

DANA BALI HIDEAWAY

STAY · RETREAT · RECONNECT

Yoga & True Bali Retreat

A gentle return to yourself through yoga, breath, nature and the quiet rhythm of true Bali — reconnect with your body, soften the mind and simply be.

3 or 5 days

max. 6 guests

all inclusive

Bebandem / Karangasem | Bali

Reconnect with yourself. Experience true Bali.



This intimate retreat is for people who want more than a beautiful place to stay. With a maximum of six guests, there is time to slow down, reconnect with yourself, your body and your mind, and experience Bali in a personal, unhurried way. Yoga, breathwork and meditation create the rhythm while rice fields, village life, local traditions and lush nature become part of the experience.

You can join solo, as a couple or with a friend. Comfort meets a true Bali experience here: a peaceful stay in the middle of nature, genuine local connection and a retreat small enough for personal attention, warm conversations and real rest.

FOR YOU IF

- You want to escape busy tourism and discover a quieter, more authentic side of Bali.
- You want to reconnect with yourself, your body and your mind.
- You enjoy yoga and want to deepen your practice without pressure.
- You are a beginner or intermediate practitioner.
- You value meaningful connection, nature and space for yourself.

A rhythm of practice, nature and choice.

The yoga sessions shape the retreat. Excursions and evening experiences are invitations, not obligations — free time is always welcome.

DAY 1

Arrive & land

Arrive, settle in and enjoy the pool and nature • evening yoga • dinner • optional Yin yoga & meditation

DAY 2

Sunrise & village life

2h sunrise Hatha Yoga with breathwork, meditation & little Balinese yoga philosophy • excellent, nourishing brunch • rice-field nature • optional traditional village trek & Balinese beekeeper visit • evening yoga • optional intuitive movement

DAY 3

Practice & culture

2h sunrise Hatha Yoga with breathwork, meditation & little Balinese yoga philosophy • excellent, nourishing brunch • 3-day guests say goodbye • optional Samsara Living Museum & cleansing ceremony or free time • evening strength yoga • dinner • optional Sleep Well meditation

DAY 4

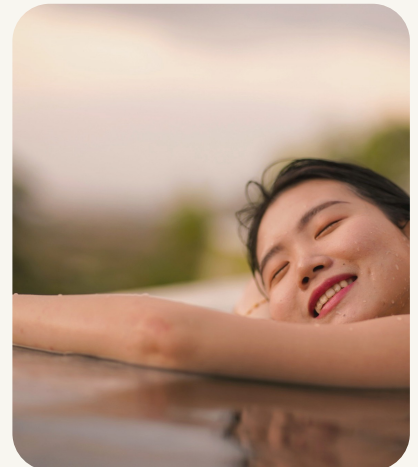
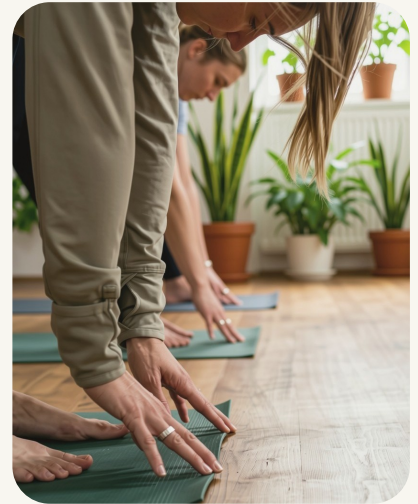
Explore & move

2h sunrise Hatha Yoga with breathwork, meditation & little Balinese yoga philosophy • excellent, nourishing brunch • optional Virgin Beach or Tirta Gangga Temple or free time • mindful evening yoga flow • dinner • optional ecstatic dance / mindful movement

DAY 5

Close & carry it home

2h sunrise Hatha Yoga with breathwork, meditation & little Balinese yoga philosophy • excellent, nourishing brunch • saying goodbye



CHOOSE YOUR PACE

Join the optional experiences, rest by the pool, read in the garden or simply follow what your body needs that day.

Everything essential is taken care of.

PRIVATE ROOM

EUR 130

per person / day

3 days: EUR 390 • 5 days: EUR 650

SHARED ROOM

EUR 100

per person / day

3 days: EUR 300 • 5 days: EUR 500

Shared room pricing applies when two friends or a couple stay together. Retreats are all inclusive within the programme below.

INCLUDED

- 2 or 4 nights accommodation
- Yoga philosophy elements
- Snacks, water, tea & coffee
- Rice-field and nature time
- Daily yoga, breathwork & meditation
- Excellent, nourishing brunch & dinner
- Retreat excursions & village-life experiences
- Optional evening practices & movement sessions

BOOKABLE WITH OUR ASSISTANCE

Massage • laundry service • airport transfer • motorbike rental

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

UPCOMING DATES

Choose your time in Bali.

3 DAYS / 2 NIGHTS

- 2-4 Nov 2026
- 16-18 Nov 2026
- 30 Nov-2 Dec 2026
- 1-3 Feb 2027
- 15-17 Feb 2027
- 1-3 Mar 2027
- 15-17 Mar 2027
- 29-31 Mar 2027
- 12-14 Apr 2027
- 26-28 Apr 2027

5 DAYS / 4 NIGHTS

- 2-6 Nov 2026
- 16-20 Nov 2026
- 30 Nov-4 Dec 2026
- 1-5 Feb 2027
- 15-19 Feb 2027
- 1-5 Mar 2027
- 15-19 Mar 2027
- 29 Mar-2 Apr 2027
- 12-16 Apr 2027
- 26-30 Apr 2027

READY WHEN YOU ARE

Secure your spot

Enquire through the Dana Bali Hideaway contact form for availability, room choice and booking details.

Small by design. Maximum 6 guests.