

PREGNANCY YOGA RETREAT

16 - 19 DECEMBER 2023

MAMASTE



4 days of yoga, meditation, healing and connection in the beautiful Darmada Eco Resort, Sideman Valley.

Join us for 4 days and 3 nights at Darmada Eco Resort in the beautiful Sideman Valley, Bali. Treat yourself, with this gift and much required sacred time for you, before your baby arrives earthside. Allowing yourself to prepare for the transition into motherhood. This retreat will allow you to connect with your baby, body, breath, mind and soul. There will be daily yoga, meditation & breathwork, as well as a traditional Balinese healing water ceremony to release and let go of the past, a despacho ceremony to sew our seeds of intention for becoming a mother and sound healing. There will also be the chance to take a pregnancy massage to make you feel pampered and we will hold Birth Education and Q&A sessions where you will have the chance to ask Sammy anything related to birth and pregnancy. There will be delicious wholesome food and a beautiful relaxing backdrop of Sideman to connect with nature, recharge and unwind. Your host Sammy is a mother, yoga teacher and doula, who is passionate about supporting women in the transition from Maiden into Mother. Your guest host Ramanja is a Healer and medicine woman who was Sammy's birth partner, her soul purpose is to awaken and activate queen energy in women. We look forward to welcoming you and holding space with full hearts throughout this retreat, to serve, support and guide you.



YOGA TEACHER & BIRTH DOULA

MAMASTE



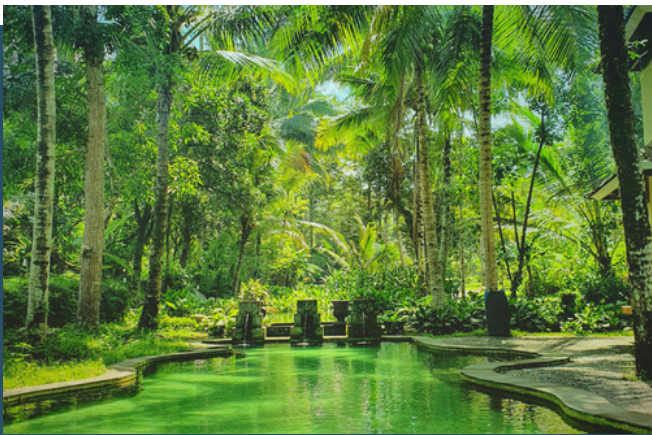
RAMANJA.

TO BOOK A SPACE...

whatsapp- +6282147846740

instagram- mamaste108

website- www.mamastebali.com



INCLUDED

- Daily Yoga, Breath work & Meditation classes
- Traditional Balinese Water Ceremony & Fire Healing
- Despacho Ceremony & Sound Healing
- Prenatal Massage & 1 on 1 healing session With Ramanja
- Birth Preparation Q & A
- Fire and Sharing Circle
- 3x Daily Vegetarian Meals.
- 3 nights & 4 days stay at Darmada Eco Resort.

PRICES

- GARDEN VILLA ROOM (single occupancy- shared bathroom) 11mil IDR
- DEIUXE DOUBLE ROOM (single occupancy) 11.5 mil IDR
- DOUBLE ROOM (single occupancy) 10.5mil IDR
- BUDGET ROOM (off site) 8.5 mil IDR

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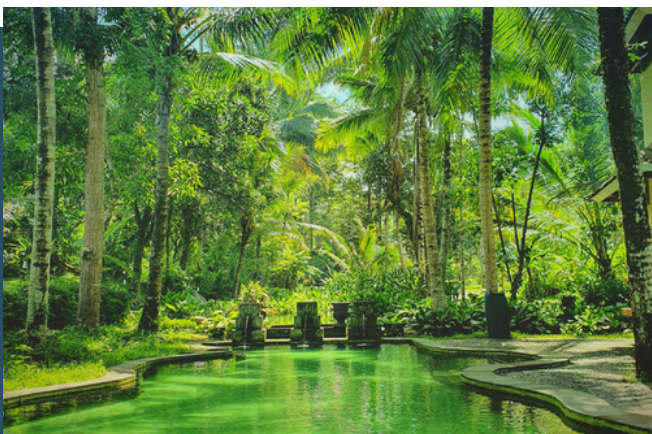
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PRICES

- GARDEN VILLA ROOM (single occupancy- shared bathroom) \$715
- DELUXE DOUBLE ROOM (single occupancy) \$747
- DOUBLE ROOM (single occupancy) \$682
- BUDGET ROOM (off site) \$552

