



8 DAYS EMOTIONAL CLEANSING, ENERGY PURIFICATION, YOGA RETREAT, BALI

Balance your body, mind and energy in Bali



ABOUT US

Santhika is North Bali's spiritual sanctum. A place where you can share life long experiences with like-minded people from all around the world.

All levels, backgrounds, and physical states are welcomed and encouraged to join us. Whether you want to start yoga, improve your practice, simply need respite from your busy life, or feel the need to release emotions of your past... our retreat is a safe and supporting center to do so.



...ome of the
...en ascend
...meet a sign
...ad, half right
...to (in quick
...jotpath and
...out; do not cross



...ome
...hen a
...you meet
...ad, half right
...to (in quick
...jotpath and over
...out; do not cross

with
ome of the
You meet a sign
ead, half right
to (in quick
jopath and
out; do not



ITINERARY



This program is designed to detox your physical body, clear your mind, and release emotions of the past. Hatha yoga morning classes will work on balancing different systems and organs; SPA treatments will enforce skin detoxification; unforgettable trips will charge you with positive emotions, and sunset meditations will help you to release deep emotional blocks and traumas, self-awareness workshop will bring you into a deep journey within yourself.

- **Transportation Service**
- **Accommodation and meals**
- **Yoga and meditation**
- **Self-awareness game**
- **2 SPA services**
- **3 excursions**



ome
hen as
you meet a
ead, half right
; to (in quick
jopath and over
oint; do not cross

SPA PACKAGE

DETOX



To remove toxins from your skin,
restore mineral balance and
activate detoxification process

QUEEN/KING



To harmonize your energy,
activate self-love, and rejuvenate
your skin and hair.



... with
... some of the
... you meet a sign
... ead, half right
... to (in quick
... path and over
... oint, do not cross

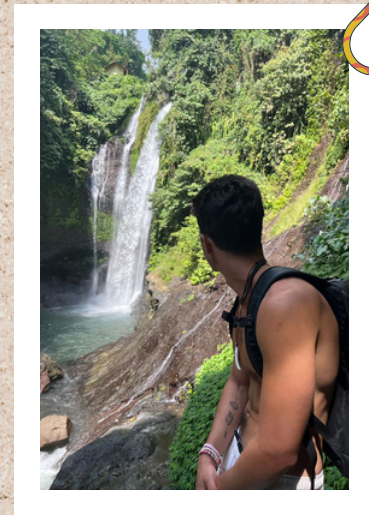
... w
... ome
... hen as
... you meet a
... ead, half right
... to (in quick
... path and over
... oint, do not cross



EXCURSIONS

We have chosen the best highlights for visiting around the North of Bali. Recharge your positivity during Dolphins Adventure Tour, relax in Holy Hot Springs, and receive purification and deep meditation experience at the hidden sacred waterfall that belongs to our family.

- **Dolphins Adventure Tour**
- **Buddhist temple and Hot Springs**
- **Purification at Holy Waterfall**



DAILY PROGRAM STARTING ON SATURDAY

SATURDAY

- Arrival
- Meditation
- BBQ dinner

SUNDAY

- Dolphins tour
- Meditation
- Balinese dance performance

MONDAY

- Hatha Yoga
- Detox SPA
- Meditation

TUESDAY

- Hatha Yoga
- Santhipala tour
- Cooking class

WEDNESDAY

- Hatha Yoga
- Self-awareness Game

THURSDAY

- Hatha Yoga
- Queen/King SPA
- Meditation
- Balinese offering workshop

FRIDAY

- Hatha Yoga
- Banjar Tour
- Meditation
- Ecstatic dance

SATURDAY

- Hatha Yoga
- Check out

DAILY PROGRAM STARTING ON SUNDAY

SUNDAY

- Arrival
- Meditation
- Balinese dance performance

MONDAY

- Hatha Yoga
- Detox SPA
- Meditation

TUESDAY

- Hatha Yoga
- Santhipala tour
- Cooking class

WEDNESDAY

- Hatha Yoga
- Self-awareness Game

THURSDAY

- Hatha Yoga
- Queen/King SPA
- Meditation
- Balinese offering workshop

FRIDAY

- Hatha Yoga
- Banjar Tour
- Meditation
- Ecstatic dance

SATURDAY

- Dolphins tour
- Meditation
- BBQ at the beach

SUNDAY

- Hatha Yoga
- Check out

PRICES



DREAM HILL



SINGLE ROOM

Shared bathroom

IDR 17,000,000

Private bathroom

IDR 18,000,000

Private bathroom + Sea View

IDR 19,000,000



STANDARD ROOM

Private bathroom, AC

1 person IDR 17,500,000

2 people IDR 29,500,000

3 people IDR 43,000,000



DOUBLE ROOM

Private bathroom

IDR 32,000,000



SUPERIOR ROOM

Private bathroom, AC

1 person IDR 18,500,000

2 people IDR 30,500,000

3 people IDR 44,000,000

The main center of the retreat programs is at Dream Hill Retreat Center. During your stay, you can choose one of the accommodations above that will suit your requirements the better. A shuttle between all hotels is available and organized.

...ome of the
with
...hen ascend
...meet a sign
...half right
...to (in quick
...path and
...do not cross

...ome
...hen as
...you meet
...ead, half right
...to (in quick
...path and over
...oint; do not cross

CONTACT US

EMAIL ADDRESS

dreamhillbali@gmail.com

PHONE NUMBER

+62 857 3840 8200

WEBSITE

www.santhikaretreatcenter.com

LOCATION

jk. Kamboja, Kaliasem, Buleleng, Bali, Indonesia

