

ARE YOU READY TO EXPERIENCE THE SACRED ENERGY OF THE
INDONESIAN ISLANDS, WHERE OCEAN, SPIRIT AND THE DIVINE FLOW
TOGETHER IN EVERY BREATH, SUNSET AND PRAYER?

Sacred Island

THE RETREAT

Bali & Beyond

10 Day Yoga Island Journey

11th to 20th NOVEMBER 2025

YOGA | ISLAND HOPPING | TRANSFORMATION | JOY

FOOD.4.THESOUL | SAMUDRAYOGASPACE

WELCOME TO A JOURNEY OF RECONNECTION WITH YOUR MOST AUTHENTIC SELF

We will stay in Gili Air, Ubud, and Yogi's Garden — moving from the turquoise waters of the Gilis, to the sacred stillness of Bali's heart, and into the peaceful embrace of nature at Yogi's Garden.

Across twelve radiant days, we'll flow with the rhythms of the sea and the silence within. With daily yoga, breathwork, and meditation, you'll soften back into your body and deepen your connection to the present moment.

We'll snorkel with turtles, kayak into golden sunsets, laugh around beach bonfires, explore vibrant local culture, and gather for nourishing meals made with love. When the soul calls, we'll dive into stillness, held by nature, silence, and shared presence.

This is a retreat where spiritual depth meets island freedom. You'll visit ancient temples, dance beneath the stars, bathe in hot springs, trek to volcanic sunrises and rest deeply in the arms of nature.

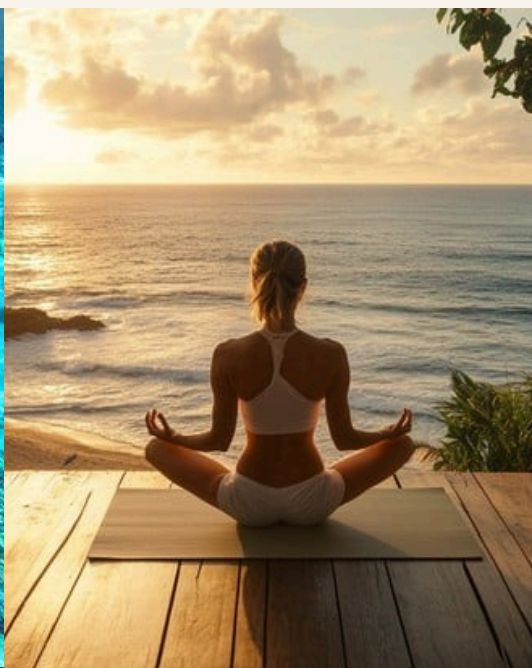
A space to quiet the mind, open the heart, laugh freely and come home to yourself.

What if your healing could feel like joy, adventure and connection, rather than effort?

xxx *Alex & Laura*

@food.4.thesoul
@samudrayogospace

What awaits you:



GILI ISLAND



UBUD



BALI

Sun kissed adventure across sacred islands, where **morning yoga** meets **salty skin**, where you'll **laugh over shared meals**, **snorkel with turtles**, **dance barefoot at sunset**, **kayak into golden light** and **rediscover joy** as a way of being. This is a journey of soul and play, stillness and celebration, where healing feels like laughter, movement and sweet connection.

Accommodation:



