

THE VINAYA'S WELLNESS AND TRANSFORMATION PROGRAMS

Welcome to the Wellness and Transformation Programs, holistic journeys designed to nurture balance, growth, and empowerment. Each program is thoughtfully created to support participants at different stages of life, guiding them toward greater clarity, resilience, and connection with themselves, others, and the natural world.

The Vinaya offers a variety of wellness and transformation programs, each with its own unique focus and approach. We warmly invite you to choose the retreat that best meets your interests and supports your personal journey toward growth and fulfillment.

OUR PROGRAMS

- **Balinese Melukat: Sacred Water Purification**
A sacred water ritual led by a Balinese priest at a traditional Beji (a sacred spring or water temple). This program focuses on the purification of body, mind, and soul, inviting participants to release negativity and restore harmony within.
- **Respect and Kindness Learning Journey [RKLJ] for Children and Teens**
Designed for children aged seven and older, this self-development program helps young learners cultivate respect for themselves, for others, and for the environment they live in. Through guided practices and reflection, they begin to build values that support kindness, responsibility, and awareness.
- **Empowerment for Emerging Professionals [EEP] Program**
Tailored for fresh graduates, as well as senior high school students, diploma program students, and university students, this program prepares participants to enter the workplace with confidence and motivation. It emphasizes self-empowerment, resilience, and clarity of purpose, helping them grow into brighter, well-motivated individuals who are ready to thrive in their careers.

LEARNING OUTCOME

Through The Vinaya's Wellness and Transformation Programs, participants are guided to cultivate inner clarity, resilience, and a deeper sense of connection with themselves, with others, and with the natural world. Whether through sacred purification rituals, values-based self-development, or empowerment for professional growth, each program provides meaningful experiences that foster respect, awareness, and purposeful living.

Together, these programs create a pathway of transformation, equipping participants with practical tools and insights that inspire them to live with harmony, confidence, and a renewed sense of direction.

Scroll down to explore each program in detail and discover the one that resonates most with your journey.



Balinese Melukat: Sacred Water Purification

➤ FOR CHILDREN AND ADULTS

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Balinese Melukat: Sacred Water Purification

The Balinese Melukat is a sacred water purification ritual deeply rooted in the island's spiritual traditions. Guided by a Balinese priest and performed at a traditional Beji (a holy spring or water temple), it is considered a powerful ceremony for cleansing and renewal. The ritual draws upon the natural energy of flowing water, which is revered in Balinese culture as a source of life and spiritual balance.

During the ceremony, participants are invited to immerse themselves in the sacred waters while prayers and blessings are offered by the priest. This process symbolizes the release of negativity, emotional burdens, and impurities that may weigh on the body, mind, and soul. It is both a physical and spiritual act, allowing individuals to reconnect with themselves and experience a sense of harmony and clarity.

Beyond its ritual significance, Melukat offers a transformative journey of reflection and healing. It encourages participants to embrace inner peace, cultivate gratitude, and restore balance in their lives. By engaging in this ancient practice, participants not only honor Balinese cultural heritage but also discover a timeless pathway to renewal and spiritual well-being.

What's Included in the Programs

- **Balinese Outfit**
Participants will be provided with a traditional Balinese outfit to wear during the ceremony, honoring local customs and enhancing the authenticity of the experience.
- **The Offerings**
Carefully prepared offerings are included as part of the ritual, symbolizing gratitude, respect, and harmony with the spiritual world.
- **The Purification Ceremony**
A sacred purification ceremony led by a Balinese priest at a traditional Beji (holy spring or water temple). This ceremony focuses on cleansing the body, mind, and soul, inviting participants to release negativity and restore balance.
- **Shuttle to and from The Vinaya to Beji (the blessing venue)**
Transportation is provided for participants, ensuring a comfortable and seamless journey between The Vinaya and the blessing venue.



Choose your package

- One Person Only – Rp 1,499,000 This package is designed for individual participants who wish to join the program on their own.
- Two People or More – Rp 1,000,000 per person A special rate is available for participants registering in pairs or groups, making it more affordable to share the experience together.

