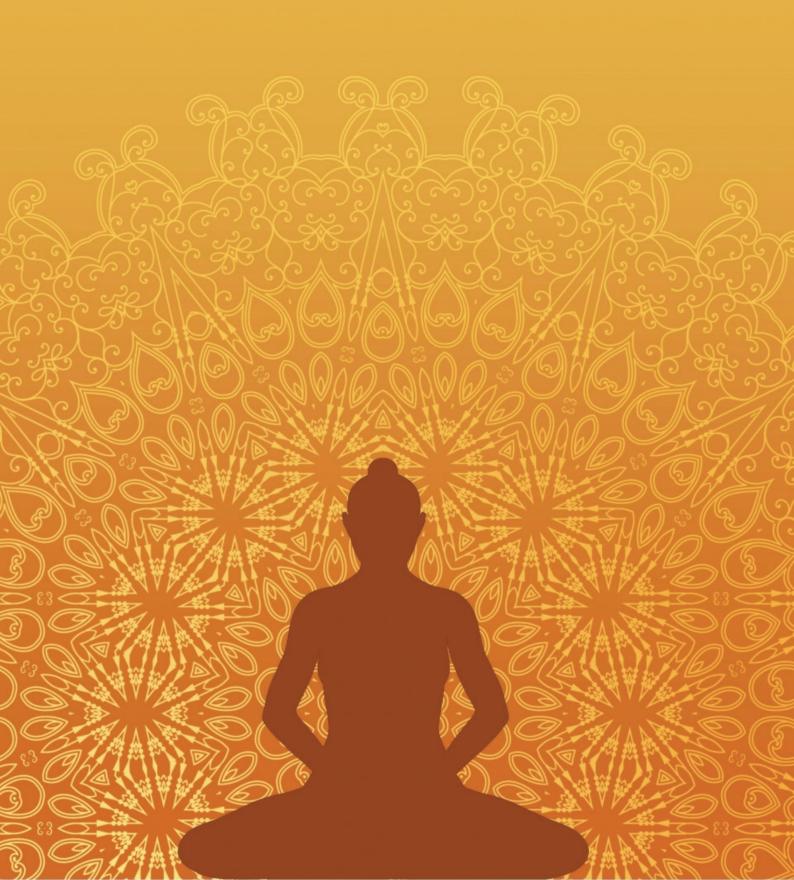


Difficult roads often lead to beautiful destinations. The best is yet to come.



# SPA CENTER

### Balinese Relax Massage

Back & shoulders 30 min	\$8
Feet & legs 30 min	\$8
Head & face massage 30 min	\$8
Full body 1 hour	\$15
Full body 1.5 hours	\$20
Hot stone massage 1.5 hours	\$30
Complements: foot bath with sea salt & flowers,	
alroma oil on your choice, facial massage with cred	am Aura



### **Body Treatments**

Full body scrub 45 min	\$15 /
with cream Aura	
Boreh traditional Balinese body treatment 1,5 hours in combination with full body relax massage	\$20

108 Herbs detox body scrub 1 hour \$20 Deep cleansing and detoxification of your skin with a mixture of 108 herbs and sea salt from Bali Sea. Your skin will be soft and smooth like baby skin!



### Healing

Deep tisue healing massage	\$50
Manual therapy healing massage	\$70
Energy healing Sat Nam Rasayan (1 hour)	\$50
Sound healing 1 person (1,5 hours)	\$140
Sound healing 2 family members	\$250
THE PERSON AND ASSESSED ASSESSED.	



### Extras

Aloe Vera mask 1/2 side	\$10
Flower / Herbal bath	\$10
Hair mask	\$10
Sauna	\$10

# SPA CENTER

### **SPA Packages**



Facial treatment package 45 min

Cleansing with organic lotion with kombucha extract; deep cleansing and vitalizing with carrot scrub; facial massage with cocoa butter; moisturizing and smoothing with cream Aura



Foot treatment package 1 hour

\$15

\$15

Foot bath with Bali Sea salt, clay mask with ginger, herbal scrub for legs, feet&legs massage



