



SENSE22 YOGA

The Real Essence of Yoga

Bali Bliss

A Sense 22 Yoga
Retreat
-The Real
Essence of Yoga

25 MAY 2025, 12:00 PM (SUN) -
31 MAY 2025, 10:00AM (SAT)

YOGA, CULTURAL & LEISURE RETREAT

Transform | Rejuvenate | Experience

SENSE 22 YOGA OM HAM RETREAT
UBUD BALI



Now at a
Special Rate of
Only INR
70000/- Only

Daily Yoga & Meditation | Breathtaking Destinations | Spiritual Awakening

Experience the soul of Bali through its temples, landscapes & traditions
Rejuvenate with nature, adventure & spiritual awakening in Ubud
Deepen your yoga practice with asana, breathwork & mindfulness
Connect with a vibrant community in a serene retreat setting



Om Ham Retreat, Ubud Bali, Tirta Tawar Road, Banjar
Junjungan, Ubud, Kecamatan Ubud, Kabupaten Gianyar, Bali
80571, Indonesia

Sense 22 Yoga Representatives

Shailesh +91 9324378213

Narendra +91 9769338102

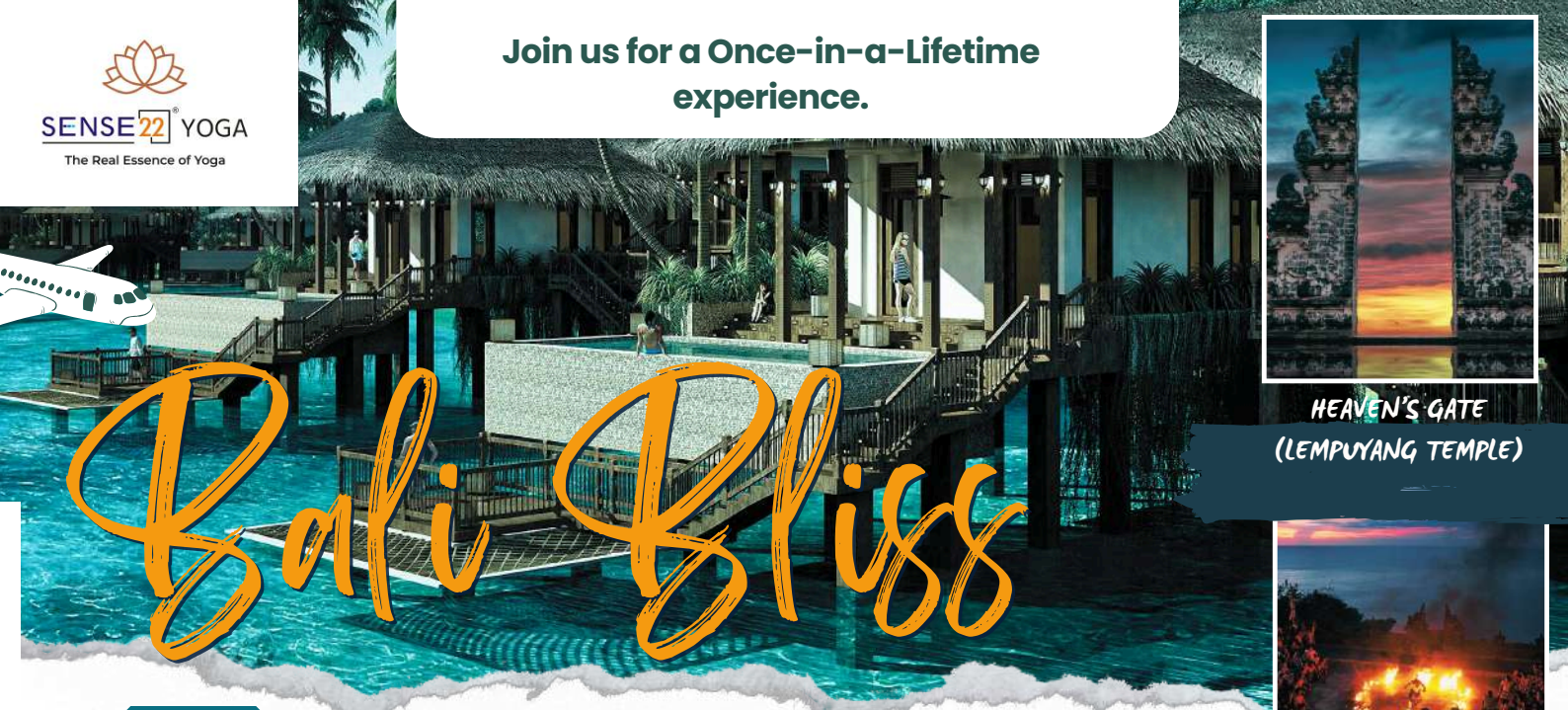
Aparna +91 9833145849

The Only Retreat That Integrates Yoga, Spirituality &
Leisure Travel!

Now at a Special
Rate of Only **INR**
70000/- (for Indian
Passport Holders) &
\$1200 (for foreign
Passport Holders)

www.sense22yoga.com

Join us for a Once-in-a-Lifetime
experience.



25 May 2025,
12:00 pm (Sun)

31 May 2025,
10:00am (Sat)

A WEEK LONG 7D/6N YOGA & CULTURAL RETREAT

Daily Yoga & Meditation | Breathtaking Destinations | Spiritual Awakening

Time & Duration of Actual Retreat

25 May 2025, 12:00 pm – 31 May 2025, 10:00am

Om Ham Retreat, Ubud Bali, Tirta Tawar Road, Banjar Junjungan, Ubud, Kecamatan
Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

To Travel on 24th May-Night & Depart on 31st May Early Morning

Accommodations: Bali's finest