Program Highlights

- **Authentic Cultural Immersion**
Guided by a Balinese priest at a traditional Beji (holy spring or water temple).
- **Sacred Purification Ceremony**
A ritual of cleansing the body, mind, and soul through sacred waters and blessings.
- **Traditional Attire & Offerings**
Participants wear Balinese ceremonial outfits and present offerings prepared in harmony with local customs.
- **Spiritual Renewal**
Symbolic release of negativity and emotional burdens, fostering clarity and inner balance.
- **Seamless Experience**
Shuttle service provided between The Vinaya and the blessing venue for comfort and convenience.

Experience

Participants will embark on a transformative journey that blends cultural heritage with personal renewal. Dressed in traditional Balinese attire, they will be guided through sacred rituals at a holy spring, where flowing water symbolizes life, balance, and purification. The ceremony, led by a Balinese priest, invites participants to let go of negativity and embrace harmony, gratitude, and peace.

Beyond the ritual itself, the program offers moments of reflection and healing, encouraging participants to reconnect with themselves and restore balance in their lives. With thoughtfully prepared offerings and a supportive environment, the Melukat experience becomes not only a cultural encounter but also a timeless pathway to spiritual well-being.

Guidelines for Participation

To preserve the sanctity of the temple and respect local customs, please note that certain traditional requirements apply. In accordance with Balinese spiritual protocols, women who are on their menstrual cycle are kindly asked to refrain from participating in this specific ritual. We appreciate your understanding in honoring these sacred traditions.



Respect and Kindness Learning Journey

➤ FOR CHILDREN AND TEENS [RKLJ]

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Respect and Kindness Learning Journey [RKLJ] for Children and Teens

Respect & Kindness Sessions for Children and Teens is a self-development program designed for children aged seven and older. It helps young learners cultivate respect for themselves, for others, and for the environment they live in. Building self-awareness, self-management, social awareness, relationship skills, and responsible decision-making are central to the program. It instills values such as respect, responsibility, fairness, and caring.

Participants learn to hear and understand another person's perspective before responding, to express feelings without blame, and to imagine how others may feel in order to reduce hostility. They are guided to find solutions that meet the needs of both sides rather than focusing on one "winning." Practical strategies for fostering empathy, conflict resolution, and positive reinforcement are woven throughout.

In the Indonesian context, this program reflects the modern perspective of *bimbingan budi pekerti dan tata krama* (guidance in moral character and etiquette), while in Japanese culture it resonates with *dōtoku kyōiku* (moral education), which emphasizes respect, harmony, and responsibility. These values are brought to life through storytelling, reading, discussions, playful roleplay, and games, creating an engaging and meaningful experience. At the same time, the program integrates interactive learning, guided reflection, and group activities to foster a supportive environment for children and teens. By weaving together Indonesian *budi pekerti dan tata krama*, Japanese *dōtoku kyōiku* fundamentals, and Western approaches to respect, kindness, and awareness, the sessions connect cultural wisdom with modern methods of character education, emphasizing respect as the foundation for personal growth and community well-being.

Price

Rp140,000 per participant

*minimum 2 participants

Duration

60 minutes of inspiring and motivating group sessions

Schedule

Offered every Tuesday afternoon, or arranged upon request



Program Highlights

- Storytelling, reading, discussions, playful roleplay, and games as the foundation of learning
- Engaging activities that encourage self-awareness and empathy
- Practical exercises to foster responsibility and respect
- Reflection sessions to strengthen values and positive habits
- Respectful and kind guidance for young generations to see their world with a wiser perspective
- Opportunities to define difficulties, befriend challenges, and practice suitable problem-solving strategies
- Integration of Indonesian, Japanese, and Western fundamentals for a holistic character-building experience

Learning Outcomes

Participants will:

- Develop respect for themselves and others
- Gain awareness of their role in caring for the environment
- Strengthen values of kindness, responsibility, and cooperation
- Cultivate empathy, fairness, and caring in daily interactions
- Build confidence in conflict resolution and positive communication
- Learn to embrace challenges as opportunities for growth

Experience

Participants will experience a motivating and inspiring journey that nurtures their character and values. The program encourages them to live with greater awareness, kindness, and responsibility, while developing a motivated, meaningful, clear, and bright mind and soul. They will learn to embrace challenges as opportunities, practice empathy, and contribute positively to their families, schools, and communities.