Coconut Paradise treatment 2 hours \$30

Full body massage with VCO, full body coconut scrub, coconut facial mask, bathing with coconut milk



Detox package 2 hours

\$30

Foot bath with herbs and sea salt, clay mask for feet & legs, full body herbal scrub, full body honey massage, herbal bath

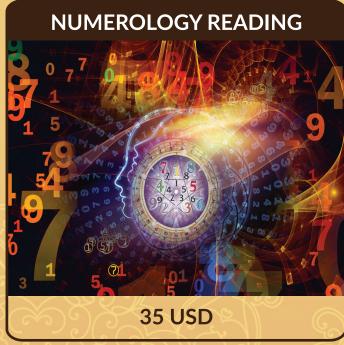


King & Queen treatment 1 person \$50 Couple \$85

Foot bath with herbs and sea salt, clay mask for feet & legs, full body scrub on your choice, full body massage, facial & hair treatment, flower bath. 2.5 hours

# SELF-AWARENESS ACTIVITIES





Leela Game has been used for many centures for clearing up negative mind tendencies and developing higher conscience. Playing this game opens the awareness of the mind patterns and due to this one can change his life and destiny. During this game you will go in

deeper understanding of:

- what's going on in my life "here and now"?
- where and why am I stuck?
- what obstacles are preventing me from achieving my goals?
- how to change your life to have more clarity, awareness, harmony?
- what exactly and how should I change?
- who steals (takes away) energy for the journey of life?
- where to find the strength to accumulate energy to achieve your goals?

Numerology Reading will help you to find out what you must break through in order to be successful in your relationships with yourself and with others, and to receive key to living a fulfilled life by understanding who you are and why you are here on this planet at this time.

Tantric Numerology is simply a useful tool for understanding one's strengths and weaknesses and for working on the weaknesses and utilizing the strengths more effectively. If you are aware of a weakness or imbalance in one particular area of your energy structure, you can focus on strengthening and balancing that part using the tools of Yoga and meditation.

## SELF-AWARENESS ACTIVITIES

### OSHO TAROT READING



**70 USD** 



Osho Card reading provides an all encompassing perspective from the position of the creator. When a situation can be observed from above, from divine level, we are gifted with profound clarity and fresh insight.

This provides deeper understanding and broader consciousness, shaped by the accumulation of wisdom from spiritual teachers of the millennia. This itself leads to its own truth that is deep within us, awakening intuition and inner power.

During a personal consultation, seeing any situation in your life and analyzing it in detail from such an angle can help you understand and find long-sought answers and see possibilities you haven't seen before.

A cornerstone of the Points of You® method is the interaction between the right brain, the intuitive and emotional half of the brain, and the left brain, focused on logic and analysis. The games are based on associative links between photograph, theme and the issue we have chosen. This unique inner motion creates a new response, resulting in emotions and insights that are new to our mind and heart. Play helps to:

- Find a clearer understanding of the approach to any life situation
- Relieves stress.
- Improve brain function.
- Stimulate the mind and boost creativity.
- Improve relationships and your connection to others.
- Keep you feeling young and energetic.
- Develop and improve social skills.
- Learn cooperation with others.
- Heal emotional wounds.

# SELF-AWARENESS ACTIVITIES

#### **SCENT PYCHOLOGY GAMES**



**70 USD** 

Essential oils are well-known for their strong therapeutic properties. But can you imagine that the oils can help you to manage your emotional and mental state, and guide you on your spiritual path? The Essential Key Game will amaze you with very precise information about your current life issue.

Your subconscious mind will choose exactly those essential oils that can destroy negative attitudes and open the way to harmonize your life. Based on the results of the Game, individual aroma blend will be created.

#### **METAPHORICAL CARDS**



Metaphorical associative cards extract from the subconscious thoughts and feelings of a person, the real motives of his actions and the causes of problems.

You will meet your unconscious, dives into yourself.

After identification of the problem, you will create an intention for the healing, by establishing the desired situation and the steps you have to make in order to achieve the particular results.