OM HAM Resort - Where Luxury Meets Spiritual Awakening in the Heart of Ubud

**THE ONLY RETREAT THAT INTEGRATES
YOGA, SPIRITUALITY & LEISURE TRAVEL!**



HEAVEN'S GATE
(LEMPUYANG TEMPLE)



KECAK DANCE



TEGENUNGAN
WATERFALL

DESTINATIONS: ULTIMATE BALI YOGA & CULTURE EXPERIENCE

Sunrise Yoga, Ubud Palace, Bali Swing, Monkey Forest, Tegallalang Rice Terraces, Tirta Empul Temple, Tegenungan Waterfall, Kintamani Volcano, Besakih Temple, Ulun Danu Temple, Handara Gate, Tanah Lot Temple, Lempuyang Temple (Gates of Heaven), Tirta Gangga, Taman Ujung, Garuda Wisnu Kencana, Nusa Dua Beach, Uluwatu Temple, Kecak Fire Dance.

What's Included? Enjoy a serene stay at **Om Ham Retreat**, a sanctuary of peace, with daily **Yoga and Meditation sessions**. Explore Bali's iconic temples, waterfalls, and breathtaking landscapes with guided tours. Indulge in wholesome meals—breakfast, lunch, and dinner—while we take care of your airport pick-up and drop-off, internal travel, and visa assistance. Plus, stay worry-free with comprehensive travel insurance. Accommodation on twin sharing basis only.

What's Not Included? International flight tickets to and from Bali, entry tickets to select attractions, any extra meals beyond the provided ones, and travel from your home to the airport and back Home from Airport (Origin Country)

BOOK NOW

7D/6N
₹ 70000/-
per person



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Narendra +91 9769338102



www.sense22yoga.com
sense22yoga.india@gmail.com

7th EDITION



Why Bali? Why Bali Bliss?

Bali Bliss – A Retreat Like No Other

Bali is more than a destination—it's a journey of the soul. A land where ancient temples, lush landscapes, and vibrant culture create the perfect space for transformation.

