



SOUNDS OF YOGA

1ST - 8TH OF FEBRUARY 2025

**Join this Unique Experience on
the Magical Island of the Gods**

Bali
Retreat



Discover the Beauty of the Island and the Magic of your Inner Self...

Your are invited to join us on a powerful 8 day journey that will introduce you to the sacred wisdom of Yoga, Sound and Ayurveda.

This retreat is designed to help you tune into your inner power, wellness and creativity.



Begin each day with yoga practice and breath work, which will help you to connect deeply with your body and relax your mind. As the day progresses, you will attend workshops to deepen your understanding of self-healing, Ayurveda, the science of sound, mantra chanting and more.

The evenings are dedicated to restorative practices such as Yin Yoga and profound healing journeys and relaxed community dinners. You will experience the powerful frequencies of Tibetan bowls, flutes, sitar, kora, shamanic drums, voice and many other unique instruments.

These will help you release blocked energy and tap into your creative true-self. Guided by expert instructors, you'll be introduced to active meditations that have proven to enhance the inner power and clarity of the practitioners for thousands of years.

The combination yoga practice, healing sound frequencies and meditation will bring about a deeper sense of connection and awareness.

Organized by Sana Retreats, a unique fusion of yoga and sound healing set in the vibrant heart of Bali.

Our Philosophy

Empowerment

Within each being is an infinite source of power and light. Instead of relying on someone else to provide us with joy and healing, we believe that it is our responsibility as humans to learn how to access that in ourselves. So that no matter where you are or who you are with, you can rely on yourself for the love and light you need. The techniques and space provided is designed to remind you of that, so that you can experience your true being and fall in love with it.

Balannce

In a fast paced world, it is crucial to remember that stepping back and relaxing is the only way to advance sustainably. Similarly, without applying the right amount of effort, relaxation cannot reach its transformational depths. For this reason, we designed a retreat that will require your total attention, physical and mental effort, while also leaving space for enjoying sounds of music and nature, journaling and simply being

Authenticity

The best transformation happens when we have the courage to be our true selves. That is the most beautiful phenomenon of a human being - to be sincere and authentic. We encourage everyone to be as open and natural as possible, and trust in the unique magic that you bring to the world.



Meet your guides:

All of the activities will be guided by experts of their field, who will ensure safety and full comprehension of the practices. We believe in the importance of understanding what we do and why we do it, so there will always be an educational aspect present to our yoga classes, breath work, sound journeys etc.

On top of that, you will have the chance to learn from guest teachers that will share powerful knowledge on how to optimize your wellbeing, and learn tools to incorporate into your daily life after the retreat.





Yustina

**A passionate Yoga instructor
and devoted musician.**

Her music journey began at the age of five, and yoga journey at ten by her mother's side. Combining decades of musical experience with the traditional practice of yoga, Yustina has developed a unique approach to healing—blending movement, breath-work and sound to create transformational shifts that lead to enhanced inner harmony and vitality.

After spending most of her adult life learning from masters all over the world, Yustina combines the wisdom she acquired in order to offer an integrative and rich experience to people who join her classes, workshops and retreats. Her signature sound healing sessions include unique and powerful musical instruments, Indian mantras, indigenous medicine songs and guided meditations.

Her understanding expands further to proper nutrition, life-style, power of the voice, and the importance of devotion on this path. After combining Yoga asana and sound healing in her sessions over the years, Yustina realized the complimentary nature of the two and the powerful impact they can have on people when combined together. By creating a safe space for all the participants, these immersive journeys allow a natural release of tension, restoration of vital energy, and fostering of deep emotional healing.

Today, Yustina shares these powerful practices globally through retreats, workshops, and musical concerts, cultivating space where individuals can reconnect with themselves, unlock their full potential, and leave feeling rejuvenated and empowered. Her goal is to help others tune into their inner self with confidence, knowing that everyone is their own best healer, teacher and friend.





Victor

**A dedicated Sitar player & Music Producer
Sound Therapist**

With years of study under his masters in India and Philippines, Victor has developed a unique ability to blend the timeless beauty of Indian classical music with the transformative power of sound healing.

Rooted in tradition but deeply attuned to the scientific understanding of sound energies, Victor weaves together soulful sitar melodies with vibrational practices that guide listeners into a state of deep relaxation and inner reflection. As an Innerdance facilitator, he taps into the body's natural rhythm and energy flow, creating spaces where participants can experience profound shifts in consciousness and emotional healing.

Through his understanding of the science of sound and binaural frequency, Victor takes sound healing immersions to unprecedented depths.

Humble in approach, yet deeply committed to sharing the transformative power of music and sound, he offers a journey beyond performance an invitation to explore the intersection of sound, movement, and inner transformation.

Victor's philosophy and belief is that each person is responsible and capable of their own healing, while the tools and space he provides are simply potent helpers to make that shift happen.



Activities:

Daily morning Yoga (all levels) • Water Blessing by local Priest
Sound Healing Sessions • Breath Work • Ayurvedic Workshop
Music Workshop • Nature Excursion • Traditional Kirtan (devotional singing)
Active Consciousness Meditation • Fire ceremony





Price:

2,900 € Single room

2,400 € Double room

Please contact us for Bank account details . We kindly request **50% deposit** of total amount by the 5th. of December 2024 to secure your spot (*non-refundable*). The full amount must be closed by 5th. of January 2025

LIMITED SPACE AVAILABLE – SECURE YOUR SPOT

Included:

5 course welcome dinner (first day only)
30 minute back and shoulder massage
Herbal teas, homemade snacks and fruit
Daily 3 course brunch
Daily housekeeping
Yoga mats & props
Sauna
Cold plunge
Airport transportation
Excursion transportation

Not included:

Flight tickets
Medical insurance
Extra Food, snacks & drinks
Extra massages & other spa therapies
Bali entry visa

Must haves:

Yoga clothes • Comfortable loose clothes • Flip flops
Swim suit • Reusable water bottle • Scarf & small blanket

Where you will stay:



Amongst the lush jungles of Bali, on the outskirts of vibrant Ubud, awaits a hidden gem, the perfect space for an intimate retreat - a new private resort where nature meets luxury. Here, you can disconnect from the outside noise and immerse into nature's unmatched beauty, while enjoying the comfort of a lavish accommodation. With breath taking views at each corner, you will feel connected to the land from dusk till dawn, and dive deep into a journey of reflection, healing and deep rejuvenation.

Since we have the entire premises to ourselves, you can enjoy the comfort and privacy of our group's energy. We will spend a lot of time together - at the dining table, in the yoga shala, in workshops and excursions. However, you will also have plenty of time to spend with yourself, as this retreat encourages that you dedicate at least an hour each day to be alone for reflection. Come prepared to make friends for a lifetime!





In order to enhance the healthy and energizing nature of our journey, we provide daily plant-based, organic brunch. You will also have access to complimentary herbal tea, fruit, healthy homemade snacks through out the day.

For dinner, you have a variety of choice from the vegetarian menu of the hotel restaurant and other places we will be visiting.

"For dinner, you'll have the freedom to choose from the resort's organic menu, and on some evenings, we'll venture out to enjoy meals at some delicious local restaurants."





SANA

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