

HOMM SELF-HEALING & REJUVENATION



A JOURNEY INTO HEALING IN THE SACRED HIGHLANDS OF BALI

Set in the serene highlands of Bedugul, Bali, where the cool mountain air carries a sense of renewal, this 4-day retreat offers a deeply immersive experience designed to restore balance, cultivate inner peace, and reconnect you with your own healing power.

Nestled within the lush surroundings of Homm Saranam Baturiti, this retreat is rooted in the wisdom of Balinese healing traditions, combined with mindful practices that align the body, mind, and spirit.

THE 4-STEPS OF YOUR PERSONAL JOURNEY

Your experience begins with a personalized with a one-on-one healing assessment to align your journey with your individual needs, build emotional resilience and strengthen your relationship with yourself. These sessions create space for self-compassion and renewed perspective.

The retreat arc continues with the following flow:



Grounding

Begin your journey with practices that connect you to the present moment.



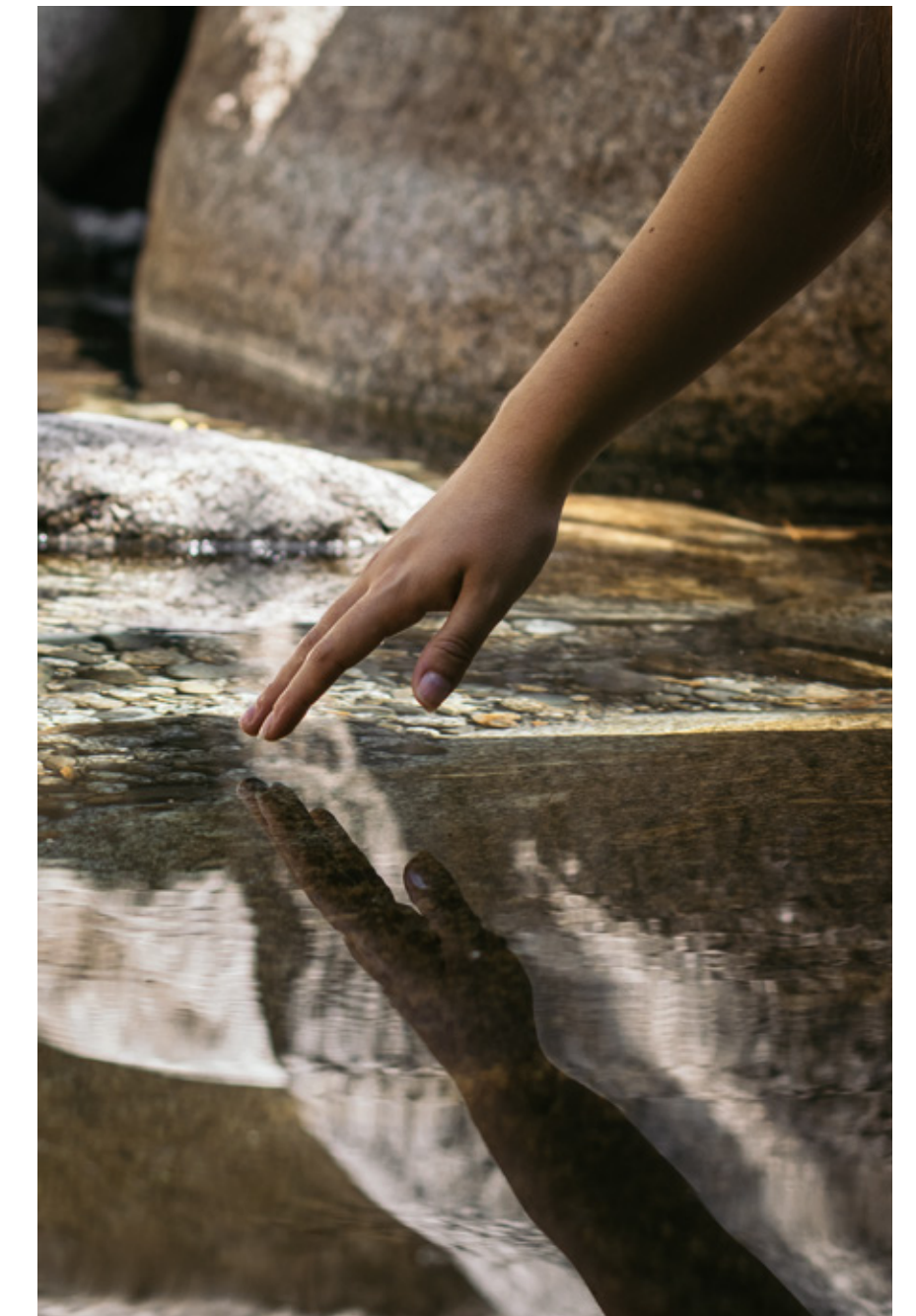
Releasing

Experience ancient rituals with Balinese high priests & healers designed to clear emotional and energetic blockages.



Rejuvenation

Restore your vitality through personalized therapeutic healing



Integration & Closure

A guided reflection process that helps ensure you remain balanced after the retreat.

This retreat is an invitation to slow down, tune in, and experience practices to facilitate inner healing.



KEY EXPERIENCES OF THE HEALING JOURNEY

Morning Centering

Begin each day with grounding, guided meditation and energy-balancing practices, setting the tone for inner alignment. Qi-Gong and mindful movement awaken the body and encourage a deeper connection to breath and energy flow.

Balinese Soul Purification Ceremony

Experience a traditional cleansing water ritual at the sacred Batudungkun Temple, designed to remove stagnant energy and restore inner clarity through ancient Balinese practices.

Emotional Release Ritual