Why Bali Bliss?

It's the only retreat that blends Yoga, Spirituality & Leisure Travel—offering a balance of self-discovery and exploration. **Begin each day with yoga at Om Ham Retreat, cleanse your spirit at sacred temples, swing over lush jungles, and witness breathtaking sunsets.**

This is more than a getaway—it's an experience of a lifetime. Join us and awaken your mind, body & soul.

Not Just a Retreat, it's a Journey of the Soul



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Sense22yoga.india@gmail.com



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About Sense 22 Yoga

INDIA'S MOST INTEGRATED YOGA COMPANY

01

Eco-Friendly Yoga Essentials

India's largest range of sustainable yoga accessories—biodegradable mats, handcrafted props, and toxin-free essentials.

Discover the Real Essence of Yoga & Wellness with Sense 22 Yoga

One of the world's finest and most immersive yoga retreats, integrating spirituality, wellness, and leisure travel

02

Yoga Lyf EXPO

A platform connecting yoga, Ayurveda, and wellness communities—explore, engage, and transform.

03

Curated Yoga Retreats – Authentic & Transformational

Authentic, immersive, and soul-nourishing retreats that blend yoga, spirituality, and travel.



04

Yoga Classes & Training

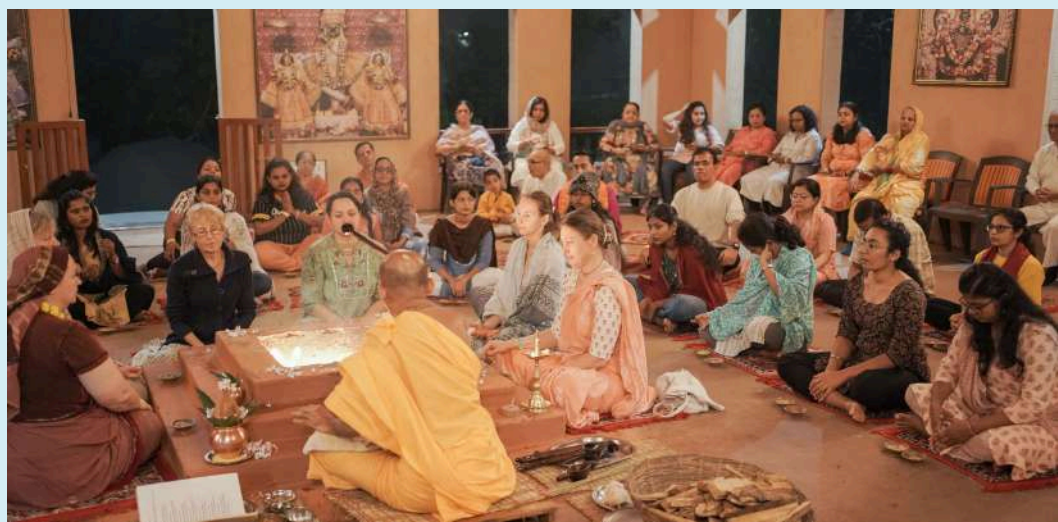
From beginners to experts—asanas, pranayama, meditation, and teacher training for all.

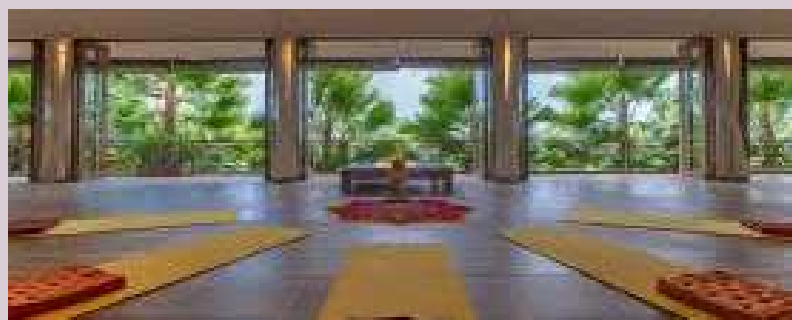
05

Serene Meditation Centre – A State-of- the-Art Experience

A state-of-the-art experience offering sound therapy, deep relaxation, and holistic healing.