Metaphrical cards can work with different requests:

- > Relationship
- > The problem of choice
- > Financial difficulties
- > Seach of yourself
- > Change current situation
- > Past regressions

# CULTURAL ACTIVITIES

#### **BALINESE DANCE WORKSHOP**



MONDAY

#### **OFFERING WORKSHOP**



TUESDAY

#### **COOKING CLASS**



WEDNESDA

**MASSAGE WORKSHOP** 



THURSDAY

#### **SPIRITUAL WORKSHOP**



**FRIDAY** 

**BBQ ON THE BEACH** 



SATURDAY

#### **BALINESE DANCE SHOW**



SUNDAY

#### **FULL MOON CEREMONY**



FULL MOON

#### **DOLPHINS ADVENTURE**



#### **25 USD**

Included in:

**8D Emotional Cleansing Retreat** 

12D Refresh and Reload Retreat

23D Self-awareness Retreat

22D Yoga Immersion Retreat

7D Learning Massage Retreat

15D Learning Massage&Healing

Unforgettable experience with dolphins-friendly captain starts at 7 am, when all the boats are coming back and you can enjoy watching dolphins without racing, and the dolphins can come closer to the boat.

Enjoy tea & coffee on the boat, chill and fly above the water in the hammock, swim in the open water, snorkle and watch the dolphins playing under the water, snorkle on the coral reef with a lot of colorful fish.

This is the most fun tour you have ever done!

Have you ever tried to snorkel at night? This amazing trip starts at 5 pm, so you can enjoy sunset in the sea.

After sunset you in the dark water you will use a hand light. You will see some inhabitants that usually do not show up during the day time.

Off the ligh, and enjoy natural illumination created by glowing plankton.

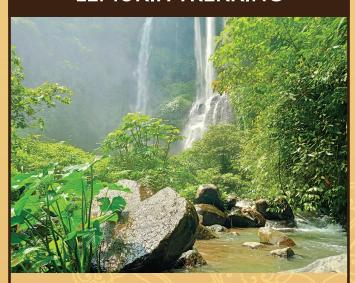
### NIGHT SNORKELING



Individual tour:
Group tour:

30 USD 15 USD

#### **LEMUKIH TREKKING**



**65 USD** 

Included in:

8D Emotional Cleansing Retreat

12D Refresh and Reload Retreat

23D Self-awareness Retreat

22D Yoga Immersion Retreat

Our highlight tour is to the secret and holy Santhipala Waterfall, where we will conduct Malukat - purification ceremony to clean your body, mind, and spirit.

After the lunch at the waterfall, we will do meditation to connect with five elements and reinstall deep connection with yourself.

In the end of the day, we will visit one of the most beautiful Buddhist Temples in Papuan area with a huge sleeping Buddha statue.

If you like nature and adventure, this tour is for you! The hiking tour leads you through scenic views on rainforest mountains and green rice terraces to the most breathtaking spots in Bali: the Fiji and Sekumpul Waterfalls.

The trek starts at Lemukih village. The beautiful walk through rice terraces and rain forest will bring you to seven waterfalls.

Be ready for the adventure! You have to go through the river to get to the most stunning spots!

#### **SANTHIPALA YOGA TOUR**



65 USD

Included in:

**8D Emotional Cleansing Retreat** 

12D Refresh and Reload Retreat

23D Self-awareness Retreat

22D Yoga Immersion Retreat

15D Learning Massage&Healing

#### **BANJAR TOUR**



#### **15 USD**

Included in:

**8D Emotional Cleansing Retreat** 

12D Refresh and Reload Retreat

23D Self-awareness Retreat

22D Yoga Immersion Retreat

15D Learning Massage&Healing

This is a half day tour to Buddhist Temple and Holy Hot Springs that are located in 8 km from Lovina.

The Pagoda of the Temple is a replica of the world's largest Buddhist archaeological site, Borobudur.

Holy Hot Springs are located nearby. You can swim in the hot baths, make hydromassage, and bring deep relaxation and healing into your body.

This tour will bring you to the West of the Northen cost. We will bring you to the Pemuteran beach where you can snorkel on bio rock and see coral restoration project. You can visit a turtle farm.

After the lunch you will continue your way to the West to the most beautiful beach in the North - White Sandy Beach with crystal blue sea.

