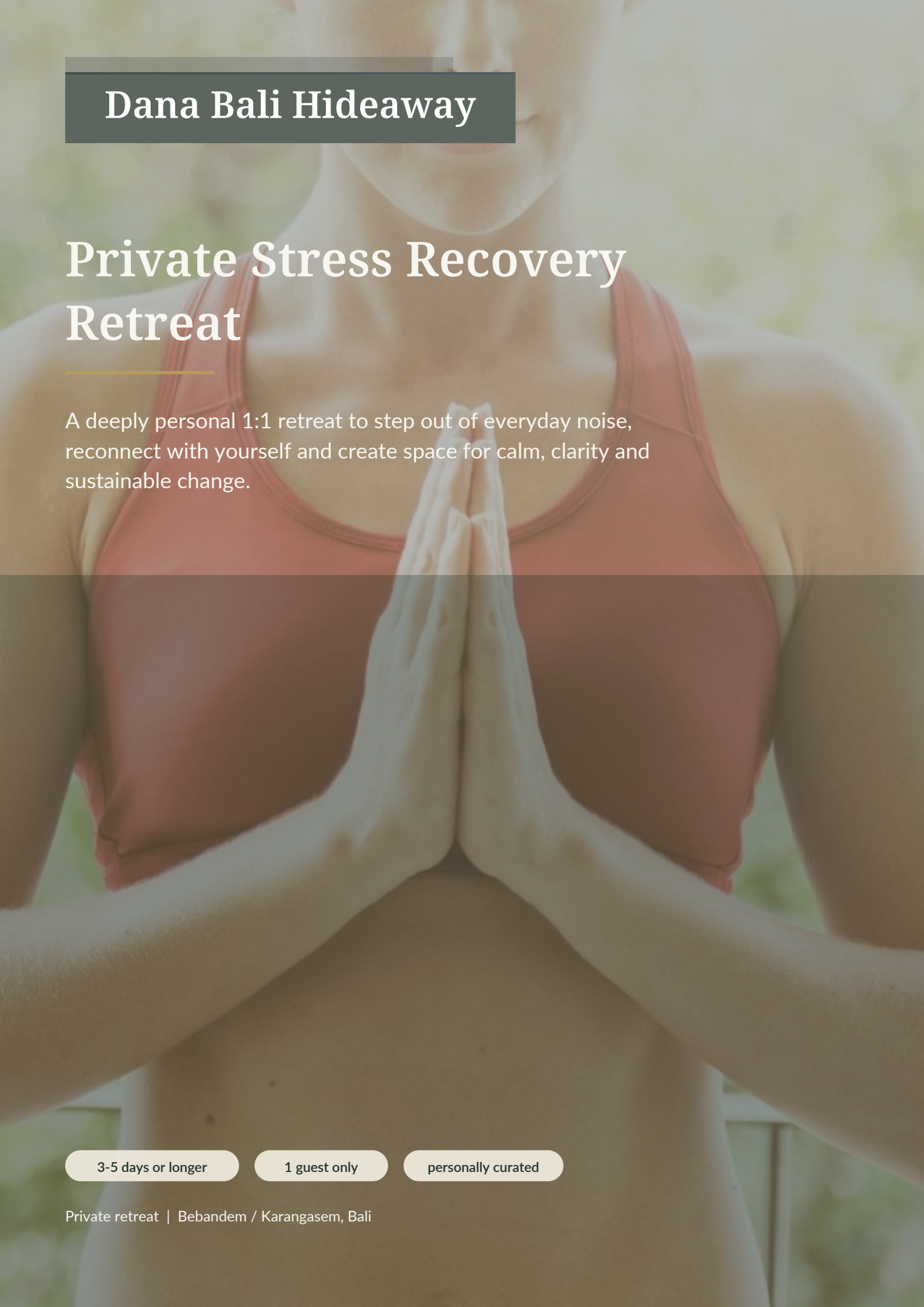


A person with their hands pressed together in a prayer position (Anjali Mudra) in front of their chest. They are wearing a red sports bra. The background is a soft-focus outdoor scene with greenery.

Dana Bali Hideaway

Private Stress Recovery Retreat

A deeply personal 1:1 retreat to step out of everyday noise, reconnect with yourself and create space for calm, clarity and sustainable change.

3-5 days or longer

1 guest only

personally curated

Private retreat | Bebandem / Karangasem, Bali

A journey back to yourself.



Your Personal Retreat - A Journey Back to Yourself

Step out of the everyday noise and into a space created just for you.

This handcrafted 1:1 retreat offers a sanctuary where your needs and rhythm guide the process.

Whether you face big life challenges, feel stuck, find yourself in front of a big decision or need a change in your life, this will be good for you.

Through private psychosocial counselling, applied hypnotherapy, and hypnosystemic meditations, you will be invited to release old patterns and reconnect with your inner strength. Gentle yoga and mindful movement support your body in finding balance, ease, and flow.