www.sense22yoga.com





STAY AT UBUD'S FINEST LUXURY RESORT AND RETREAT... 'THE OM HAM RETREAT'



OM HAM
RETREAT AND RESORT

Om Ham Retreat, Ubud Bali, Tirta Tawar Road, Banjar Junjungan, Ubud,
Kecamatan Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

Nestled in the heart of Ubud, Om Ham Retreat & Resort is more than just a stay—it's an experience. Designed for seekers of peace and rejuvenation, this serene sanctuary blends traditional Balinese hospitality with holistic wellness.

Surrounded by lush rice fields and tranquil nature, Om Ham offers luxurious comfort with a spiritual touch. Indulge in authentic Balinese cuisine, therapeutic spa treatments, and a serene yoga shala, all set in an atmosphere of pure tranquility.

This is where comfort meets consciousness, and every moment is a step towards inner harmony. Relax, unwind, and embrace the true essence of Bali at Om Ham Retreat.

<https://omhamretreat.com>

Om Ham Retreat & Resort – A Sanctuary for the Soul

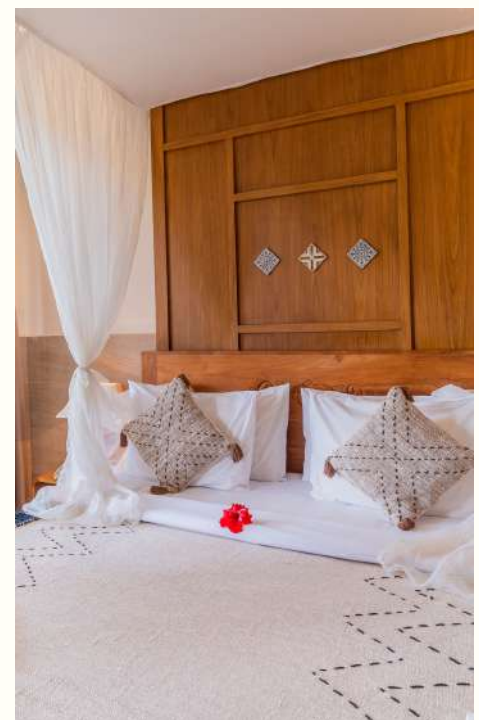
The rooms at Om Ham Retreat & Resort are modern, thoughtfully designed, and equipped with all essential amenities for a comfortable stay, including air-conditioning, tea kettles, mini-fridges, and more. ...ensuring a personalized retreat experience in a serene and rejuvenating environment.

All accomodation is on Double occupancy basis. Extra charges (INR: 10000/-) for Single occupancy. *

For Foreign Nationals: \$2500 /- incl of 5 Days of Yoga, Stay-Food-Internal Travel- Sightseeing, 1 Balinese Massage and Airport Transfers in Bali. Excluded: Flight Tickets & VISA. *