Guidelines

- Please inform us of any special needs, preferences, or concerns during registration.
- Participants who commit to a monthly package will receive a discount of Rp5,000 per class.
- Payment must be completed before the session begins to secure a place.
- Each session requires a minimum of two participants to run.
- No-shows will be fully charged.
- Cancellations made at least 48 hours before the session will be transferred to the next available class.
- Cancellations made less than 48 hours before the session are non-transferable.
- If The Vinaya cancels a session, a transfer to another session will be offered.
- Photos or videos may be taken during sessions for promotional purposes. Guardians who prefer that their child is not photographed should inform the instructor before the session begins.
- All participants are expected to follow instructions carefully and maintain respectful behavior throughout the session.
- Courteous communication and cooperation help ensure an enjoyable experience for everyone.
- Disruptive behavior may result in removal from the session without a refund.
- By registering, participants and/or guardians acknowledge that they have read, understood, and agreed to these Guidelines on behalf of their child.



Empowerment for Emerging Professionals

➤ EEP PROGRAM

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Empowerment for Emerging Professionals [EEP] Program

Tailored for fresh graduates, as well as senior high school students, diploma program and university students, this program prepares participants to enter the workplace with confidence and motivation. It emphasizes self-empowerment, resilience, and clarity of purpose, helping them grow into brighter, well-motivated individuals who are ready to thrive in their careers.

In this program, we embrace the process of gaining confidence, awareness, and control over participants' own decisions and actions. It involves recognizing personal strengths, setting clear goals, and developing the ability to overcome challenges with resilience. Here, self-empowerment is taught as a foundation for building independence, responsibility, and motivation in professional life.

The class is delivered in Indonesian language for Indonesian students and fresh graduates, but it can also be conducted in English upon request for non-Indonesian participants.

Dirancang khusus untuk para lulusan baru, siswa sekolah menengah atas, serta mahasiswa program diploma dan universitas, program ini mempersiapkan peserta untuk memasuki dunia kerja dengan penuh percaya diri dan motivasi. Program ini ditekankan pada pemberdayaan diri, ketangguhan, dan kejelasan tujuan berkarir, sehingga membantu mereka tumbuh menjadi individu yang lebih termotivasi, dan siap berkembang, baik sebagai individu, maupun dalam berkarir.

Program ini difokuskan pada proses pembentukan kepercayaan diri, kesadaran, pengendalian diri, dan juga kemampuan dalam mengambil keputusan, yang mencakup panduan untuk mengenali kekuatan diri masing-masing individu, menetapkan tujuan hidup dan berkarir yang diskriptif, serta pengembangan kemampuan untuk menghadapi tantangan dengan ketangguhan. Di sini, pemberdayaan diri diajarkan sebagai landasan untuk membangun kemandirian, tanggung jawab, dan motivasi dalam kehidupan profesional.

Kelas disampaikan dalam bahasa Indonesia untuk siswa, sarjana dan profesional muda Indonesia, namun program ini dapat juga diadakan dalam bahasa Inggris jika ada permintaan dari peserta asing.

Program Highlights

- Interactive sessions that build confidence and motivation
- Practical strategies for resilience and clarity of purpose
- Guidance on workplace readiness and professional behavior
- Activities designed to strengthen discipline and focus
- Opportunities for reflection and goal-setting
- Supportive environment that encourages growth and cooperation

1. Sesi interaktif yang membangun kepercayaan diri dan memotivasi
2. Strategi yang mudah digunakan untuk menjadi individu yang tangguh dan panduan menuju visi serta misi hidup dan karier yang deskriptif
3. Panduan mengenai kesiapan kerja dan perilaku profesional
4. Aktivitas yang dirancang untuk memperkuat disiplin dan fokus
5. Kesempatan untuk menganalisa dan menetapkan tujuan hidup (goal dan cita-cita)
6. Lingkungan yang mendukung pertumbuhan pribadi dan memperkenalkan cara bekerja sama yang baik dalam tim



Learning Outcomes

Participants will:

- Develop growing minds, mentality, and motivation
- Strengthen discipline and personal responsibility
- Learn to clear goals and define their aspirations as young professionals
- Strengthen preparations for stepping into the working environment
- Gain confidence in facing challenges with resilience and clarity

Peserta akan:

1. Mengembangkan pola pikir, mentalitas, dan motivasi yang terus bertumbuh
2. Memperkuat disiplin dan tanggung jawab pribadi
3. Belajar menetapkan tujuan yang jelas serta mendefinisikan aspirasi mereka sebagai profesional muda
4. Memperkuat persiapan untuk memasuki lingkungan kerja
5. Meningkatkan kepercayaan diri dalam menghadapi tantangan dengan ketangguhan dan tanpa keraguan.

