



## Beginners' Mindful Culinary Journey and Spiritual Transformation Retreat

This retreat is an invitation to return to balance — through food, through practice, and through the wisdom of your own inner voice. Designed especially for beginners, it offers a gentle and supportive entry point into mindful cooking and holistic practices for body, mind, and soul. You will discover how nourishment extends beyond the plate into every aspect of life, learning step by step how to prepare food and herbs with intention, cultivate a healthy lifestyle, and transform mental pressure, past experiences, and future anxieties into clarity and strength.

Through breathwork, basic meditation, and other simple mindful practices, you begin to awaken the energy points that support harmony within. You are guided to listen more deeply to your intuition, to practice self-talk and contemplation, and to discover that many of the answers for a balanced life already reside within you.

This program is not only about cooking or wellness — it is about making a first commitment to a holistic path where body, mind, and soul are aligned. By the end of your journey, you carry with you practical tools, renewed energy, and a deeper sense of belonging to yourself and to the natural world, all while feeling confident that you have taken your first steps toward balance.

### What you'll learn

#### Culinary & Nutrition Practices

Mindful cooking sessions guide you in preparing food, drinks, and herbal remedies with intention, while lessons on balanced eating highlight how nourishment supports both physical health and spiritual energy. Through discussions on food as medicine, you learn to see meals not only as sustenance but as a practice of care and connection with your body and nature.

#### Mind & Emotional Well-Being

The sessions focus on releasing mental pressure, healing past negative experiences, and easing anxiety about the future. You explore self-talk and reflection techniques to strengthen supportive inner dialogue, learning to recognize whether you are in control of your mind or being controlled by it. These practices cultivate resilience and clarity, helping your mind become a true ally in balance.

#### Spiritual & Energy Work

Daily sessions include breath work and basic meditation to start the spiritual journey, helping you center your body and awaken the energy points that support harmony within. These gentle practices provide a foundation for grounding and insight, offering you simple yet powerful tools to begin aligning body, mind, and soul in a sustainable way.

#### Self-Reflection & Inner Guidance

You engage in journaling, contemplation, and reading teachings with personal application, supported by exercises that strengthen intuition and inner listening. Group sharing circles encourage connection and mutual support, while individual practices invite you to communicate with yourself, listen to your heart, and discover answers that often lie within.

#### Lifestyle Integration

The retreat emphasizes daily routines and practical tools for maintaining balance beyond the program. By setting intentions, committing to practices, and building a strong foundation, you learn how to sustain a healthy body, supportive mind, and connected soul. This integration ensures that the retreat experience continues to enrich your life long after you return home.



## Choose Your Retreat Package

The retreat fee for the 7-day, 6-night program is designed to give you flexibility depending on your needs. Below are options we provide for you:

- The full program without accommodation is Rp12,000,000 (approximately USD 750).
- If you prefer to stay on site, the Standard package at Rp15,600,000 (approximately USD 975) includes the retreat plus a shared bedroom for six nights.
- For more comfort and privacy, the Premium package at Rp19,200,000 (approximately USD 1,200) includes the retreat plus a private bedroom for six nights.

All packages include breakfast, lunch, a welcome dinner, and a farewell dinner. Please note that the exchange rates provided are approximate, based on the Indonesian Rupiah amounts.

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## Indonesian language & Balinese Culture Immersion Retreat

Our Language & Culture Retreat invites participants to explore both words and traditions, blending structured Indonesian language classes with hands-on cultural experiences.

Each day balances communicative and immersive Indonesian language sessions with guided workshops, allowing participants to practice new vocabulary while learning how to make Balinese decorations and understand their role in daily offerings, how to wear traditional Balinese outfits, and also explore traditional cakes — discovering their names, when they are used in rituals, and how they taste. This integration ensures that language is not only studied but lived — woven into colors, textures, and cultural dialogue.

Led by native Indonesian teachers and local artists, the retreat offers authentic insights into both language and culture. Participants receive practical tools for communication while discovering the richness of Balinese traditions.

Whether you join for a short stay or an extended retreat, the experience goes beyond learning. You return with confidence in communication, a deeper connection to Balinese heritage, and meaningful memories that embody your journey.

### What You'll Learn

#### Indonesian Language Foundations

You will build practical communication skills through daily Indonesian language sessions. These classes introduce the history of the Indonesian language, basic grammar, and everyday expressions. Role-play activities, such as interviewing local people, help you practice real conversations, while exercises in expressing preferences and simple ideas give you confidence to use Indonesian naturally.

#### Society & Cultural Insights

Beyond language, you will gain a deeper understanding of Indonesian society and Balinese culture. Sessions explore the roles within Indonesian society and the unique structure of Balinese castes, including how they interact with one another. To bring this knowledge to life, you will visit a traditional Balinese compound and observe daily routines, experiencing how culture and community are woven together.

#### Hands-On Traditions

Cultural immersion continues with creative workshops. You will learn how to make Balinese decorations used in daily offerings and discover their symbolic meanings. You will also be guided in how to wear traditional Balinese outfits, understanding not only when and how they are worn but also the significance of each part of the attire.

#### Culinary Heritage

Food is a gateway to culture, and you will explore Balinese culinary traditions through hands-on sessions with traditional cakes. You will learn their names, their role in rituals, and enjoy tasting them, connecting language with flavor and ritual.



### Spiritual Practice & Etiquette

Visits to temples will introduce you to the etiquette that Balinese people maintain in their spiritual life. These experiences help you understand the values and practices that shape daily devotion and community harmony.

### Confidence & Connection

By the end of the retreat, you will have developed confidence in communication, a richer awareness of Balinese heritage, and meaningful memories that embody both language and culture.

## Choose Your Retreat Package

The retreat fee for the 7-day, 6-night program is designed to give you flexibility depending on your needs. Below are options we provide for you:

- The full program without accommodation is Rp11,200,000 (approximately USD 700).
- If you prefer to stay on site, the Standard package at Rp14,800,000 (approximately USD 925) includes the retreat plus a shared bedroom for six nights.
- For more comfort and privacy, the Premium package at Rp18,400,000 (approximately USD 1,150) includes the retreat plus a private bedroom for six nights.

All packages include breakfast, lunch, a welcome dinner, and a farewell dinner. Please note that the exchange rates provided are approximate, based on the Indonesian Rupiah amounts.

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