

NEW YEAR'S TRANSFORMATION

RETREATS IN BALI



NEW YEAR'S TRANSFORMATION RETREAT



This retreat is for you if you're ready to let go of the past and step into the New Year as your truest self.

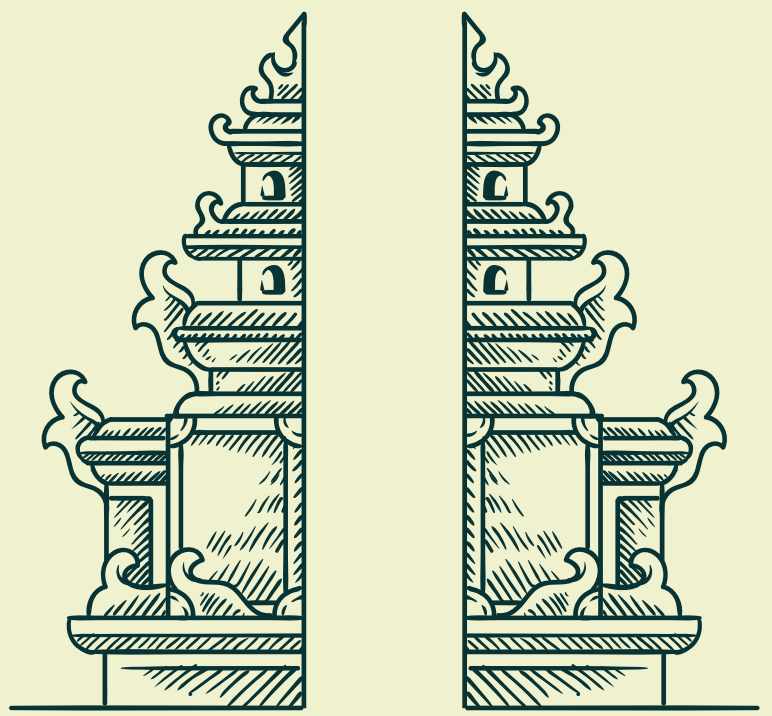
New Year, New You here means rediscovering who you really are—beyond patterns, fears, and limitations.

It's an invitation to return to your essence, to be guided by your breath, and to allow Bali's sacred energy to support your journey.

Here, you'll find transformation, community, and sacred connection—so you can carry the magic forward into every part of your life.