LUSH JUNGLE

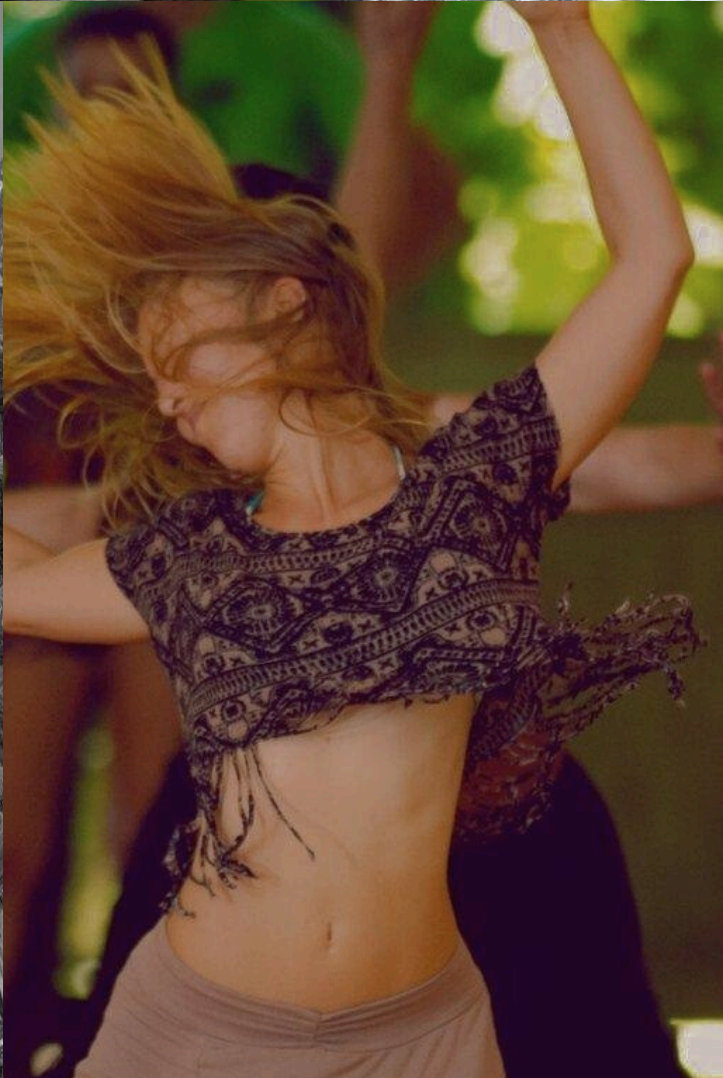
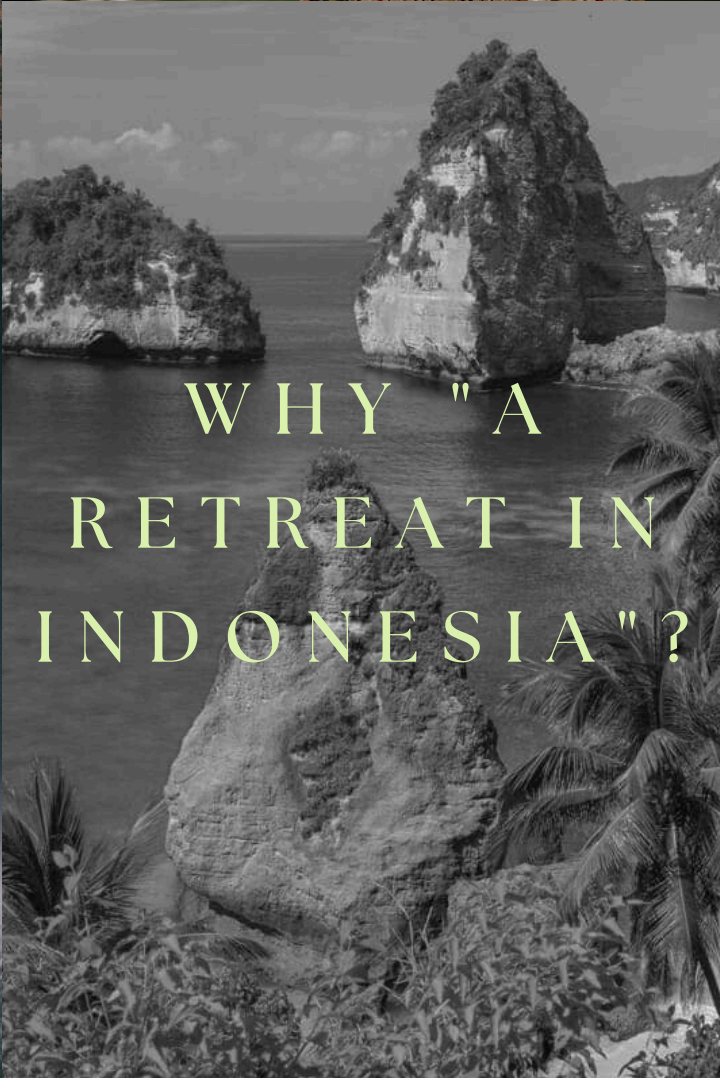


BEACH FRONT



CONFORT

You'll wake up to ocean views and open skies at our Villas in **Gili Air**. A few days later, you'll be in the lush **Ubud**, held by the spiritual rhythm of island life. And soon after, you'll arrive in **Yogis Garden**, where nature invite you to listen, explore and remember.





