SACRED HEALING RETREAT IN YOGYAKARTA WITH A TRADITIONAL JAVANESE HEALER

Give yourself a timeless pause in a sacred setting, designed for reconnection, emotional release, and inner alignment.



Guided by a recognized healer, this retreat invites you to experience something unique through ancestral practices, sacred rituals, and personalized support.

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For more information, contact us:

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SACRED RETREAT WITH A HEALER

A COMPLETE IMMERSION FOR BODY, MIND, AND ENERGY

This retreat aims at reconnecting with oneself, emotional release, and inner harmonization through immersion in Javanese spiritual practices, support from a healer, and exploration of sacred places.

Over 8 days, each stage of the journey is designed to support:

- personal recentering
- emotional balance
- release of inner blockages
- mental clarity
- deep connection with oneself

THE EXPERIENCE INCLUDES:

- Sacred opening circle
- Individual consultation with the healer
- Guided meditation in a sacred cave
- Harmonization practices of the four elements
- Traditional Javanese purification ritual (Ruwatan)
- Discovery day in Yogyakarta
- Closing circle and integration

THIS RETREAT IS FOR PEOPLE WHO WISH TO:

- moving through a transition period with greater awareness
- releasing emotional blockages
- regaining inner balance
- opening a new personal chapter
- living an authentic spiritual experience

A RETREAT DESIGNED TO:

- release old emotional tensions
- navigate life changes
- deepen self-awareness
- live an initiatory experience outside everyday life

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SACRED RETREAT WITH A HEALER

DAY 1

Arrival & Sacred Opening Circle

Upon arrival in Yogyakarta, you will be taken to the retreat location.

This first day is dedicated to gentle landing, rest, and inner reconnection after the long flight.

Everyone takes time to settle in, breathe deeply, and feel the energy of the place.

OPENING CIRCLE

At the end of the day, we gather for a sacred opening circle in a safe and caring space.

This circle includes:

- Welcome and group introduction
- Presentation of the initiatory journey and retreat intentions
- Guided grounding meditation and release from travel
- Energetic opening of the circle

DINNER & REST

A nourishing meal is shared together, followed by a calm evening to support integration and rest.

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DAY 2

Individual Consultations with the Healer

GENTLE AWAKENING & BREAKFAST

The day begins calmly to allow the body and nervous system to adapt to the rhythm of the journey.

INDIVIDUAL CONSULTATIONS WITH THE HEALER

Each participant benefits from a private individual session with the healer.
Sessions may include:

- Energy reading
- Spiritual guidance
- Traditional healing treatment
- Personalized messages for each person's path

The consultation process is explained collectively so that everyone feels confident.

Participants not in session are invited to rest, write, meditate, or simply enjoy the place.



EVENING INTEGRATION & SHARING

Optional group integration time to express feelings and insights.

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DAY 3

Meditation in a Sacred Cave

Morning
PREPARATION & INTENTIONS
After breakfast, we prepare body and mind for a deep spiritual experience.

DAYTIME
GUIDED MEDITATION IN A CAVE
Travel to a sacred cave, an ancestral place of prayer, silence, and introspection.
Inside the cave:

- Guided meditation
- Silent time
- Deep connection to oneself



This space encourages release, clarity, and reconnection with inner essence.
We are accompanied by a recognized healer from Yogyakarta.

Evening
REST & WRITING

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DAY 4

Absorption of the Elements (Water, Earth, Air, and Fire)

HARMONIZATION

This day is dedicated to harmonizing the four elements, pillars of physical, emotional, and energetic balance.

Practices may include:

- **Water rituals for emotional purification**
- **Grounding with earth for stability**
- **Breath and air work for mental clarity**
- **Fire activation for vitality and transformation**

The healer guides each step to support energetic integration.

Evening

INTEGRATION & REST

DAY 5

Deepening the Practices & Second Consultation if Needed

INTEGRATION & STABILIZATION

This day allows consolidation of the teachings and practices from previous days.
The intention is to:

- **stabilize transformations**
- **deepen energetic awareness**
- **strengthen inner autonomy**

Space is left to follow the rhythm of the group.

Evening

CALM & INTEGRATION

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DAY 6

Visit of Yogyakarta

This day is dedicated to discovering Yogyakarta.

DAY 7

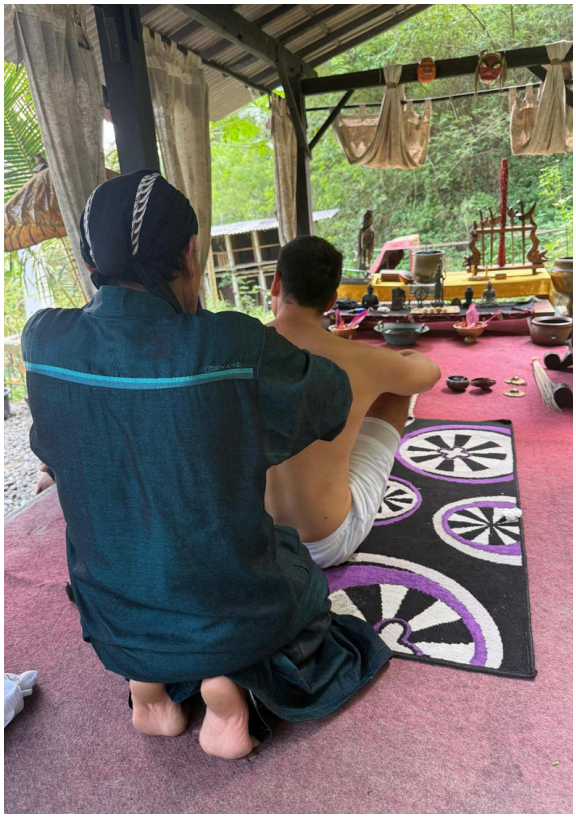
Sacred Javanese Ritual (Ruwatan)

TRADITIONAL PURIFICATION RITUAL – RUWATAN

This day is devoted to a sacred Javanese ritual called Ruwatan, intended to:

- release illness and misfortune
- cleanse negative energies
- dissolve energetic and spiritual blockages
- bring protection and renewal

The ritual includes a traditional procession, prayers, and symbolic gestures guided by the healer.



CLOSING CIRCLE

In the evening, a closing circle honors the path traveled, anchors the transformations, and consciously closes the sacred space.

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DAY 8

Departure & Final Integration

DEPARTURE DAY

After breakfast, participants prepare for departure.



This final morning is an invitation to:

- anchor the teachings
- honor the transformations experienced
- leave aligned, centered, and renewed

Transfers are organized according to flight schedules.

It is the end of a beautiful outer and inner journey, but also the beginning of a new chapter, nourished by everything you have discovered and awakened within yourself.

POSSIBLE