SACRED LANDSCAPES, HEALING WATERS
& TIMELESS TRADITIONS

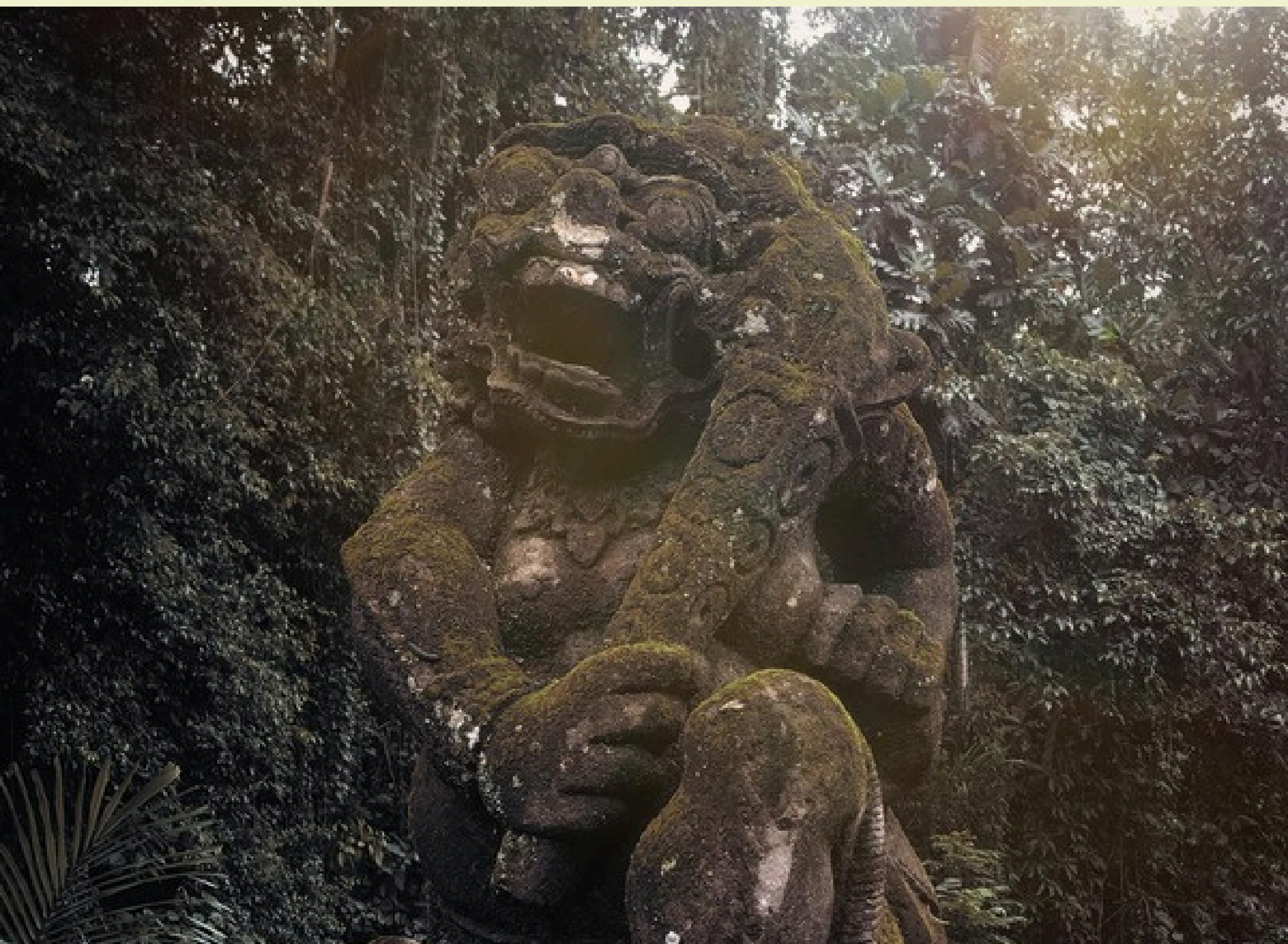
BALI



Bali is not just an island—it's a living sanctuary of natural beauty, spiritual depth, and transformative energy. For over eight years, I've called Bali home, and I've experienced firsthand how the island's unique landscapes, sacred sites, and traditional practices support profound personal growth and deep healing.

Bali is not just the setting—it's an active participant in the retreat, supporting transformation, healing, and the creation of lasting memories

Bali is a place where the natural, spiritual, and human worlds meet harmoniously. Its sacred rivers, lush forests, warm-hearted communities, and vibrant ceremonies provide a fertile ground for transformation. Whether connecting with the ocean, dancing under the stars, or participating in centuries-old purification rituals, each moment on this retreat is designed to help you.





SACRED

BALINESE RITUALS

Bali's rich spiritual culture is woven throughout our retreat. Guests experience authentic ceremonies that have been practiced for generations:

- Melukat (Balinese Water Purification) – A sacred ritual with a traditional Mangku, designed to cleanse body, mind, and spirit, allowing you to release what no longer serves you and start the year fresh.
- Mini Nyepi Silent Night – Inspired by Bali's Day of Silence, this practice supports deep reflection, presence, and inner recalibration through candlelight, stillness, and digital detox.
- Cacao & Somatic Ceremonies – Heart-opening rituals using cacao, dance, and somatic movement to release blocked energy, invite joy, and anchor intentions for the year ahead.

A SACRED JOURNEY OF RELEASE, RENEWAL, AND REBIRTH TO WELCOME
THE NEW YEAR IN BALI.