Meet Us

We, Alex and Laura, passionate explorers. Each of us has followed an inner calling across continents in search of truth, healing, and connection.

Our paths first crossed nearly a year ago, in the heart of Bali. Alex was on a solo journey of self-reflection and joined a yoga retreat led by Laura. That's where a spark was lit — both personally and creatively.

Together, we hosted our first retreat in **Bulgaria**. Now, we're returning to the island where it all began, to Bali and we're inviting you to join us in this next chapter.

This retreat brings together Laura's deep spiritual presence and yogic wisdom with Alex's love for meaningful conversation, soul-nourishing food, and conscious community.

Welcome to our Bali retreat, where the journey continues, together.



Itinerary

Day 1 - arrival in Bali

Welcome to Bali! Our private driver will pick you up from Denpasar Airport and bring you to our peaceful villa in Sanur.

Settle in, relax, and enjoy an optional Balinese massage. In the evening, we'll gather for our first group dinner and intention setting.



Day 2 –5 Sanur to Gili Islands

After morning yoga and breakfast, we head by fast boat to the Gili Islands, 3 nights on peaceful Gili Air await.

With no cars, just bikes and barefoot living, you'll enjoy seaside yoga, snorkeling or diving with turtles, exploring Gili Meno's underwater sculpture garden, vibrant sunsets, and optional ecstatic dance or sound healing.



Itinerary

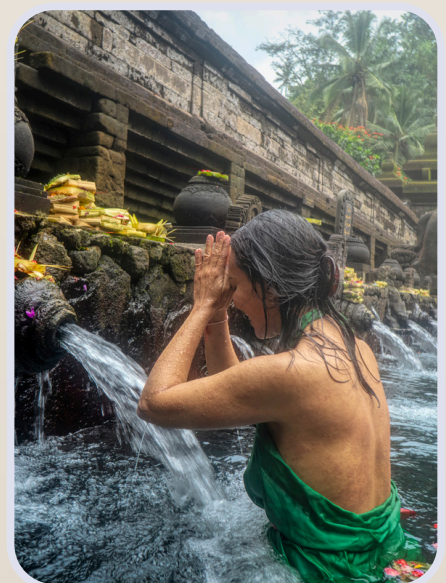
Day 5 - 8 – Ubud to Yogis Garden

The road leads us into the lush, emerald heart of Bali. Ubud, the land of temples, rice fields and ancient magic. Here, time slows. You wake with the sun, practice in open-air shalas surrounded by nature, and immerse yourself in rituals that nourish the soul.

Each day becomes a sacred rhythm of movement, stillness, joy, and reflection. Some moments take you deep inward. Others lift you into pure, playful presence.

Highlights:

- Daily yoga, meditation & breathwork in a serene jungle setting
- Water purification ritual at a sacred spring with Balinese priest
- Cacao ceremony & ecstatic dance to open the heart
- Healing massages, spa treatments & flower baths
- Kirtan under the stars
- Visits to ancient temples & lush waterfalls.



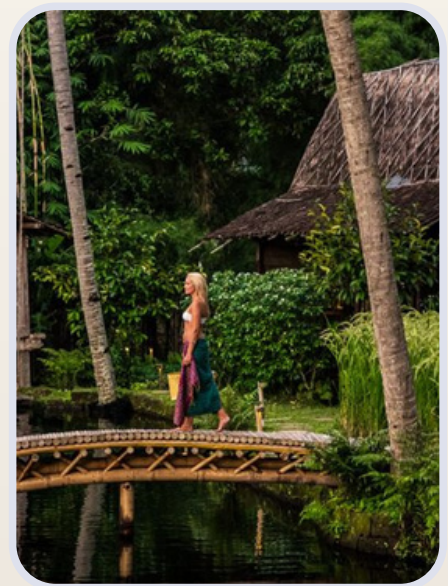
Itinerary

Day 8 - 10 – Yogis Garden

Yogi's Garden is a retreat space to reconnect with nature, where we'll slow down, breathe deeply, and enjoy nourishing farm-to-table meals in silence and simplicity.