Experience

Participants will experience a motivating and inspiring journey that nurtures their mindset, discipline, and clarity of goals. Through interactive activities, they will learn to strengthen their preparation for the workplace, define their aspirations, and build resilience in the face of challenges. The sessions encourage cooperation, reflection, and self-empowerment, helping participants grow into confident individuals who are ready to thrive in their careers.

Peserta akan mengikuti kelas yang memotivasi dan menginspirasi, serta menumbuhkan pola pikir dan disiplin diri. Kelas ini memberikan panduan agar peserta mencapai tujuan berkarir tanpa keraguan. Melalui aktivitas interaktif, mereka akan belajar mempersiapkan diri dengan matang sebelum menghadapi dunia kerja, berlatih mendefinisikan aspirasi, dan membangun ketangguhan dalam menghadapi tantangan. Program ini mendorong peserta agar secara aktif bekerja sama dalam tim, melatih kemampuan menganalisa kondisi diri mereka masing-masing dan juga situasi dunia kerja. Melalui program pemberdayaan diri ini, peserta diajak meningkatkan kemampuan, kemandirian, dan potensi diri, sehingga membantu mereka agar tumbuh menjadi individu yang percaya diri dan siap berkembang dalam kariernya.

Price

- Non-Indonesians (WNA): Rp175,000 per person × 12 group sessions in English.
- Indonesian citizens (WNI): Rp95,000 per orang × 12 pertemuan dalam bahasa Indonesia.

*Minimum 3 participants

Duration

90 minutes × 12 sessions, a package of inspiring and motivating group sessions.

90 menit × 12 pertemuan yang inspiratif dan memotivasi.



Guidelines

- Please inform us of any special needs, preferences, or concerns during registration.
- Payment of 12 sessions must be completed before the class begins to secure a place.
- Each class requires a minimum of three participants to run.
- No-shows will be fully charged.
- Cancellations made at least 48 hours before the class will be transferred to the next available class.
- Cancellations made less than 48 hours before the class are non-transferable.
- If The Vinaya cancels a class, a transfer to another class will be offered.
- Photos or videos may be taken during classes for promotional purposes. Guardians who prefer that their child is not photographed should inform the instructor before the class begins.
- All participants are expected to follow instructions carefully and maintain respectful behavior throughout the class.
- Courteous communication and cooperation help ensure an enjoyable experience for everyone.
- Disruptive behavior may result in removal from the class without a refund.
- Frequent absence can impact both the score and the certification provided.
- By registering, participants and/or guardians acknowledge that they have read, understood, and agreed to these Guidelines on behalf of their child.

1. Mohon menginformasikan jika ada kebutuhan atau kondisi yang memerlukan perhatian khusus pada saat pendaftaran.
2. Pembayaran 12 pertemuan wajib dilakukan sebelum kelas dimulai.
3. Jumlah minimal peserta untuk kelas ini adalah tiga peserta.
4. Peserta yang tidak hadir (no-show) akan tetap dikenakan biaya penuh.
5. Pembatalan yang dilakukan minimal 48 jam sebelum kelas akan dialihkan ke kelas berikutnya yang tersedia.
6. Pembatalan yang dilakukan kurang dari 48 jam sebelum kelas tidak dapat dialihkan.
7. Jika The Vinaya membatalkan kelas, peserta akan ditawarkan pengalihan ke kelas lain.
8. Foto atau video dapat diambil selama kelas untuk tujuan promosi. Wali yang tidak ingin anaknya difoto harus memberi tahu instruktur sebelum kelas dimulai.
9. Semua peserta diharapkan mengikuti instruksi dengan baik dan menjaga perilaku yang sopan selama kelas.
10. Komunikasi yang santun dan menunjukkan kerja sama akan membantu menciptakan pengalaman yang menyenangkan bagi semua pihak.
11. Perilaku yang mengganggu dapat mengakibatkan peserta dikeluarkan dari kelas tanpa pengembalian biaya.
12. Ketidakhadiran yang sering dapat memengaruhi skor dan sertifikasi yang diberikan.
13. Dengan mendaftar, peserta dan/atau wali menyatakan telah membaca, memahami, dan menyetujui panduan ini atas nama anak mereka.