This is not a program off the shelf - it is a deeply personal journey, designed for you.

A safe, nurturing space where transformation unfolds naturally, at your pace, in alignment with your intention.

Before you arrive, a 30-minute Zoom coaching session helps us understand what you need most. From there, your retreat is personally curated - combining reflection, body-based regulation, rest and therapeutic or coaching elements only where they truly fit you.

THIS RETREAT MAY BE FOR YOU IF

- You feel overwhelmed, emotionally exhausted or high-functioning but depleted.
- You notice stress or early burnout signs and want to act before things get worse.
- You find it hard to switch off, sleep deeply or feel at ease in your body.
- You feel disconnected from yourself or are moving through a life transition.
- You need clarity, new routines, a reset or support around an important decision.

No off-the-shelf programme.

Your exact retreat is created after your pre-coaching session. This sample rhythm shows how a day may unfold - with plenty of space to rest, wander, swim, journal or explore the surrounding nature.

MORNING

Gentle yoga, breathwork or mindful movement - chosen to meet your energy that day.

LATE MORNING

Excellent, nourishing brunch followed by unhurried time to rest and integrate.

MIDDAY

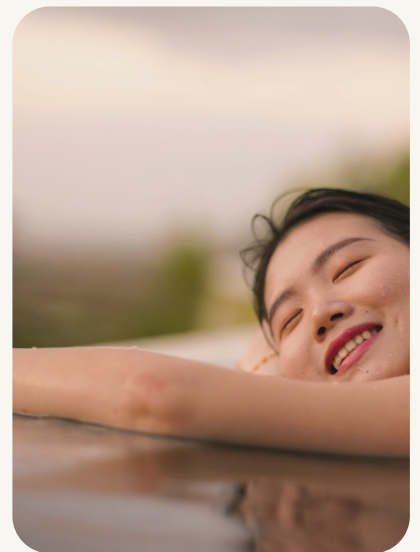
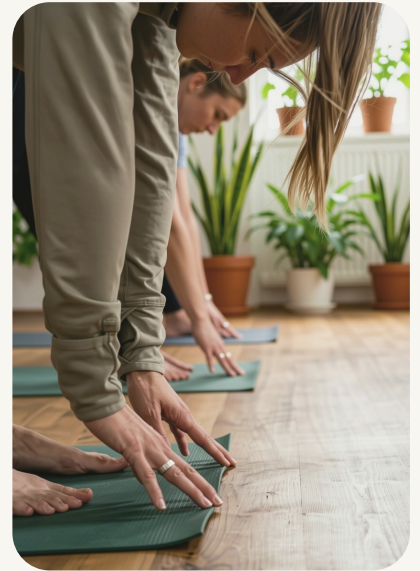
Private psychosocial counselling, systemic coaching or applied hypnotherapy when it genuinely supports your process.

AFTERNOON

Spacious free time: pool, garden, journaling, a walk or hike directly from the property, or time to explore Bali at your own pace.

EVENING

Grounding movement, meditation or hypnosystemic practice, followed by a nourishing dinner and quiet time.



YOUR PACE MATTERS

There is no pressure to “do” your retreat. Rest and empty space are part of the process.

Private, supported and fully yours.

ALL-INCLUSIVE PRIVATE RETREAT

EUR 250 / day

Private room with king-size bed + private bathroom | one guest only | 3-5 days or longer

INCLUDED

- 30-minute pre-retreat Zoom coaching session
- Personally curated retreat plan
- Private psychosocial counselling / systemic coaching
- Applied hypnotherapy when it fits your needs
- Hypnosystemic meditation, breathwork, yoga & mindful movement
- Excellent, nourishing brunch + dinner
- Snacks, water, tea & coffee
- Private accommodation, pool, garden & nature
- Post-retreat integration coaching session

WHAT YOU MAY TAKE HOME

- A calmer relationship with stress and clearer priorities
- Tools you can use in everyday life
- More connection to your body, needs and inner signals
- Fresh routines, healthier boundaries and renewed energy
- Emotional processing, peace and a stronger sense of self
- Clarity for the next step - without forcing an answer

AVAILABLE ON REQUEST

Your retreat begins before you arrive.

We start with a short conversation about where you are, what feels heavy and what you want this time in Bali to support. From there, your retreat is shaped around you - not the other way around.

HOW IT WORKS

- 1 Enquire for your private retreat or book a free 15-minute orientation call.
- 2 We arrange your 30-minute pre-retreat coaching session.
- 3 Your 3-5 day (or longer) retreat is personally curated around your needs.
- 4 You leave with integration tools, clarity and a plan that belongs to your real life.

OPTIONAL, BOOKABLE WITH OUR ASSISTANCE

Massage • private excursions • airport transfer

Flights, travel insurance, visa costs and personal expenses are not included.

YOUR SPACE, YOUR RHYTHM

Enquire for your personal retreat

Or sign up for a free 15-minute orientation call to see whether this retreat is right for you.

One guest. One intention. A retreat shaped around you.