



## RATES

### Accommodations (charges are for one or two persons per room, breakfast included):

Bamboo, Lotus, Gardenia and Frangipani (built-in bathroom, breakfast inc):	\$90
Sandal and Cambodia (private bathroom outside, breakfast inc):	\$70
Lumbungs: Kupu-Kupu and Alamanda (built-in bathroom, breakfast inc):	\$80

\* To accommodate a 3rd or 4th person, additional charge(s) of \$17 per person applies.

### Meals per person:

Lunch	\$8
Dinner	\$10

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## Individual Retreats

### Embracing My Self and Nature - 3 Day Retreat

An idyllic setting to immerse myself in the abundance of the Balinese nature in our gardens and coconut forest. Find peace in the tranquility of Jiwa Damai surrounded by our ponds filled with waterlilies and experience yourself in new and different ways.

1 person:	\$415
2 persons:	\$595

### This Package Includes

- 3 nights accommodation (room with built-in bathroom)
- Welcome drink, our fresh coconut water directly harvested from our own coconut trees
- Daily full breakfast, including juice, coffee or tea, two lunches and three dinners
- Spring water and various herbal teas from our gardens (unlimited)
- Enjoy the pool and use the meditation-yoga area
- Experience our organic permaculture garden with a guided tour (1 hour)
- 45 minute morning Yoga session, evening meditation (when Yoga teacher is in residence, min 3 people)
- Balinese cooking class with our professional chef. Pick veggies in our organic garden, learn about local dishes, prepare and cook your meal (2-3 hours)
- Pamper your body with a Balinese massage with our own Bali virgin coconut oil (50 Minutes)
- One hour free internet usage per day
- Bicycle usage
- Airport transfer

## Embracing Nature and Balinese Culture - 5 Day Retreat

In addition to connecting with nature in the energy of Jiwa Damai, allow time for reflection and exploration of the local Balinese culture. Engage with locals and experience authentic Balinese food, cooking, landscape, culture, dance, ceremonies, massage, and family traditions.

1 person: \$725

2 persons: \$940

### This Package Includes

- 5 nights accommodation (room with built-in bathroom)
- Welcome drink, our fresh coconut water directly harvested from our own coconut trees
- Daily full breakfast, including juice, coffee or tea, four lunches and five dinners
- Spring water and various herbal teas from our gardens(unlimited)
- Enjoy the pool and use the meditation-yoga area
- Experience our organic permaculture garden with a guided tour (1 hour)
- 45 minute morning Yoga session, evening meditation (when Yoga teacher is in residence, min 3 people)
- Balinese cooking class with our professional chef. Pick veggies in our organic garden, learn about local dishes, prepare and cook your meal (2-3 hours)
- Pamper your body with a Balinese massage with our own Bali virgin coconut oil (50 Minutes)
- Explore the famous Balinese mothertemple complex, Besaki on Mt. Agung (lunch and scenic stops included)
- Walk through the rice fields and visit a traditional Balinese family compound with family temple and dinner (transportation and entrance fee included)
- Experience the fascinating Kecak Dance with fire walk (transportation and entrance fee included)
- One hour free internet usage per day
- Bicycle usage
- Airport transfer