During the day you will make a few spots to visit Pulaki Temple with a lot of monkeys, turtle temple on the beach, and a cave temple.

#### **PEMUTERAN TOUR**



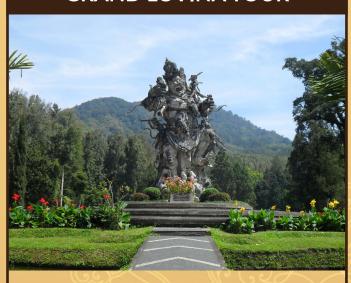
**50 USD** 

Included in:

23D Self-awareness Retreat

22D Yoga Immersion Retreat

#### **GRAND LOVINA TOUR**



Individual tour: 65 USD Group tour: 45 USD

Grand Lovina Tour is the best way to see the main sightseeing spots in the Northen part of Bali. You will visit: Git-git waterfall, the most famous Hindu Temple Ulun Danu on the lake Beratan, the largest in Indonesia Botanical Garden that has a vast collection of tropical plants, Fruit and flower market, coffee plantations in Munduk, and spectacular panoramic Twin Lake's view. On the way back to Lovina we will visit an ancient village to see old traditions of handicraft production.

Secret Garden trekking tour will bring you to the beautiful green hill area between Sambangan and Ambengan villages, where you will visit Blue Lagoon, Aling-aling, Kroya, and Pucuk waterfalls. You can do sliding, jumping, swimming and just enjoy beauty of the stunnishing nature.

Another beautiful Jembong waterfall is located in Ambengan village that is also know for its spectacular rice paddy views.





Individual tour:
Group tour:

65 USD 45 USD

#### **SUNRICE BATUR HIKE**



Individual: 105 USD Group: 70 USD

Private tour: transfer, private guide, breakfast, hot spirings, entry tickets.

For semi-sharing or fully sharing tour discount depends on the group size.

Mount Batur volcano is one of the sacred montains accordingly to Hindu believe. Every day hundreds of tourists climb Batur to see spectacular sunrise on the top of the mountain.

After the trek you can relax in the hot springs, that are located in one of the hotels near mountain Batur.

Enjoy the beautiful Kintamani area on the way back to Lovina or to your next destination.

Mount Agung, towering over 3000 m above sea level, has a huge spiritual significance to the Balinese people and is home to the Mother Temple of Besakih, that you will visit after the treck.

Climbing Mount Agung is the "royal" discipline of climbing in Bali and requires a much higher level of fitness and mental discipline than Mount Batur.

#### **SUNRISE AGUNG HIKE**



Individual:

140 USD 85 USD

Group:

Private tour: transfer, private guide, breakfast, Besakih Temple,

entry tickets.

#### **IJEN HIKE**



Individual tour: 125 USD Group tour: 90 USD

Private tour: transfer, private guide, breakfast, equipment, entry tickets.

For semi-sharing or fully sharing tour discount depends on the group size.

Mount Bromo in the eastern part of Java isn't the tallest of Indonesia's active volcanoes, but it is certainly the most visited.

If you're looking for something truly bucket list-worthy, along with the adventure of peering into an active volcano and breathtaking landscape views with minimal hiking effort then this Mount Bromo trip is for you!

Mount Ijen is like no other volcano in the world! It is home to the world's largest acidic crater lake, the site of a dangerous sulfur mining operation and of course, it radiates the natural phenomenon known as the electric blue flames! These blue flames can only be seen in two places in the entire world, Java, Indonesia and Iceland!

The climbing path to the Ijen Crater is quite extreme for visitors who rarely or the first time to climbing. About 1.5 kilometers to the crater is a steep uphill road.

#### IJEN-BROMO HIKE



Individual tour:

Group tour:

325 USD 225 USD

Private tour: transfer, private guide, breakfast, equipment, entry tickets.

Discount for semi-sharing or fully sharing tour or trip until Yogia.

#### **MENJANGAN ISLAND**



Diving x2 dives 95 USD
Introductory dive x2 105 USD
Day x2 + Night x1 dive 145 USD
Day x1 + Night x1 dive 120 USD

Snorkeling x2 55 USD

This tiny island is a part of Bali Barat National Park, and is well know for its magnificent underwater world. A beautiful coral bottom and spectacular deep water coral reef wall provide a variety of dive sites to choose from. Good conditions and excellent visibility also make this an interesting site for snorkeling or simply relaxing on the white sandy beaches.