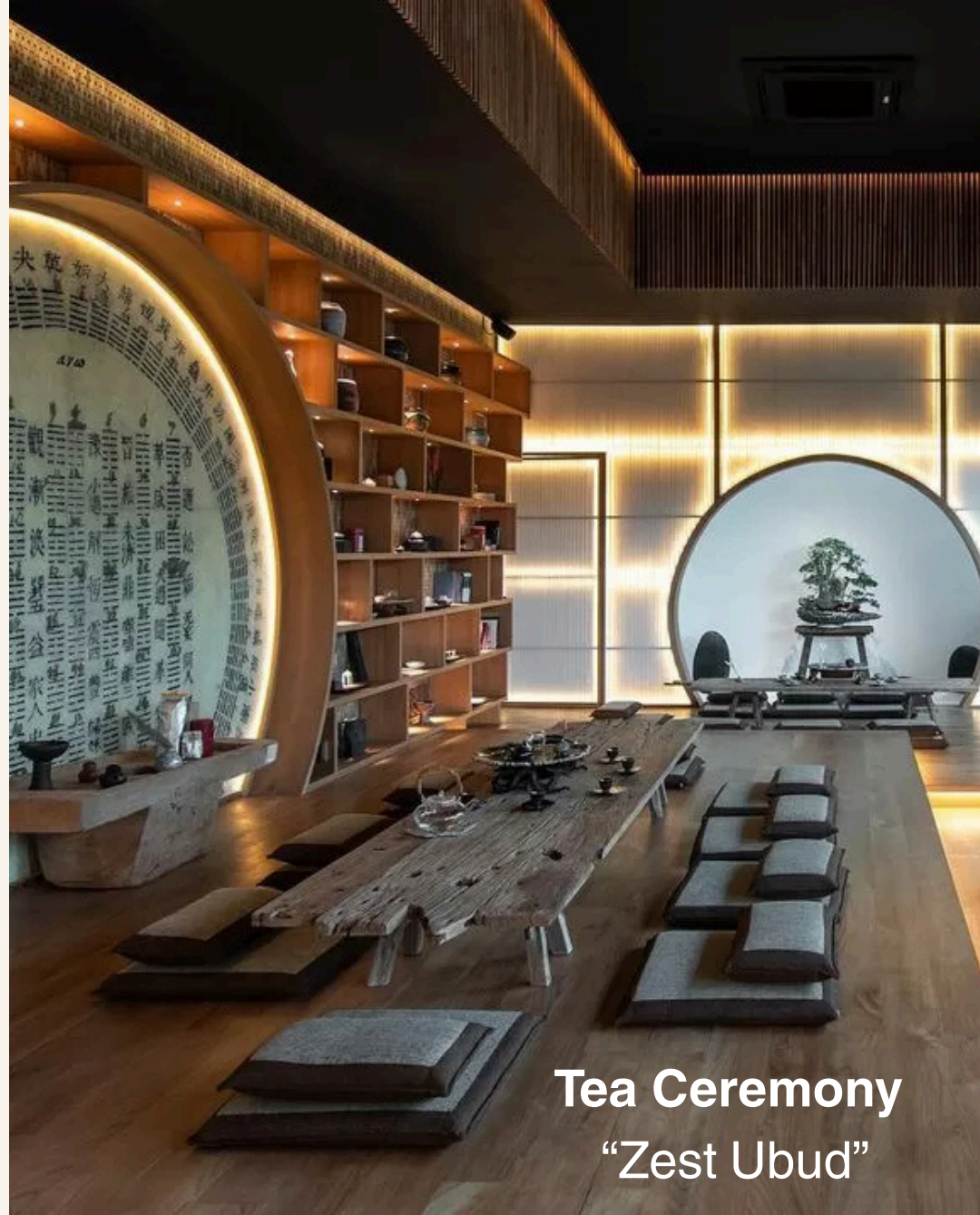
We'll blend into the rhythm of the land with:

- Sunrise at the volcano
- Gentle hikes through nature
- Yoga and meditation
- Holistic therapies
- Ice bath and sauna sessions
- Farm-to-table meals
- Hot spring relaxation
- Quiet, peaceful integration time