LOCATION - LOVINA



LOVINA

JUNGLE HILLS & SEAVIEW SERENITY

Our Lovina retreat center is nestled in the lush northern hills of Bali, overlooking the sparkling ocean from a serene, private sanctuary. This location offers the perfect balance of seclusion and inspiration:

- Jungle and ocean views provide a grounding connection to Mama Bali's nature and a gentle reminder of life's vastness.
 - Wild dolphins & fluorescent plankton create magical morning experiences during sunrise boat trips, connecting participants to wonder, joy, and playfulness.
 - Optional waterfall excursions to Sekumpul and Fiji Waterfalls immerse guests in Bali's untouched natural beauty, adding adventure and reflection to the journey.
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LOCATION - UBUD



UBUD

THE HEART OF BALINESE CULTURE & CONSCIOUS LIVING

The second phase of our full immersion retreat brings participants to Ubud, the island's cultural and spiritual center:

- Ancient Sound Healing at the Pyramids of Chi – Align your energy with sacred geometry and sound vibrations in one of Bali's most unique healing centers.
 - Forest Therapy Walks & Jungle Immersion – Reconnect with the healing power of the jungle, practicing embodiment, mindfulness, and presence.
 - Hidden Monkey Forest & Chocolate Experience – Encounter sacred spaces off the beaten path, taste handcrafted artisan chocolate, and engage all senses in playful discovery.
 - Udara Bali Sunday Festival – Celebrate life with community, kirtan, ecstatic dance, and connection to Bali's joyous and vibrant energy.
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ABOUT MARTA



BREATHWORK & HOLISTIC MENTOR

Marti is the founder of Breath and Beyond, a Breathwork & Holistic Mentor, and one of your guides on this retreat. She facilitates Conscious Connected Breathwork, weaving in nervous system reprogramming, intuitive bodywork (from deep somatic release to gentle craniosacral touch), and energy practices such as Prana and Reiki.

Having called Bali home for the past 8 years, Marti brings not only her skills as a facilitator but also a deep personal connection to the island — its sacred land, culture, and hidden treasures.

Through her work as a Holistic Mentor, she supports participants in uncovering the root causes of limiting patterns and creating space for genuine transformation. On this retreat, she will guide you in releasing the past, opening to abundance, and stepping into the next version of yourself with clarity and joy.

ABOUT DIANA



SOMATIC MOVEMENT FACILITATOR, ENERGY HEALER, OBSTACLE TRAINER

I'm Diana Meral Yamak – some of you may know me as the Queen of Adventure. For me, sport has always been more than just movement – every obstacle on the course is a mirror of the challenges we face in life and in business.

My work blends physical training with mindfulness, somatic practices, breathwork, and the Buddhist perspective I studied at university. I also guide people through forest therapy and energy healing – working with quantum energy and Access Consciousness – to create deeper shifts and breakthroughs.

My specialties include obstacle mentality, somatic release through African rhythms, and conscious breathing for resilience and nervous system balance. At my camps, we don't just train the body – we unlock strength, freedom, and the joy of being fully alive.

SIX-DAY JOURNEY

- 4 Transformational Breathwork Journeys
- 2 Dolphin/Flouroscent Algae watching Boat Trips (incl. swimming with dolphins, photos)
- 4 Powerful Ceremonies (Fire & Cacao + Dance)
- 1 Balinese Water Purification (Melukat)
- 1 Mini Nyepi Silent Night (digital detox, candlelight only)
- 3 Nourishing Shared Meals Daily
- 6 Somatic / Movement Sessions (African dance, Yoga, Somatic Ecstatic Dance etc.)
- 4 Energy Transmissions
- Daily Meditation, Intention & Journaling Practices
- Plus: Beach time, optional waterfall excursion, integration time, community



ELEVEN-DAY JOURNEY

Everything from the 6-Day Retreat, plus extended Ubud journey:

- 7+ Transformational Breathwork Journeys in total
- 7 Somatic & Yoga Movement Practices
- 5 Sacred Ceremonies (Cacao, Dance, New Moon Abundance, Celebration of Life at Udara Festival)
- 2 Balinese Purification Rituals (Melukat + Sacred River with Priest)
- 1 Ancient Sound Healing at Pyramids of Chi
- 1 Forest Therapy Walk + Jungle Immersion
- 1 Chocolate Creation & Tasting Journey
- 1 Visit to Hidden Monkey Forest with Sacred Tree
- 1 Private Abundance Blessing Ritual with Balinese Priest
- Daily meals, shared community, integration time
- Multiple opportunities for beautiful photo sessions during free time, to take home lasting memories



