

YOGA & BALINESE CULTURE RETREAT

Reconnect with your inner power

Lovina – North Bali | 2027 EDITIONS

Mixed • 4-21 May

French • 4-11 June

Women Only • 10-17 September



THE INTENTION OF THE RETREAT

This retreat is an invitation to come back to yourself.

A full week to slow down, breathe deeply, and reconnect with what truly matters.



You arrive feeling tired, disconnected, or overwhelmed...
You leave feeling grounded, aligned, and deeply at peace.

Through traditional yoga practices and an immersion into Balinese culture, you will reconnect with your body, your breath, and your inner power.

This is not about instant transformation, but about creating lasting shifts.
You will leave with powerful and practical tools to integrate into your daily life.

THE LOCATION



The retreat takes place at Alamanda Lovina Resort, nestled in the peaceful hills of Lovina, North Bali.

Surrounded by lush tropical nature and overlooking the ocean, this hidden sanctuary offers a calm and authentic atmosphere, away from mass tourism.



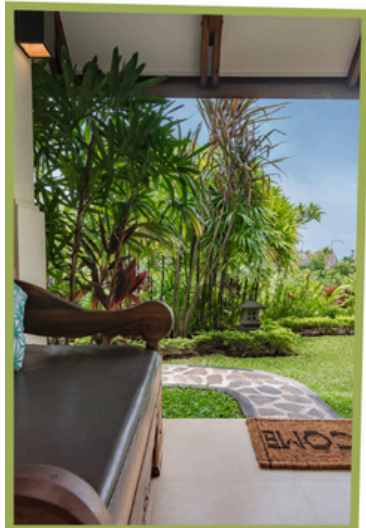
The resort includes:

- tropical gardens perfect for relaxation and meditation
- an open-air yoga shala immersed in nature
- an infinity pool with ocean view
- an on-site restaurant



Rooms include:

- private terrace
- private bathroom
- air conditioning
- a serene and comfortable space to fully unwind



ABOUT LOLA

Lola is a yoga teacher based in Lovina, North Bali, and founder of Lola Yoga Lovina.

Her teaching blends traditional yoga, pranayama (breathwork), and meditation with a deep focus on presence, inner balance, and energy alignment.

Her approach is both grounding and transformative, guiding you to reconnect with your body, release emotional tension, and cultivate inner peace.

Based in Bali, she creates immersive experiences that go beyond yoga, combining movement, culture, and deep inner work.

Her intention is simple:
to guide you back to yourself.



WHAT YOU WILL EXPERIENCE

This retreat is a complete journey for your body, mind, and inner world.

Each day is designed to guide you into a deeper state of connection, balance, and presence.

You won't just practice yoga, you will experience a full reset of your energy, your nervous system, and your mind.



Daily practices include:

- Hatha yoga to ground and realign the body
- Vinyasa flow to build strength and fluidity
- Pranayama (conscious breathwork techniques) to calm and balance your energy
- Yin yoga for deep release and relaxation
- Yoga nidra for profound rest and nervous system reset
- Sound healing with Tibetan bowls to release tension and restore inner harmony



Beyond the mat, you will experience the soul of Bali:

- A traditional Melukat purification ceremony to release and renew
- Ethical dolphin watching at sunrise with local fishermen
- A visit to a Buddhist temple and sacred hot springs
- Waterfall exploration in untouched nature
- Creating your own Canang (Balinese offering)
- An introduction to traditional Balinese dance
- Cultural immersion in a Balinese village including a visit to a local plantation and a bamboo basket weaving workshop with a local family.

Each experience has been carefully chosen to help you slow down, reconnect, and immerse yourself in the beauty and spirituality of Bali.

You will leave feeling lighter, clearer, and deeply reconnected to yourself.



A TYPICAL DAY

6:00 – Morning practice (Hatha yoga, pranayama, kriyas...)

7:30 – Breakfast

9:00 – Free time

12:00 – Lunch

Afternoon – Cultural activity or rest

17:00 – Evening practice (sound healing, yin yoga, yoga nidra...)

18:30 – Dinner



WHAT'S INCLUDED

- 7 nights accommodation in a peaceful resort
- 3 vegetarian meals per day
- 2 daily yoga sessions
- Full retreat program & all activities
- Transfers for included activities
- 1 traditional Balinese massage
- Access to all resort facilities



NOT INCLUDED

- Flights to Bali
- Airport transfer (available upon request)
- Personal expenses & optional activities

Optional add-ons:

- Additional massages
- Private sound healing session (chakra harmonization)

PRICING

Standard Room Solo – €1900 per person

Standard Room Duo – €2900 for 2 people

✨ EARLY BIRD

Standard Solo – €1660 per person

Standard Duo – €2600 for 2 people

✨ Early Bird is valid for full payment only (one-time payment).

Early Bird rates are available for limited time and are subject to availability.

BOOKING CONDITIONS

To reserve your space, a non-refundable deposit of 50% of the total retreat price required.

Payment plan available:

- 50% upon booking
- 25% 30 days before the retreat
- 25% 15 days before the retreat

CANCELLATION POLICY

The deposit is non-refundable.

In case of cancellation:

More than 60 days before the retreat:
the remaining balance will be refunded (excluding the deposit).

Less than 60 days before the retreat:
no refunds will be issued.

You may transfer your spot to another person if you are unable to attend.

In the unlikely event that the retreat is canceled by the organizer, a full refund will be provided

HOW TO GET THERE

International flight to Denpasar (Bali).

Lovina is approximately 3 hours from the airport.

Transfers can be arranged for participants.

READY TO JOIN US ?

Limited to 8 spots, intimate, exclusive experience

If you feel the call to slow down, reconnect, and experience a deep transformation in Bali... this retreat is for you.

This is more than a retreat, it's an experience you will carry with you long after you leave.

