price covers all retreat offerings- however, personal purchases, optional activities, add-ons, flights, and visas are not included.
- ✿ To secure your spot please visit **the website** and follow the steps to choose your accommodation.

BY HOUSE | BY BED



COSY VIEW BUNGALOW

2 SINGLE BEDS
*price per bed

€ 1,726



JUNGLE BUNGALOW

2 DOUBLE BEDS
2 SINGLE BEDS
*price per bed

€ 1,788



TREE HOUSE

2 DOUBLE BEDS
1 SINGLE BED
*price per bed

€ 2,034



MONKEY BUNGALOW

1 DOUBLE BED
fully private

€ 2,100



RUMAH MANIS

1 DOUBLE BED
fully private

€ 2,715



ORCHID BUNGALOW

1 DOUBLE BED
fully private

€ 2,715

In the case of two people sharing one bed, the price will be divided accordingly. Please contact us for more details.

चि न्त न

C H I N T A N A | R E F L E C T

✿ With careful attention to each person's unique journey, led by a revered Monk from India and other diverse practitioners, this experience offers an incredible opportunity to release, restart, and rejuvenate. The setting and guidance are crafted to foster knowledge, personal growth, and genuine connection, creating a transformative experience that goes far beyond the ordinary.

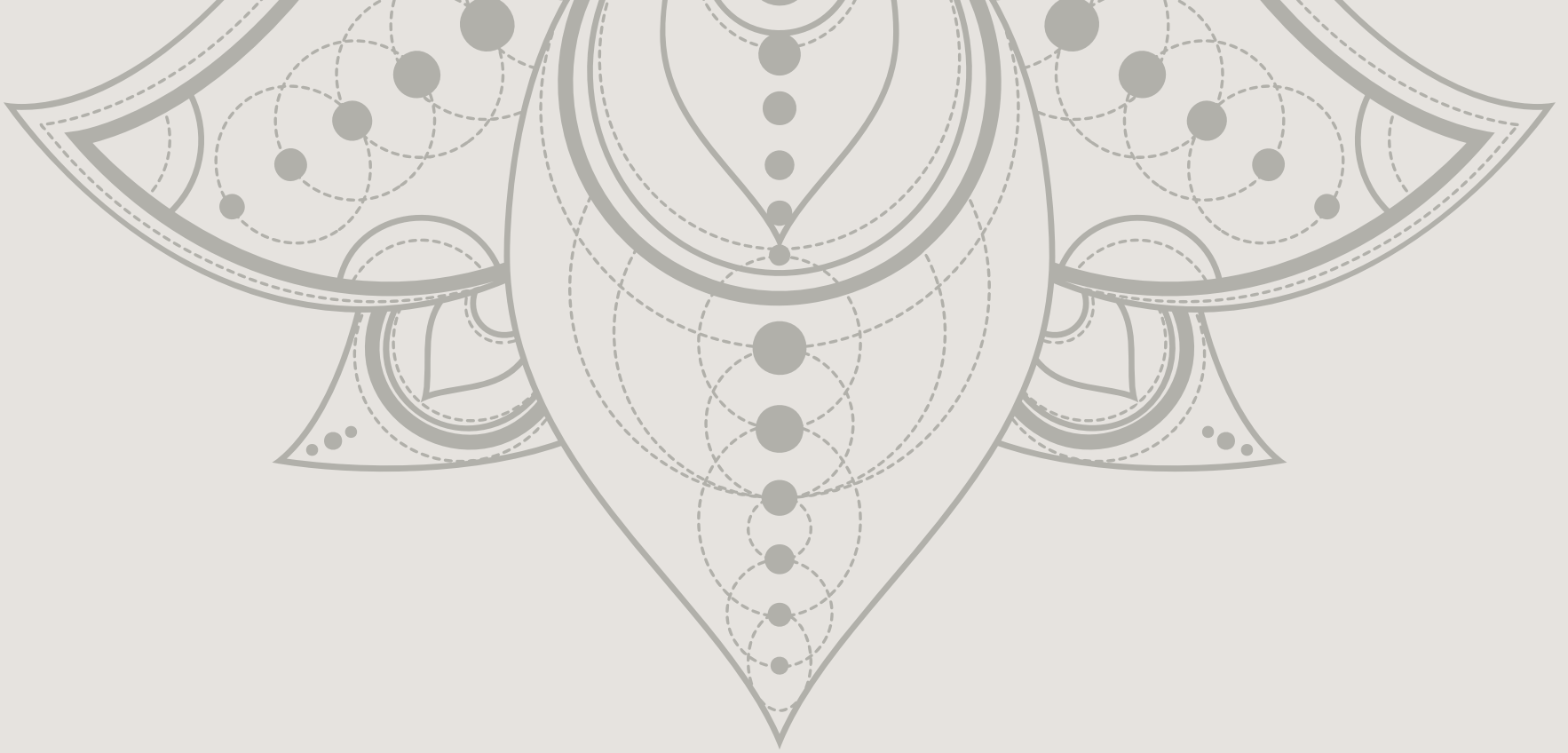
✿ If you're considering traveling solo, worry not—retreats are crafted to bring together like-minded souls. This journey will be a chance to connect deeply with others, forge meaningful friendships, and share transformative experiences that make every moment unforgettable.

✿ You're warmly invited to join our WhatsApp group chat, where you can connect with other potential attendees, ask any question, stay updated, and receive reminders as the retreat approaches.



[click here](#)

✿ We understand that the retreat dates may seem far off, but time has a way of slipping by, and opportunities like these don't linger. Take some time to reflect, but hold this close - interest is high, and spots are filling fast.



Namaste



THE HEALING
MOUNTAINS



SATINBUANA
Eco LODGE