PROGRAMS

DAY 1 – DEC 29 - LOVINA ARRIVAL & OPENING

- From 2:00 p.m. — Arrivals & Check-in
- 5:30 – 6:30 p.m. — Welcome Dinner
- 7:00 – 9:30 p.m. — Opening Circle & Fire Ceremony (Heart Opening Exercises, Fire Ritual, Intention Setting, Trust & Connection, Closing Meditation)
- After 9:30 p.m. — Personal Reflection

DAY 2 – DEC 30 - LOVINA BREATH & ELEMENTAL CLEANSING

- 7:00 – 9:00 a.m. — Morning Meditation & Breathwork
- 9:00 – 10:00 a.m. — Breakfast
- 10:30 a.m. – 12:30 p.m. — Rest & Integration
- 1:00 – 2:00 p.m. — Lunch
- 3:30 – 5:30 p.m. — Ocean Cleanse & Beach Time (Optional)
- 5:30 – 7:00 p.m. — African Somatic Movement Session
- 7:00 – 8:00 p.m. — Dinner
- 8:30 – 9:30 p.m. — Evening Circle & Energy Session

PROGRAMS

DAY 3 – DEC 31 - LOVINA HEART OPENING INTO THE NEW YEAR

- 6:30 – 8:00 a.m. — Morning Dolphin Swim
- 8:30 – 9:30 a.m. — Breakfast
- 10:00 a.m. – 12:00 p.m. — Rest & Integration
- 12:30 – 1:30 p.m. — Lunch
- 4:30 – 6:00 p.m. — Afternoon Yoga & Breath Connection
- 6:30 – 8:00 p.m. — Dinner
- 8:30 – 11:30 p.m. — Heart-Opening Cacao Ceremony & Somatic Ecstatic Dance
- Parallel Option (Extra, Private) — Plant Medicine Ceremony
- 11:45 p.m. – Midnight — Closing Dance & Transition Ritual
- After Midnight — Magical Closing

DAY 4 – JAN 1 - LOVINA RESET, REBIRTH & RECEIVING

- 8:00 – 10:30 a.m. — Sleep-In & Optional Breakfast
- 10:30 – 11:30 a.m. — Tea & Grounding Arrival
- 11:30 a.m. – 1:00 p.m. — Melukat Ceremony (Balinese Water Purification)
- 1:00 – 2:30 p.m. — Silent Lunch & Rest
- 2:30 – 3:10 p.m. — Somatic Yin Yoga
- 3:15 – 4:45 p.m. — Breathwork Journey
- 4:45 – 6:30 p.m. — Mini Nyepi: Silent Self-Time & Digital Detox Begins
- 6:30 – 8:00 p.m. — Mindful Dinner (Candlelight Only)
- 8:00 – 9:00 p.m. — SOP (Symphony of Possibilities)
- After 9:00 p.m. — Integration in Silence

PROGRAMS

DAY 5 – JAN 2 - LOVINA RECONNECTION & RECEIVING ABUNDANCE

- 7:00 – 8:00 a.m. — Sunrise Yoga & Pranayama
- 8:00 – 9:00 a.m. — Silent Breakfast
- 9:00 – 10:00 a.m. — Soft Return & Sharing Circle
- Option A (Good Weather) — Sekumpul Waterfall Excursion
Option B (Rainy Day) — Cultural & Ceremonial Day
- 12:30 – 1:30 p.m. — Lunch
- 4:30 – 6:00 p.m. — Breathwork Journey
- 6:30 – 8:00 p.m. — Light dinner
- 8:30 – 10:30 p.m. — New Moon Abundance Ceremony
- After 10:30 p.m. — Optional Integration Time

