



MAI SON YOU

WELCOME TO

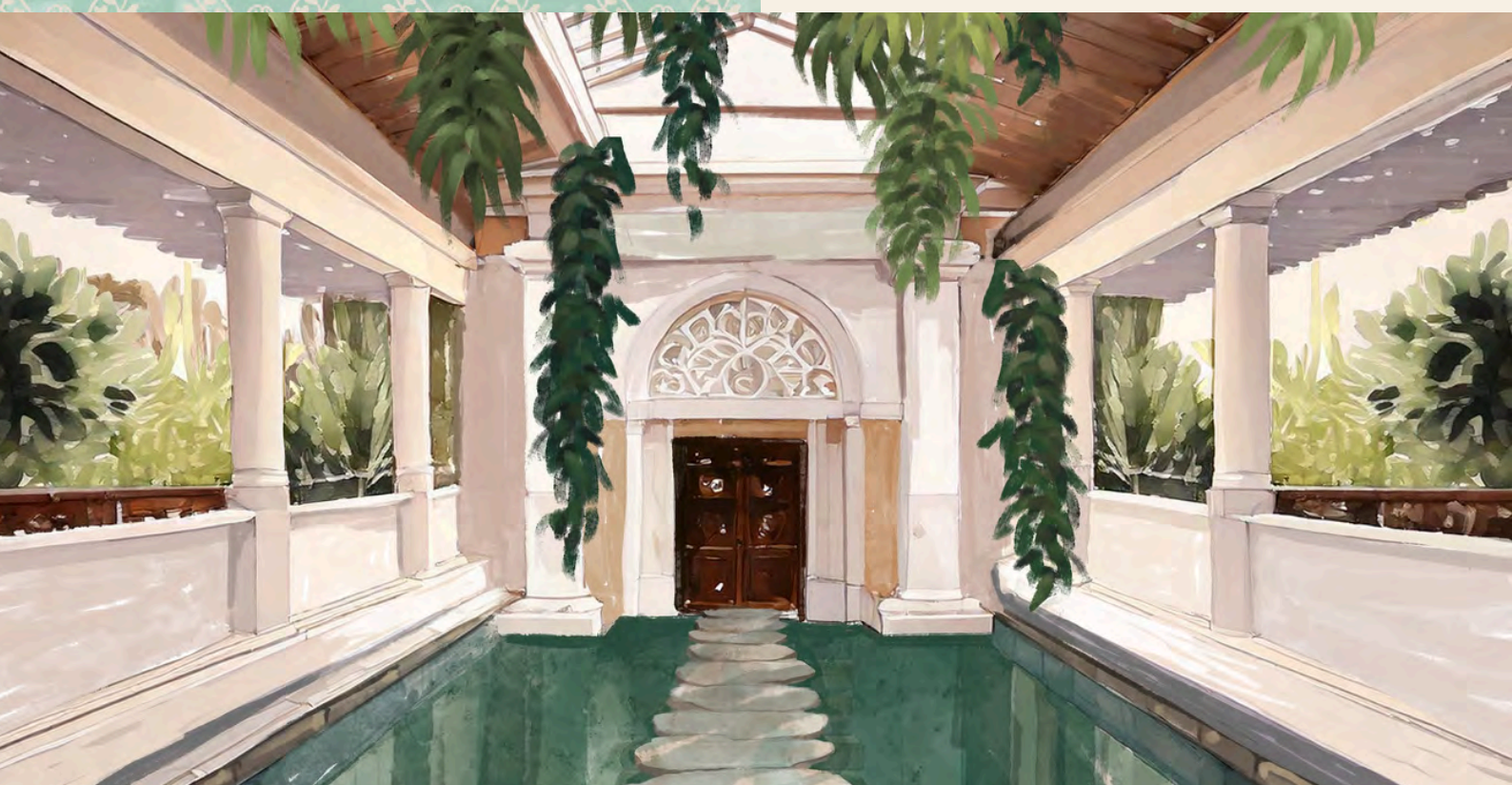
MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences.

