

SOMA SOUL PSYCHE

DECEMBER 2023

A week-long
healing
retreat in the
heart of Bali

OHM ILLUMINATED



Settle into yourSelf whilst being held by Nature

Welcome to the home of our next journey...



A look into what's to come...

Svadhyaya, one of the 5 Niyamas, literally translates into “one’s own reading” or “self study”, and as Patanjali’s quoted in saying “Study thyself, discover the divine”.

With the past few years being as unpredictable as they've been, we've become more aware of our internal and external environments, and how they've played parts in where we are in our lives and emotional selves today.

When we practice conscious self-reflection through the body, we observe what actions and things serve us, what needs a change in perspective, or what needs a little more space in order for our innate Self to be realised.

With the body being a storyteller, we can read ourselves through the movements and holdings in a gentle and curious approach.

Now more than ever, we are recognising that the body, mind, and soul are not separate, but rather intertwined with our stories and woven into our realities. By connecting to the soma, we can begin to understand the language of our own and how we uniquely show up in the world, and WHY.

This retreat, and the years of work into the Soma, Soul, Psyche series, is my gift to welcome you into an environment so respected, loved, and cared for, coming back Home to yourSelf will be a Journey made with ease.

During our time together we will...

Begin each day with ceremony and interoceptive work, prayamana, and movement.

Afternoons will be filled with gorgeous organic and local fresh food, workshops, and time to be immersed in the protected and lush surrounding Nature

On given afternoons we will have Energy healing circles, esoteric study and psychosomatic practices relating to the morning's intention.

Other given afternoons will be invited to partake in a sacred Water Healing ceremony hosted by the local priestess, coming from a generation of lineage healers.

Evening practices will be a slow and ease-filled practice that will leave you drifting into the most restful sleeps.

Cacao and Medicine ceremony on a given circle.

but let's not give it all away here....

BatuKaru Estate and Retreat

Where we land for the week



Nestled on the south-easterly slopes of Mount Batukaru, is our organic coffee estate & retreat centre.

Surrounded by a protected jungle, our estate is the ideal place to escape from modern living, reconnect with nature and take in the breathtaking views of Bali and beyond.





To expand our belief in the preservation of healthy cultivation and continuous education of biodynamic farming, we welcome guests to come stay with us and experience this deep connection with nature and our concept of farming here in Bali.

We built comfortable open-air rooms on the slopes of Batukaru in a way that respects the natural terrain and used mainly natural and recycled materials to integrate them harmoniously with their surroundings. Each room is unique and in total, we can accommodate up to 23 guests.

With our covered yoga platform, cosy lounge and vast surroundings, all overlooking the Jatiluwih valley and the southern ocean our facilities are ideal for group retreats and individual travellers alike.



meet SALMA, your host

Salma OHM is an interdisciplinary worker of integrated somatic trauma-release therapeutics, yoga, energetics, and bodywork.

A benevolent investigator with a Jungian curiosity, Salma's journey has been and will continue to be a dance within dualities.



By learning from the teachings of esoteric Taoist and Buddhist practices, Shamanism, Bodywork, Reiki, Psychomagick, Tarot, and teachings of the Munay Ki,

the PsychoSomatic understanding is a baseline thread throughout her work and practices; allowing an integrated trauma-informed approach to healing the mind, body, and Spirit.

words for you

My promise is to hold you in fierce love and accountability, in sacredness and safety, and all that I ask is that when you meet that, you'll witness your own Light come to Be.



Retreat at a glance

- 7 nights accommodation in a luxury eco room on protected land
- Trauma Informed group and self-work practices
- Daily movement and asana practice including dance
- Daily full-board (breakfast, lunch, dinner, and snacks) of local and organic seasonal foods (vegetarian)
- Healing water ceremony with Kentri Norberg and optional cacao ceremony
- Ceremony and Medicine singing
- Airport transfers*





a space for us to be and breathe together







reconnect





relax





A glance at where we'll be nesting...





A glance at where we'll be nesting...





A glance at where we'll be nesting...





A glance at where we'll be nesting...





Investment into Self: \$ 1881

When?

10th-17th December 2023


Where?

In the heart of Ubud, Bali, Indonesia

What to bring?

We have yoga mats and blocks, however, please feel free to bring your own mats, props, and items if you prefer. Comfortable clothing for movement practices, a notebook and pen, and any other items you'd like on your healing journey.





To learn more and to receive a booking form, feel
free to email:
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DM Salma on Instagram
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