Participate in a ceremony drawing from Balinese traditions to support deep energetic shifts, allowing emotional blockages to dissolve and making space for renewal.



HEALING PRACTICES & PLANT WISDOM



Sound & Crystal Healing

Experience the transformative power of vibrational therapy, where sound frequencies help release tension and restore harmony. Learn to work with healing crystals through the teachings of Bali Usada for energy alignment.



Plant Medicine & Jamu Workshop

Engage in a hands-on exploration of Indonesian botanicals at the HOMM Jamu Garden, learning about their healing properties and traditional applications. Discover how to incorporate this ancient plant wisdom into your daily wellness routine.

PHYSICAL & SENSORY REJUVENATION



JUARA Body Massage & Aromatherapy

Indulge in our signature treatment designed to ease muscular tension, improve circulation, and bring deep relaxation. This therapeutic massage combines traditional Balinese techniques with JUARA's beauty & wellness products. JUARA is inspired by the Indonesian Jamu tradition and the philosophy of pursuing wellness with the mindset of joy.



Integration for Beyond

The retreat includes dedicated time for integrating your experiences, ensuring that the insights and healing you receive can be woven into your daily life beyond the retreat space.

THE POWER OF PLACE: HOMM SARANAM BATURITI



Spiritual Energy

Bedugul's high-vibrational atmosphere

Natural Elements

Fresh mountain air and pristine panoramic views

Sacred Geography

Rice terraces and traditional landscapes

Peaceful Sanctuary

HOMM Saranam Baturiti retreat center

The retreat takes place at HOMM Saranam Baturiti, a sanctuary set amidst Bali's breathtaking highland landscape. The high-vibrational energy of Bedugul has long been regarded as a place of purification and renewal, making it an ideal setting for deep inner work.

Far from the busy coastal areas, this environment naturally encourages stillness, introspection, and connection to the elements.