Superior Rooms



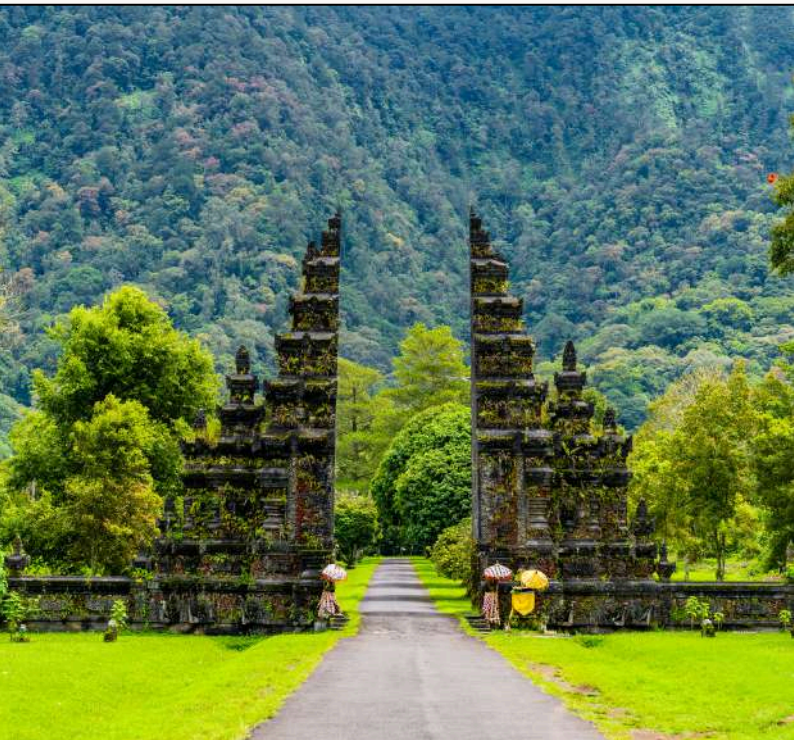
Deluxe Rooms

Nestled in the heart of Ubud, Bali, Om Ham Retreat & Resort is a haven for those seeking renewal in a serene, natural setting. Designed to nurture the mind, body, and spirit, it offers a signature retreat experience that blends traditional Balinese healing, yoga, and holistic wellness.

With comfortable, well-appointed rooms and a tranquil ambiance, Om Ham provides the perfect setting to restore, recharge, and reconnect. Conveniently located near Ubud, Bali's cultural capital, it is a gathering place for yogis from around the world, drawn to its energy of peace and transformation.

At Om Ham, experience the true essence of Bali—a retreat that nourishes the soul and uplifts the spirit.

What to Expect at our Yoga, Leisure & Spiritual Retreat



Transformative Yoga & Healing:

- Sunrise Flow & Breathwork – Awaken your energy at dawn
- Chakra Balancing & Energy Healing – Align your inner self
- Yoga for Strength & Vitality – Boost stamina & flexibility
- Deep Stretch & Yin Yoga – Rejuvenate with gentle poses
- Tratak Meditation – Focus & enhance inner clarity

Cultural & Spiritual Immersion

Temple Visits – Lempuyang, Tirta Empul, Tanah Lot, Uluwatu

Kecak Fire Dance – Under the stars at Uluwatu

Blessings & Rituals – Balinese cleansing ceremonies



Adventure & Leisure

Tegallalang Rice Terraces – Walk through lush green landscapes

Waterfalls & Volcanoes – Tegenungan & Kintamani

Bali Swing & Beaches – Thrilling experiences & serene shores

Balinese Massage – Traditional rejuvenation therapy

a curated World Class Retreat



- Sacred Spirituality: Meditate in ancient temples & sacred water springs
- Breathtaking Beauty: Experience Bali's lush jungles, rice terraces & beaches
- Authentic Wellness: Daily yoga, Balinese massage & energy healing
- Seamless Experience: Curated, and Unique

Retreat theme

BALI BLISS

"A Soulful Journey of Yoga,
Spiritual Awakening & Bali's
Sacred Energy"



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Day 1: Awakening & Grounding

- Embrace the spiritual heart of Ubud
- Connect with nature's energy at Tegallalang & Monkey Forest
- Experience the thrill of Bali Swing

Day 2: Purification & Rejuvenation

- Cleanse your spirit at Tirta Empul's holy springs
- Soak in the power of Kintamani's volcanic energy
- Discover Bali's Mother Temple, Besakih

Day 3: Harmony & Reflection

- Find serenity at Ulun Danu's floating temple
- Step through the iconic Handara Gate
- Witness the magic of Tanah Lot at sunset

