

SOULVANA SIGNATURE RETREAT

7 DAYS • 6 NIGHTS

From the Wild Beauty of North Bali to the Sacred Highlands of Kintamani

FROM IDR 31.193.000 / PERSON

A thoughtfully curated journey of mindful rituals, meaningful cultural encounters and Bali's extraordinary natural landscapes.

A Journey to Reconnect



Discover a different side of Bali through seven days of meaningful experiences. From sunrise dolphin encounters and a traditional water purification ceremony in North Bali to the cultural heritage of Penglipuran, the sacred cemetery of Trunyan and the lush landscapes of Kintamani, this journey invites you to explore with curiosity and intention.

Connect with local traditions through coffee farming, Balinese weaving and a communal Megibung dinner. Daily sunrise rituals, 9D Breathwork, meditation and time in nature create space to slow down and reconnect with yourself.

The Soulvana Experience

- Mindful daily rituals and guided 9D Breathwork sessions
- Local culture, traditions and community encounters
- North Bali coast, highland villages and natural landscapes
- Thoughtfully arranged accommodation, meals and planned transportation
- A personal journey for solo travellers, couples and small groups

Journey at a Glance

DURATION	STAY	REGION	AGE
7 Days	6 Nights	North Bali & Kintamani	12+

Your Journey, Day by Day

DAY 1 | Arrive & Set Your Intentions

Travel to Lovina; welcome lunch, introductions and guest check-in at Tjendana Resort; free time to rest, enjoy resort facilities or explore Lovina; group introduction to the Mind Body Transformation format; Sunset Ritual; dinner at Tjendana.

LOCATION Tjendana Resort, Lovina

PHOTO PLACEHOLDER
DAY IMAGE — ARRIVE & SET YOUR INTENTIONS

DAY 2 | Dolphins, Breathwork & Sacred Waters

Soulvana Sunrise Ritual & 9D Breathwork; breakfast at Tjendana; dolphin tour with swimming or snorkelling opportunity; lunch at Central Hotel; traditional water purification ceremony at Tirta Sudhamala Temple; free time; Soulvana Sunset Ritual; dinner at Central Hotel.

LOCATION Lovina & Tirta Sudhamala

PHOTO PLACEHOLDER
DAY IMAGE — DOLPHINS, BREATHWORK & SACRED WATERS

DAY 3 | Highland Heritage & Trunyan Village

Soulvana Sunrise Ritual & 9D Breathwork; breakfast at Tjendana; journey to Kintamani, including Penglipuran Village, bamboo forest and Trunyan cemetery; dinner at a sunset spot on the way back.

LOCATION Kintamani, Penglipuran & Trunyan

PHOTO PLACEHOLDER
DAY IMAGE — HIGHLAND HERITAGE & TRUNYAN VILLAGE

DAY 4 | Local Wisdom, Coffee & Megibung

Soulvana Sunrise Ritual & 9D Breathwork; breakfast at Tjendana; visit a Buddhist temple with morning tea; explore KaJaPa Farm plantation with late lunch; sunset at Maha Garden and a traditional Megibung dinner; return to Tjendana.

LOCATION Buddhist Temple, KaJaPa Farm & Maha Garden

PHOTO PLACEHOLDER
DAY IMAGE — LOCAL WISDOM, COFFEE & MEGIBUNG

DAY 5 | Waterfall Adventure & Inner Reflection

Soulvana Sunrise Ritual & 9D Breathwork; breakfast at Tjendana; free time and check-out; lunch at Shanti Villa; discover Aling-Aling Waterfall; Soulvana Sunset Ritual; dinner at Shanti Villa.

LOCATION Aling-Aling Waterfall & Shanti Villa

PHOTO PLACEHOLDER
DAY IMAGE — WATERFALL ADVENTURE & INNER REFLECTION

DAY 6 | Balinese Flavours & Sunset Celebration

Soulvana Sunrise Ritual & 9D Breathwork; breakfast at Shanti Villa; free time to relax, swim or walk to Juna Garden; Balinese cooking class and lunch; jeep tour to natural springs and forest bathing; sunset ritual at Puncak Landep, followed by farewell BBQ and karaoke dance party.

LOCATION Shanti Villa, Natural Springs & Puncak Landep

PHOTO PLACEHOLDER
DAY IMAGE — BALINESE FLAVOURS & SUNSET CELEBRATION

The Final Chapter

DAY 7 | Final Reflections & Farewell to Bali

Begin with the Soulvana Sunrise Ritual & 9D Breathwork, followed by breakfast at Shanti Villa. Enjoy some free time before departing for a scenic journey that includes a visit to a Strawberry Farm, a restaurant at Twin Lake Viewpoint and an animal interaction experience. Continue onward to Denpasar.



What's Included

- 6 nights of accommodation
- Daily breakfast, lunch and dinner
- Daily Sunrise Rituals
- Guided 9D Breathwork sessions
- Lovina dolphin encounter by boat, with opportunities to observe dolphins and enjoy the ocean
- Sacred water purification ceremony at Tirta Sudhamala
- Kintamani cultural journey: Penglipuran Village, bamboo forest and Trunyan heritage site
- Coffee farm and traditional weaving experience
- Aling-Aling Waterfall and forest bathing
- Balinese cooking class and communal Megibung dinner
- Planned ground transportation for scheduled retreat activities and transfers
- Farewell BBQ under the stars

Travel with Soulvana



A More Personal Way to Discover Bali

Soulvana brings together thoughtfully curated destinations, local traditions and meaningful moments. Travel gently with local guides and small groups, while our Bali-based team helps coordinate your planned experiences.

Your Retreat Details

- 7 days / 6 nights
- North Bali – Kintamani – Denpasar
- From IDR 31.193.000 per person
- Suitable for solo travellers, couples and groups
- Age guidance: 12+

Request Now, Pay Later

Choose your preferred travel dates and contact our team. We will share the available dates and relevant booking details via WhatsApp. No payment is required when you first send an enquiry; your place is confirmed through the booking process.

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Discover Bali differently. Travel with meaning.