WHO THIS RETREAT IS FOR



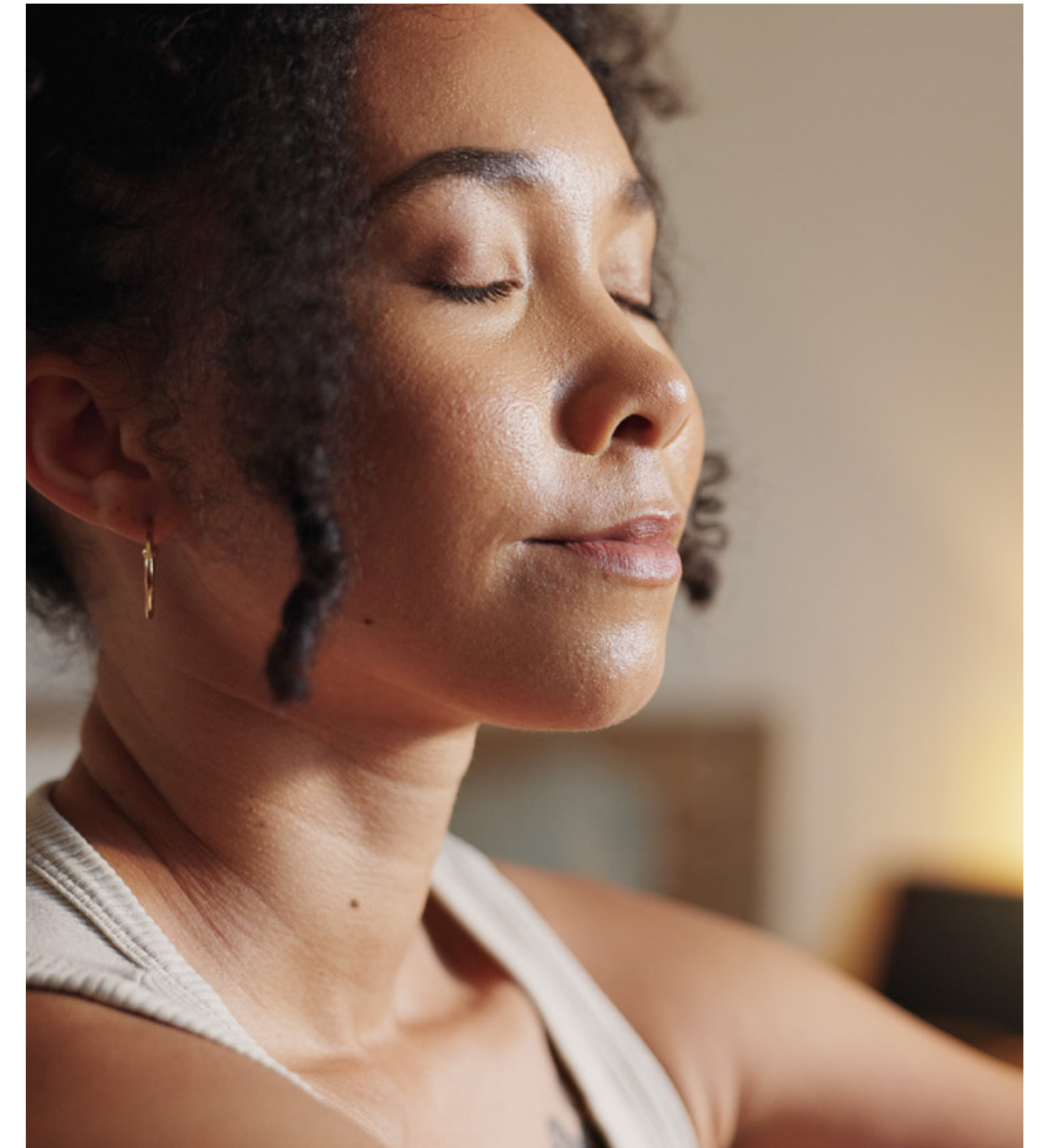
Self-Discovery Seekers

Individuals on a personal path of transformation, looking to deepen their understanding of themselves and expand their spiritual awareness through Balinese healing traditions.



Energy Clearers

Those experiencing emotional or energetic blockages and seeking effective, tradition-based tools for release and renewal in a supportive, guided environment.



Restoration Needs

Anyone looking to take a restorative pause from daily responsibilities, to recharge their physical and emotional batteries, and to realign with their authentic selves.

BEGIN YOUR JOURNEY

4 DAYS / 3 NIGHTS

Immersive healing experience At HOMM Saranam Baturiti

BOOK NOW

PRICING - Includes all accommodations & activities

Double Occupancy 2 persons start from: IDR 24,000,000,- net

Single Occupancy 1 person start from: IDR 21,000,000,- net

This retreat is a sacred offering a space to return to yourself, to receive the healing energy of Bali, and to cultivate the tools and awareness to sustain a sense of peace and alignment beyond your time here.

The investment includes all healing sessions, workshops and wellness amenities.
Meals, accommodation and transportation are not included.

If you feel called to step into this journey, we welcome you with open hearts.
Matur Suksma – with gratitude, we look forward to sharing this experience with you.