Day 4: Ascension & Inner Light

- Rise above at Lempuyang's Heaven's Gate
- Flow with sacred waters at Tirta Gangga
- Discover royal tranquility at Taman Ujung

Day 5: Celebration & Renewal

- Stand in awe of Garuda Wisnu Kencana's grandeur
- Bask in the bliss of Nusa Dua's beaches
- Experience the sacred fire energy of the Kecak Dance at Uluwatu

Book your
slot now

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Narendra +91 9769338102

Aparna +91 9833145849

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Shailesh PATIL, Founder & CEO of Sense 22 Yoga. He is a Certified Yoga Teacher, trained under Hathayogi Nikam Guruji -SAYK. Authored 2 Books, and has conducted multiple retreats, developed innovative Yoga products and owns the YOGA LYF EXPO brand. His holistic approach integrates ancient wisdom with modern techniques, inspiring individuals to embrace balanced and mindful living.

Dr.Sanjay Kumar Choudhary, a Doctorate in Yoga, serves as a Teacher of Indian Culture (Yoga Master) with the Indian Council for Cultural Relations. With 12 years of experience, he has led International Yoga Day events in Thailand and Indonesia and authored Blissful Yoga. A certified Yoga Master by the Ministry of AYUSH, he is a Lead Yoga Examiner and UGC-NET qualified in Yoga. Passionate about holistic wellness, he upholds the values of Vasudhaiva Kutumbakam and Ahimsa, inspiring global well-being.



APARNA MORE : With over a decade of experience in Yoga and wellness, she holds a Diploma in Yoga Education from India University and is a certified 200-hour Yoga Alliance Teacher, trained at Santacruz Yoga Institute, Mumbai. She is also a certified Aerial Fitness Teacher (World Yoga Alliance) and a recognized Chakra Healer, specializing in stress management through Chakra meditation and Yoga Nidra. Her qualifications include courses in Vedas, Upanishads, Ayurveda, and Naturopathy (certified in 2020). A Certified Reiki Trainer and Brand Ambassador for Kids Yoga (US), she was awarded the Indian Icon Women Personality Award in June 2019 for her significant contributions to Yoga.

Narendra Dhairyawan is a certified personal trainer from Tyche MMA Matrix LLP, specializing in strength training, and functional fitness. With extensive experience in personal coaching, he focuses on holistic fitness, endurance, and injury prevention. Passionate about transforming lives, he tailors customized training programs to enhance overall well-being and performance.



Note: Faculty members featured in this brochure are part of our expert panel. Their participation in each retreat may vary based on availability and program structure.

Bali Bliss

YOGA & CULTURAL RETREAT

Transform | Rejuvenate | Experience

25 May (Sun)
2025, 12 pm -
31 May 2025,
10 am (Sat)

All Payments should be made to:

Account Holder Name: Mumukshu Healthcare Private Limited

Bank Name: ICICI BANK

Account Number: A/C: 088405000269

IFSC CODE: ICIC0000884

Bank Branch: ICICI Bank Soham Plaza, Manpada,

GB Road, Thane 400607, Maharashtra, India

SWIFT CODE: ICICINBBCTS

GSTIN: 27AAFCM8635F1ZA

ARN Number for LUT: AD270421023249B

Terms & Conditions:

Full Payment Requirement: Bookings are only accepted with full payment. We do not offer installment plans or discounts for this retreat.

Booking Transfers: Retreat bookings are non-transferable unless explicitly approved in advance by the Sense 22 Yoga team. Any requests for transfer must be communicated and confirmed by us.

Substance-Free Environment: For the safety and well-being of all participants, no alcohol, drugs, or narcotics are permitted on the premises. Any violation will result in immediate dismissal from the retreat without a refund.

No Refunds Policy: Once payment is made, no refunds will be provided.



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