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



FIVELEMENTS UBUD

Fivelements Ubud is the original home of Fivelements, set along the banks of Bali's sacred Ayung River and immersed in the tropical landscape. Intimate in scale, the retreat brings together Balinese traditions, restorative hospitality, mindful living and thoughtful design, with a distinctive approach rooted in healing, harmony and conscious living.

Designed to feel part of its landscape, bamboo structures, soaring thatched roofs, open-air spaces, natural materials and pathways through tropical gardens create a fluid relationship between architecture and nature. Guest suites, treatment rooms, dining spaces and ceremonial areas are shaped by natural light, air, water and local craftsmanship.

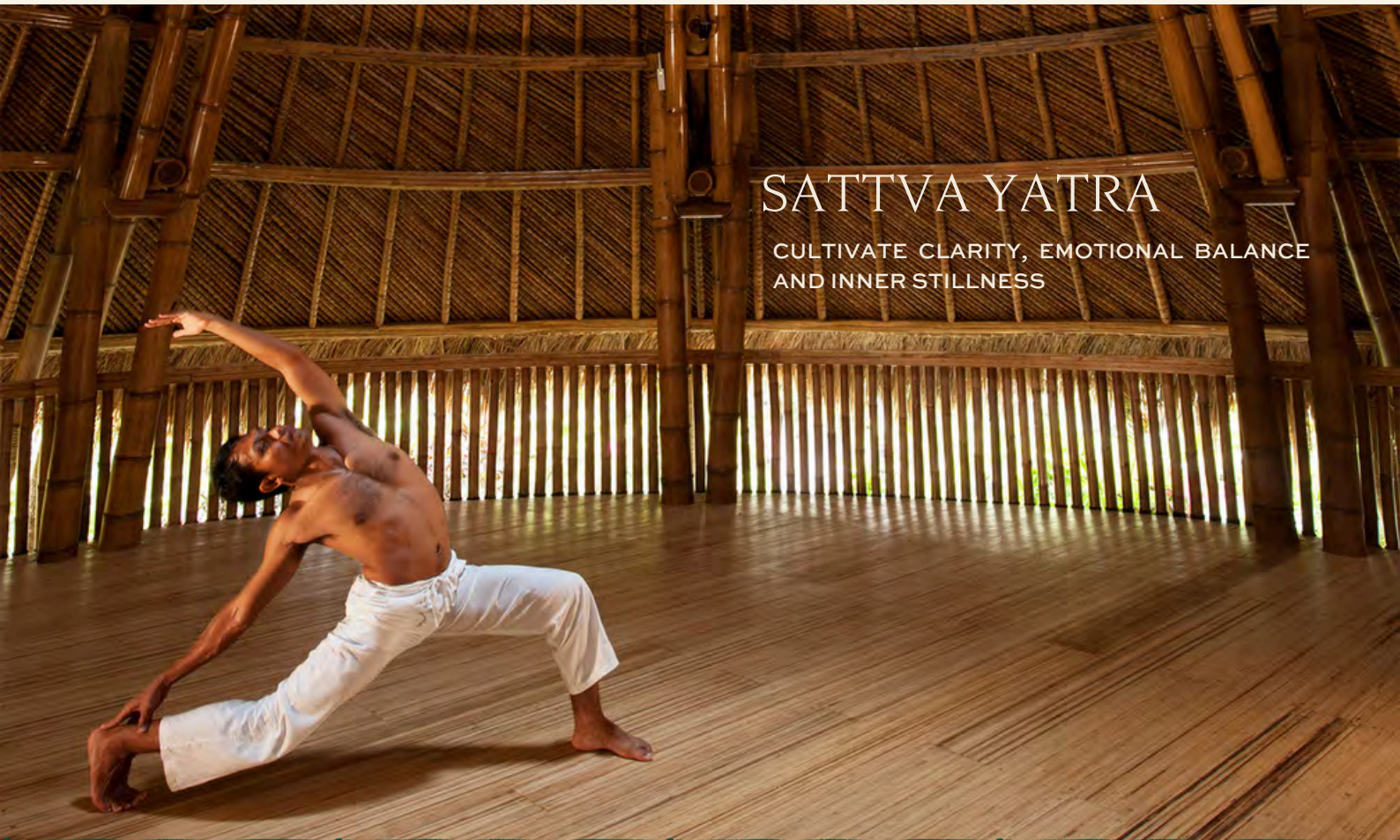
Deeply connected to Bali, the retreat embraces local healing traditions, ceremonies and craftsmanship, while preserving the authenticity and intimacy that define its character. The result is an environment that feels calm, organic and unmistakably Balinese.