During the lunch time you can visit the Island and see deer animals living there.

The Tulamben Shipwreck is one of Bali's most famous dives and also an incredible place for a night dive. You can see hundreds of marine species there: barracuda, pigmy seahorses, giant grouper, batfish, angelfish, parrotfish and many others creatures.

Originally, it was a World War I cargo vessel, the USS Liberty, built in 1918. It measured 120 m long and 20 m wide, grossed over 6000 tons.

#### **TULAMBEN SHIPWRECK**



Diving x2 dives 80 USD
Introductory dive x2 95 USD
Day x2 + Night x1 dive 100 USD
Day x1 + Night x1 dive 90 USD

Snorkeling x2 35 USD

#### **LOVINA REEF**



Diving x2 dives

Diving x1 dive

50 USD

Introductory dive x2

Introductory dive x1

Day x2 + Night x1 dive

Day x1 + Night x1 dive

Night diving x1 dive

55 USD

Lovina Reef are perfect for those who wish to stay localy and don't want to drive far away. There are both deep and shallow water diving sites available, making it convenient for all levels of diving experience.

You will visit different spots where the government conducts the coral restoration projects: metal constractions, statues, and coral nurseries are installed under the water.

### **PADI DIVE COURSE**

PADI Scuba Diver Course	2 Days	235 USD
PADI Open Water Course	3 Days	385 USD
PADI Advanced Open Water Course	2 Days	280 USD
PADI Referral Open Water Course	2 Days	305 USD
<b>PADI Emergency First Response Course</b>	1 Days	235 USD
PADI Rescue Course	3 Days	390 USD

Include: all dive gears, pool training, transport, boat, 4 open water dive, lunch box, soft drink, instructor, certificate, manual book, log book.

### 8 Days Emotional Cleansing, Detox, Wellness Yoga Retreat



#### **DREAM HILL**

Single room 1 pax 1,300 USD Twin/Double 2 pax 2,400 USD Bungalow 1 pax 1,350 USD Bungalow 2 pax 2,450 USD

#### **SANTHIKU**

Standard room 1 pax 1,350 USD Standard room 2 pax 2,450 USD Standard room 3 pax 3,550 USD Superior room 1 pax 1,400 USD Superior room 2 pax 2,500 USD Superior room 3 pax 3,600 USD This retreat is designed for emotional, mental, and physical cleansing through yoga, meditations, SPA, and group activities. Every day we process food, thoughts, impressions, emotions, and other forms of energies. When that flow is continuous and clear, we are steady and flexible. The trouble is that we accumulate more than we process. We become weighed down under the ash of metabolism and the remnants of old emotions. This retreat will help you to move the energy of the body, clear your mind, and release emotions of the past, to keep you light and vitalized.

The program includes combination of active yoga and meditations. Morning sessions are based on Hatha OR Kundalini yoga and focus on physical body cleansing: detoxification, kriyas for different organs and systems, improving metabolism. Evening classes offer more meditation techniques and have the purpose of emotional cleansing, calming down your mind, and developing some virtues and skills.

- \* Daily morning active yoga classes;
- \* Daily meditation sessions for emotional cleansing;
- \* Leela Game (one entry);
- \* 3 SPA programs for detox
- \* 4 Excursions (Banjar, Dolphins, 2 waterfalls tours);
- \* 7 nights at the accommodation on your choice;
- \* Daily healthy breakfast, lunch, dinner, and non-alcohol beverages.
- \* Balinese cultural activities in the evenings;
- \* Two-way transfer in Bali.