DAY 6 – JAN 3 - LOVINA (FINAL DAY) EMBODIMENT, EXPANSION & CLOSING

- 7:30 – 9:00 a.m. — Morning Practice: Somatic Activation & Movement Journey
- 9:00 – 10:00 a.m. — Breakfast
- 10:30 a.m. – 12:30 p.m. — Quantum Energy Constellation Workshop
- 12:30 – 1:30 p.m. — Lunch
- 3:00 – 4:30 p.m. — Breathwork Journey: Integration & Expansion
- 4:30 – 6:00 p.m. — Free Time & Packing
- 6:30 – 8:00 p.m. — Dinner
- 8:30 – 10:00 p.m. — Group Closing Circle “Being Seen”

PROGRAMS

DAY 7 – JAN 4

LOVINA → SESEH → UBUD

ECSTATIC CELEBRATION & TRANSITION

- 5:30 a.m. — Departure from Lovina
- 8:45 a.m. — Sunday Festival @ Udara Bali (Seseh)
- Sunset (Optional) — Beach Photo Session
- 6:30 p.m. — Group Split
- 8:30 p.m. — Arrival and light welcome dinner at the Ubud

DAY 8 – JAN 5 - UBUD

ANCIENT SUN HEALING

- 7:00 – 9:00 a.m. — Morning Self-Time
- 9:00 – 10:00 a.m. — Breakfast
- 10:30 a.m. – 12:30 p.m. — Integration & Rest
- 1:00 – 2:00 p.m. — Lunch
- 3:30 – 6:00 p.m. — Ancient Sun Healing at Pyramids of Chi
- 6:30 – 7:30 p.m. — Dinner
- 8:00 – 8:30 p.m. — Gentle Integration Practice (Optional)

PROGRAMS

DAY 9 – JAN 6 - UBUD SACRED BALINESE PURIFICATION & ABUNDANCE BLESSING

- 7:00 – 9:00 a.m. — Gentle Movement & Breathwork
- 9:00 – 10:00 a.m. — Breakfast
- 10:30 a.m. – 6:00 p.m. — Private Sacred Day with Balinese Priest
- 6:30 – 7:30 p.m. — Dinner (back at retreat center)
- 8:00 – 9:00 p.m. — Optional Evening Circle

DAY 10 – JAN 7 - UBUD JUNGLE THERAPY, SACRED NATURE

- 7:00 – 9:00 a.m. — Forest Therapy Walk
- 9:00 – 10:00 a.m. — Breakfast
- 11:00 – 12:00 p.m. — Hidden Monkey Forest Visit
- 12:30 – 1:30 p.m. — Quick Local Lunch
- 2:00 – 4:00 p.m. — Artisan Chocolate Experience
- 4:30 – 6:30 p.m. — Ubud Town Exploration
- 7:00 p.m. — Celebration Dinner
- Evening — Free Time

PROGRAMS

DAY 11 – JAN 8 - UBUD DEPARTURE

- 8:00 – 9:00 a.m. — Breakfast Together
- 9:00 – 10:30 a.m. — Closing Circle
- 10:30 a.m. onwards — Packing & Departure

**“RELEASE THE OLD,
EMBODY THE NEW,
AND AWAKEN TO
YOUR FULLEST SELF.”**

AN IMMERSIVE PATH OF HEALING, HEART-OPENING, AND CELEBRATION IN THE MAGIC OF BALI.

PRICING

Both journeys are designed for deep release, rebirth, and calling in abundance for the New Year.
Limited spaces – early booking is highly recommended.

Note: Price excludes flights, transfers within Bali (arrangeable on request), and insurance (mandatory for participation).



SIX-DAY JOURNEY

Dec 29 – Jan 4,
Lovina + Udara Festival
Shared room accommodation.

Super Early Bird (2 spots only): €1,888
Tier 2 (until Oct 31): €2,222
Full Price (from Nov 1): €2,555



TEN-DAY JOURNEY

Dec 29 – Jan 7
Lovina + Udara Festival + Ubud
Shared room accommodation

Super Early Bird (2 spots only): €2,555
Tier 2 (until Oct 31): €2,888
Full Price (from Nov 1): €3,333

CONTACT US



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