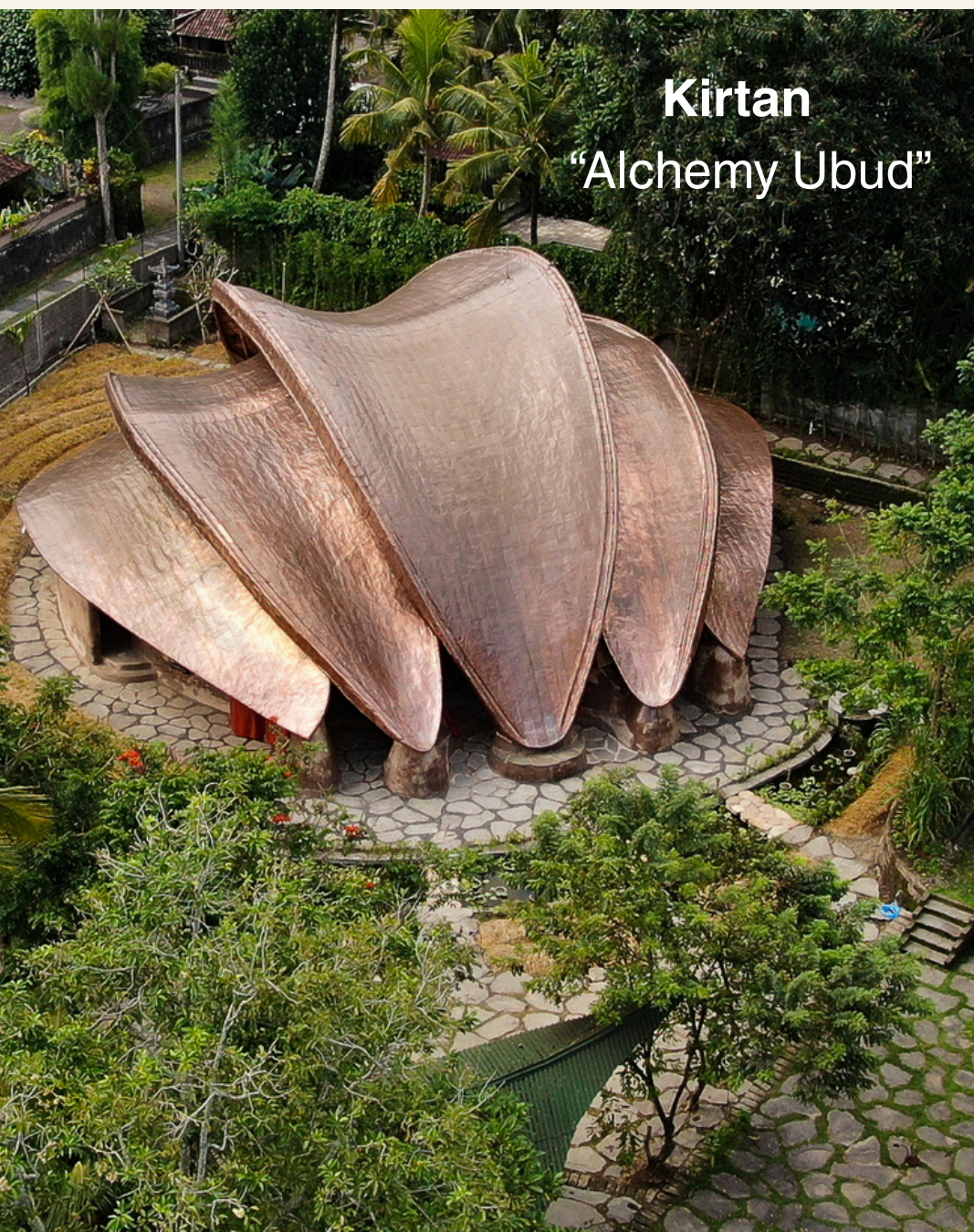




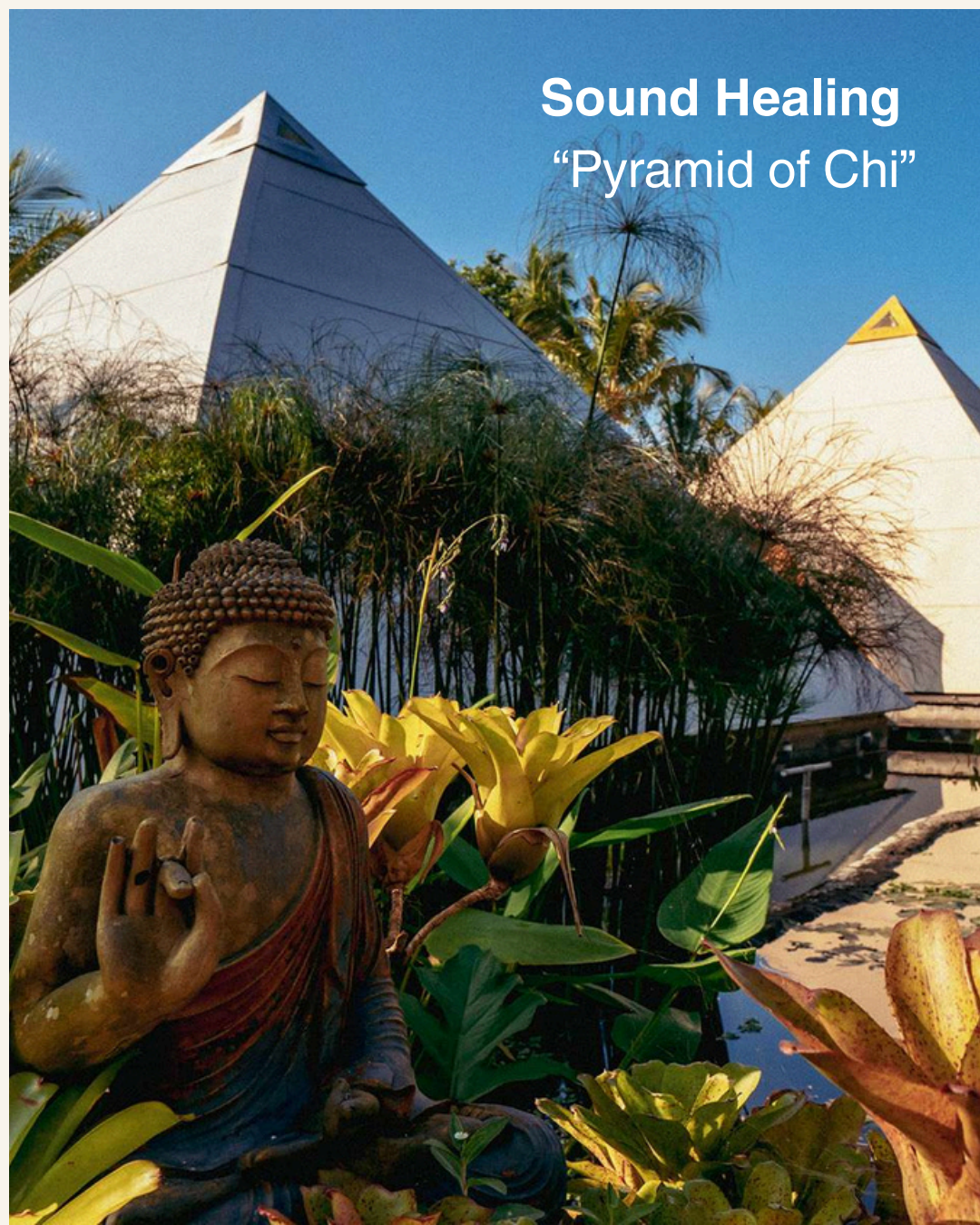
Ecstatic dance
"The Yoga Barn"



Tea Ceremony
"Zest Ubud"



Kirtan
"Alchemy Ubud"



Sound Healing
"Pyramid of Chi"

Meet A FEW OF Your Guest Facilitators

Yoga Nidra & Meditation

invites deep rest, rejuvenation, and inner healing. Guided through 64 points of relaxation and the OM SOM mantra, you'll access the Theta state, where the mind opens to affirmations and your body awakens its natural healing power. Relax, and let go with Laura.

Sound Healing

you'll be immersed in healing chants and sounds from sacred instruments around the world. Lie down, relax and journey inward through this deep meditative sound experience.