# 12 Days Refresh & Reload Yoga Retreat with Self-awareness Games



#### **DREAM HILL**

Single room 1 pax 1,690 USD Twin/Double 2 pax 3,190 USD Bungalow 1 pax 1,790 USD Bungalow 2 pax 3,290 USD

#### **SANTHIKU**

Standard room 1 pax 1,790 USD Standard room 2 pax 3,290 USD Standard room 3 pax 4,790 USD Superior room 1 pax 1,890 USD Superior room 2 pax 3,390 USD Superior room 3 pax 4,890 USD Most of the time we live our life automatically going through the same activities every day, every week, every year. Behind this routine we don't see new opportunities, new way of life style, that makes us stuck in some situations. Your body tries to renew all your cells every hour, but when the energy starts flowing slower, the process of rejuvenation becomes slower as well. The same happens with your mind: when there are too much thoughts and worries, you can't start thinking in different way.

YOUR BODY AND YOUR MIND NEED TO BE REFRESHED AND RELOADED!

The retreat program is a combination of traveling, yoga, SPA, and self-awareness practices:

Leela Game, Points of You coaching game, and Essential Key Emotional and Spiritual Aromadiagnostic game. All of these tools will help you to tune into your feelings, thoughts and actions.

- \* Daily morning active yoga classes;
- \* Daily meditation sessions for emotional cleansing;
- \* Leela Game (one entry);
- \* Points of You coaching game (group session);
- \* Metaphorical associative cards personal session;
- \* Essential Key Game with personal aroma blend creation;
- \* 4 SPA programs for relaxation;
- \* 4 Excursions (Banjar, Dolphins, 2 waterfalls tours);
- \* 11 nights at the accommodation on your choice;
- \* Daily healthy breakfast, lunch, dinner, and non-alcohol beverages.
- \* Balinese cultural activities in the evenings; \* Two-way transfer in Bali.

### 23 Days Self-awareness Yoga Retreat



#### **DREAM HILL**

Single room 1 pax 2,550 USD Twin/Double 2 pax 4,800 USD Bungalow 1 pax 2,750 USD Bungalow 2 pax 5,000 USD

#### **SANTHIKU**

Standard room 1 pax 2,750 USD Standard room 2 pax 5,000 USD Standard room 3 pax 7,250 USD Superior room 1 pax 2,950 USD Superior room 2 pax 5,200 USD Superior room 3 pax 7,450 USD Whole world is going through strong transformation, and affect our health, menthal, emotions. Long time you have been staying in stress, anger, grave, uncertanty, and attached with your past. The time to change something in your life is NOW! You are invited to come to the healing anvironment of Bali Island and spend your time for self investigation through deep transformative practices.

During your retreat you will experience different instruments on the way of self-awareness to tune into your feelings, thoughts and actions.

The retreat program is a combination of traveling, yoga, SPA, and self-awareness practices:

Leela Game, Points of You coaching game, and Essential Key Emotional and Spiritual Aromadiagnostic game, personal Osho Tarot Cards reading, and personal Numerology reading. You will also experience a power of Sound and Energy Healing.

- \* Daily morning active yoga classes;
- \* Daily meditation sessions for emotional cleansing;
- \* Self-awareness group games (Leela, Points of You, Sent Pychology Games);
- \* Personal Sessions (Osho Cards, Metaphorical cards, Numerology);
- \* Energy Healing and Sound Healing sessions;
- \* 6 relaxing massages and 3 long SPA treatments;
- \* 5 Excursions (Banjar, Dolphins, Santhipala tour, Pemuteran, Lemukih tour);
- \* 22 nights at the accommodation on your choice;
- \* Daily healthy breakfast, lunch, dinner, and non-alcohol beverages.
- \* Balinese cultural activities in the evenings;
- \*Two-way transfer in Bali.

# 22 Days Yoga Immersion Retreat with Self-awareness workshops



#### **DREAM HILL**

Single room 1 pax 3,200 USD Twin/Double 2 pax 6,050 USD Bungalow 1 pax 3,350 USD Bungalow 2 pax 6,200 USD

#### **SANTHIKU**

Standard room 1 pax 3,350 USD
Standard room 2 pax 6,200 USD
Standard room 3 pax 9,100 USD
Superior room 1 pax 3,500 USD
Superior room 2 pax 6,400 USD
Superior room 3 pax 9,300 USD

This program is ideal for those who seek deeper spiritual insight and understanding of themselves, their yoga practice and divine life journey.