SATTVA YATRA

Fivelements Ubud
Bali, Indonesia

3, 5, or 7 nights
Year-Round



SATTVA YATRA

CULTIVATE CLARITY, EMOTIONAL BALANCE
AND INNER STILLNESS



Inspired by the Sanskrit word Sattva, meaning purity, harmony and truth, Sattva Yatra is a contemplative programme designed to restore mental clarity, emotional balance and a deeper sense of inner calm. Through sacred movement, mindfulness and holistic healing, the programme offers space to quiet external noise and reconnect with what feels essential.

Designed for moments of transition, mental fatigue or simply the need to slow down, Sattva Yatra gently moves between sound, movement, energy work, ceremony and time in nature. Each experience encourages grounding, reflection and emotional release, creating a supportive path toward greater clarity and harmony of mind, body and spirit.



WHY IT STANDS OUT

Sattva Yatra nurtures mental and emotional wellbeing through mindfulness, sacred movement, holistic healing and Balinese ritual. Designed for times of transition or fatigue, it offers space to slow down, reconnect and find inner clarity.

- **Mental & Emotional Restoration:** Mindfulness, meditation and sacred movement encourage grounding, reflection and inner clarity.
- **Holistic & Energy Healing:** Sound, bodywork and energy therapies support emotional release and renewed balance.
- **Balinese Sacred Rituals:** Agni Hotra fire blessing and Melukat water purification deepen the journey of reflection and renewal.
- **Nature & Mindful Connection:** Time in nature create space to slow down and reconnect with what feels essential.



KEY EXPERIENCES:

- Begin with a wellness orientation to support a more personalised journey throughout the retreat.
- Experience traditional Balinese healing and energy therapies designed to encourage grounding, emotional release and inner balance.
- Explore mindfulness, meditation, yoga and sacred movement, creating space to quiet the mind and reconnect with yourself.
- Experience the restorative qualities of sound healing, supporting relaxation, energetic balance and deeper awareness.
- Take part in sacred Balinese practices, including Agni Hotra fire blessing and Melukat water purification, honouring traditions of cleansing and renewal.
- Reconnect with nature through mindful walks and the Healing Journey Tour, exploring Bali's healing traditions, culture and natural environment.
- Enjoy nourishing plant-forward cuisine designed to complement the retreat experience.

DETAILS & PRICING:

DATES:

3, 5, or 7 nights
Year-Round

LOCATION:

Fivelements Ubud
Bali Indonesia

PRICING:

3 nights from IDR 27,850,000 for single occupancy of a Riverfront Suite, or IDR 45,350,000 for two people sharing a Hillside Pool Suite.

Includes the full retreat programme, all treatments and experiences, full-board catering & elixers, and round-trip airport transfers.

YOUR MAISON YOU BENEFITS:

- Complimentary Guided Organic Garden Tour
- Complimentary late check-out until 2 PM, subject to availability.





ITINERARY

Day One:

- Pick up at the airport
- Welcome meeting and conversation with the Wellness Liaison to introduce the programme
- Welcome Blessing
- Cleansing & Healing Elixir
- 120-minute Fivelements Sakti Ritual
- Dinner

Day Two:

- Rice Field & Village Walk
- Fivelements Morning Yoga (in group)
- Breakfast
- 90-minute Sound Healing & Meditation
- Lunch
- Cleansing & Healing Elixir
- Dinner

Day Three:

- Fivelements Morning Yoga (in group)
- Breakfast
- Agni Hotra Fire Blessing Ritual (in group)
- Water Blessing Ritual (in group)
- Lunch
- Cleansing & Healing Elixir
- Dinner

Day Four:

- Fivelements Morning Yoga (in group)
- Breakfast
- Check out by 12:00
- Drop to airport

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

