

A person is shown in silhouette, sitting in a meditative pose (lotus or similar) against a vibrant sunset background. The sun is a bright, glowing orb in the center, with a warm orange and yellow sky. The person's hands are resting on their knees in a mudra. In the top right corner, there are dark silhouettes of tree branches with leaves.

RESET & RENEW WELLNESS

Grün
Resort Uluwatu

RESET & RENEW WELLNESS



SIGHT AND SOUND YOGA

IDR 600,000 ++ / person / class

Stretch mind and body with seated postures, seamlessly transition to dynamic yoga, and immerse in sound healing. Conclude with emotional freedom techniques for a wave of revitalizing energy. Elevate your well-being in this holistic program.

Inclusions:

- Yoga introduction - 20 minutes
- Dynamic Vinyasa flow - 40 minutes
- Sound healing - 20 minutes
- Emotional freedom technique - 10 minutes

ACTIVE MEETS SPIRITUAL

IDR 600,000 ++ / person / class

Revitalize your mornings with our dynamic Sun Salutation and Hatha Yoga sequence, designed to energize your body and strengthen joints. Conclude with the soothing touch of Reiki Healing and a calming Yoga Nidra meditation for a holistic wellness experience.

Inclusions:

- Sun salutation yoga introduction - 20 minutes
- Passive Hatha yoga - 35 minutes
- Reiki healing - 25 minutes
- Yoga Nidra - 10 minutes

BODY MEETS MIND

IDR 600,000 ++ / person / class

Elevate your well-being with our breathwork and Taichi fusion, promoting digestive health and overall detoxification. Immerse in a session that strengthens both lower and upper body, culminating in deep relaxation through Yoga Nidra to release stress from body and mind.

Inclusions:

- Breathwork introduction - 20 minutes
- Taichi session - 30 minutes
- Lower body stretch - 30 minutes
- Yoga Nidra - 10 minutes

RESET & RENEW WELLNESS



EAST MEETS WEST

IDR 600,000 ++ / person / class

Experience the harmony of Qi Gong and Yin Yoga, aligning your body with the energy of the five elements and releasing muscle tension along the 12 meridian lines. Let the deep meditation guided by our Guru, followed by emotional freedom tapping to unblock energy and leave you feeling refreshed and stress-free conclude your session.

Inclusions:

- Qi Gong introduction - 30 minutes
- Yin yoga - 30 minutes
- Yoga Nidra - 15 minutes
- Emotional freedom techniques - 15 minutes

MICRO MEETS MACRO

IDR 900,000 ++ / person / class

Unwind from daily stress with tarot cards, palmistry, and a chakra check, followed by rejuvenating reiki touch therapy and harmonizing singing bowl sounds for a brighter, more positive future.

Inclusions:

- Mindfulness meditation introduction
- Tarot & palms reading - 30 minutes
- Chakra diagnosis & Reiki healing - 30 minutes
- Sound healing - 10 minutes

ACTIVE WELLNESS PROGRAMS



TAI CHI

IDR 600,000 ++ / person

60 minutes session

Experience the transformative benefits of Tai Chi—relaxing muscles, reducing stress, and enhancing immune function. Our instructor guides you through a sequence of slow movements, fostering improved posture, flexibility, and balanced energy flow for overall well-being.

MAT WORK PILATES

IDR 600,000 ++ / person

60 minutes session

Discover the transformative power of Mat and Gimbals Pilates—a versatile, non-impact exercise method promoting strength, flexibility, balance, and inner awareness for all ages.

SENSE OF BALANCE

IDR 700,000 ++ / person

60 minutes session

Elevate your well-being with Sense of Balance—a unique blend of Tai Chi, Yoga, and Pilates that enhances nervous system balance, relieves stress, and strengthens muscles.

FUNCTIONAL TRAINING

IDR 700,000 ++ / person

60 minutes session

Transform your fitness routine with Functional Training—a personalized approach integrating sports movements into daily activities using simple tools or just your body weight, primarily focusing on core muscles.

SPIRITUAL WELLNESS PROGRAMS



MEDITATION

IDR 900,000 ++ / person

60 minutes session

A blend of controlled breathing, focus, and energy movements to cultivate love, happiness, and intuition with various meditation techniques like Giri Bhuana, Semadhi, chakra meditation, and creative visualization.

KANDA PHAT HEALING

IDR 600,000 ++ / person

(The Four Spirit Guardians)

60 minutes session

Unlock the power of Kanda Pat—the spiritual "four brothers" accompanying you from birth to death. These abstract siblings, harnessed through meditation, can be your guides, offering healing, wisdom, prosperity, or protection, depending on your manifestation, by connecting through breath, words, nature sounds, focused vision, and the voice of the heart.

THE PANCHA MAYA KOSHA HEALING

IDR 900,000 ++ / person

90 minutes session

Immerse yourself in the spiritual traditions of Bali with our holistic Five Elements treatment, blending the energy of crystals, pendulums, Tibetan bowls, and unique acupressure points.

SPIRITUAL KUNDALINI

IDR 900,000 ++ / person

60 minutes session

A natural and safe method that reduces stress, promotes healing, and channels positive energy through the energy field. This treatment brings a sense of peace, security, and overall well-being to the body, mind, and spirit, creating a wonderful glowing radiance that envelops you.

PALM MYSTERY

IDR 400,000 ++ / person

30 minutes session

Unlock the secrets of your destiny with palmistry, a fascinating art steeped in the wisdom of Javanese traditions from the translated book "De javaanschee geestenwereld."

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