Over 22 days, you will be guided through morning and evening yoga classes and be immersed in an abundance of teachings. You will participate in powerful workshops and reflective exercises and be introduced to new modalities and practices which you can integrate into your life.

This retreat programme is designed with intention to bring you into alignment with your highest self, shed outdated layers of being, challenge your beliefs, release your attachments and welcome you back into your own authenticity. You will learn tools which help you understand where you stand in your own way, and feel inspiration to adjust the direction of your life to honour your true self.

- \* Daily morning active yoga classes and sunset meditation sessions;
- \* Self-awareness games and workshops (learning);
- \* Sent Psychology games and workshops;
- \* Personal Sessions (Osho Cards, Metaphorical cards, Numerology);
- \* Sound Healing course & Energy Healing course;
- \* 6 Realxing massages and 2 long SPA programs for relaxation;
- \* 5 Excursions (Banjar, Dolphins, Santhipala tour, Pemuteran, Lemukih tour);
- \* 21 nights at the accommodation on your choice;
- \* Daily healthy breakfast, lunch, dinner, and non-alcohol beverages.
- \* Balinese cultural activities in the evenings;
- \* Two-way transfer in Bali.

### 7 Days Learning Balinese Massage Yoga Retreat



**LOVINA LOCA** 

Single room 1 pax 890 USD Twin (shared) 1 pax 850 USD

Twin/Double 2 pax 1,545 USD

This program is a certificated course of traditional Balinese massage combined with yoga and meditation retreat. After a week, you will be able to make relaxing full body massage, will improve your intuition and sensory skills. Every day you will have 4 hours of massage practice and 3 hours of group yoga & meditation.

The program includes daily morning Yoga sessions and evening Kundalini yoga meditation classes. Meditation sessions have the purpose of your energy elevation, developing your sensory skills, intuition, and energy power.

Before you start your course, you will experience relaxation massage to get filling of pressure and movements on your own body. During training sessions, participants practice on each other, so be ready to be a teacher as well by giving feedback to your colleagues. At the end of the course enjoy 2,5 SPA treatment.

To make you a little bit relaxed during your training week we have included the most beautiful and fun trip that you will attend with participants from other retreat programs – Dolphins Adventure Tour with snorkeling in dolphins' area. If you will decide to stay longer, you can join other tours as well to investigate the beauty of Bali. Every evening join cultural activities at Dream Hill retreat center.

- \* Daily morning active yoga classes;
- \* Daily meditation sessions for emotional cleansing;
- \* 16 hours Balinese Massage Course;
- \* 1 SPA treatment;
- \* Dolphins Adventure Tour;
- \* Two-way transfer in Bali.

### 15 Days Learning Massage, Sound & Energy Healing Retreat



#### **DREAM HILL**

Single room 1 pax 2,350 USD Twin/Double 2 pax 4,450 USD

#### **SANTHIKU**

Standard room 1 pax 2,450 USD Standard room 2 pax 4,550 USD Standard room 3 pax 6,650 USD Superior room 1 pax 2,600 USD Superior room 2 pax 4,700 USD Superior room 3 pax 6,800 USD During last two years the global transformation brought the value of a Human Health on the highest position. When traditional medicine is up a stump, people refer more and more to the ancient knowledge and wisdom.

We designed this Retreat for the people who want to learn different techniques to help people to strengthen their health in the natural way using Ayurveda science, Massage, Energy and Sound healing, Aromatherapy, Yoga and Meditations.

Attending this retreat, you have a unique chance to receive basic knowledge about 5 tools to work with human health and wellbeing.

- \* Daily morning active yoga classes and meditation sessions;
- \* 16 hours Balinese Massage Course;
- \* 12 hours Sound Healing Course;
- \* 2 Energy Healing Workshops;
- \* Scent Psychology Games and workshops;
- \* SPA program for relaxation;
- \* 4 Excursions (Banjar, Dolphins, waterfall tour);
- \* 14 nights at the accommodation on your choice;
- \* Daily healthy breakfast, lunch, dinner, and non-alcohol beverages.
- \* Balinese cultural activities in the evenings;
- \* Two-way transfer in Bali.