Traditional Indian Yoga Asana

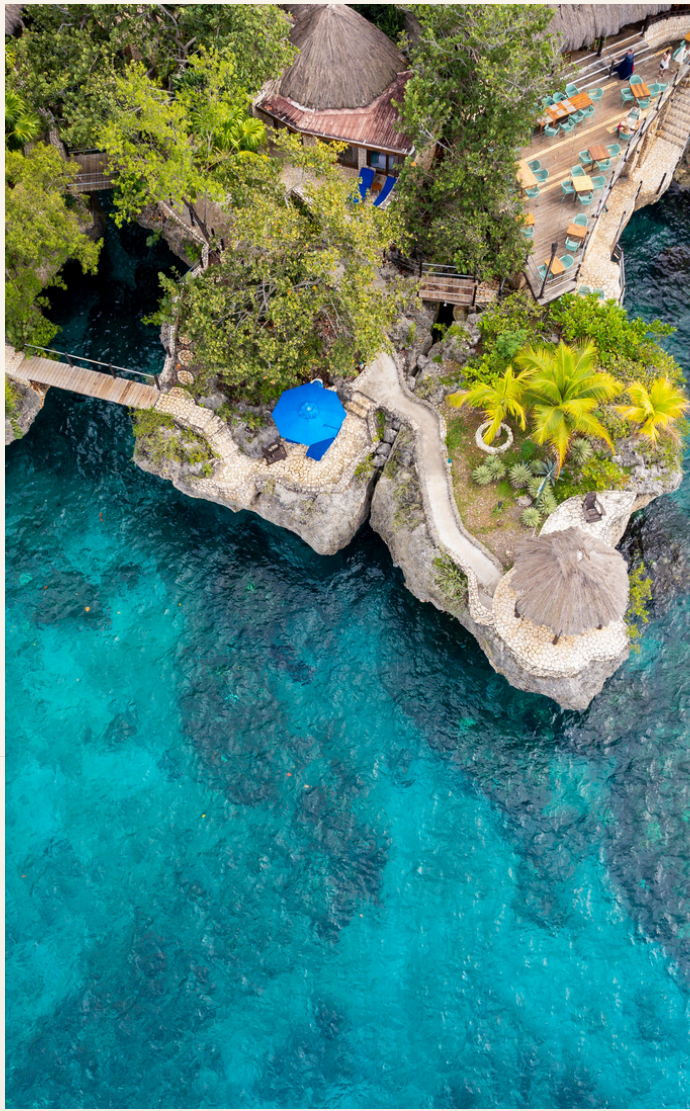
Deepen your practice with ancient techniques that align the body and spirit lead by TEACHER Ananda FROM INDIA.



Laura Rodenas
@samudrayogospace



Anandan Dhandapani
@samudrayogospace



INVESTMENT

PRICE

Early Bird

Ends 24th August

Standard

Single
Room

2.444€

2.888€

Sharing
Room

1.777€

1.999€

Once you join a retreat organized by us, you'll receive a permanent additional 5% discount on all future retreats.

The package price includes:

- **Accommodation** - 9 nights in handpicked villas across Bali, Gili, Yogis – all personally quality-checked.
- **Breakfasts included + 2 group dinners**
- **Transport** - private drivers, ferries, bicycles, airport transfers & transport for all group activities.
- **Support & Prep** - WhatsApp group for ongoing guidance + Travel prep guide (packing list, visas, logistics)
- **Yoga & meditation**
- **Breathwork and journaling practices**

The package price does not include:

- **Flights** (we can assist with booking if needed)
- **Visa fees** (we'll provide all necessary guidance)
- **Travel insurance** (required for all participants)
- **Additional activities** such as temple visits, snorkeling, diving, ecstatic dance, surfing, and other optional excursions
- **Meals or restaurant** visits outside the group program
- **Private therapy sessions or spa treatments** not included in the itinerary

Bookings:

Samudrayogaspace@gmail.com

+34 639 2017 35 - Whatsapp

PAYMENT POLICY

Secure your spot with a 30% non-refundable deposit by September 1st

Two payment options:

1. Installments:

- Sept 15– 35%
- Oct 15 – 35% (remaining balance)

2. Full payment upfront

- Pay the full amount by September 1st and receive a 5% discount.

Important! After **August 24th**, the **deposit is non-refundable**. By making a reservation, you agree to this policy.

Final payment deadline: October 15th

This ensures we can confirm bookings with our local partners in time.

In the event of an emergency or cancellation, please contact us as soon as possible.

Refunds (excluding the deposit) may be considered on a case-by-case basis, but no later than 30 days before the start of the retreat.

We work closely with small local providers who require advance payments to secure accommodations, transportation, and experiences — thank you for understanding and respecting this timeline.

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Mental balance and inner peace go hand in hand. To achieve mental balance, it is important to prioritize self-care, set healthy boundaries and manage stress levels.

Inner peace grows quietly through simple practices, like sitting with your breath, writing what's on your heart, and noticing what you're thankful for. Come join us in Bali, take a deep exhale and reconnect with what really matters.

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