

JULIE'S WELLNESS MENU



Slow Retreats



SLOW TRAINING

TRAIN YOURSELF

Do your practice and all is coming.
Private classes are available on demand on Slow Spa.

PILATES

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination.

The health benefits of Pilates include: Improved flexibility, increased muscle strength and tone, particularly of your abdominal muscles, lower back, and hips.

Price: 250,000 IDR / Pr. person
(Depending on availability of the teachers)



YOGA & MEDITATION

A Hindu spiritual and ascetic discipline embracing breath control, simple meditation, and the adoption of specific bodily postures.

Yoga is widely practiced for health and relaxation. The physical benefits of yoga include: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality and maintaining a balanced metabolism.

Slow Spa & Yoga offers different types of yoga classes. It's our wish to create a safe space, where the focus is on each individual. This is why we allow a maximum number of 10 participants in each class, to keep the classes small and intimate. Classes are held at Slow Spa every morning and every afternoon:

Vinyasa Flow

Monday to Friday: 8.15am – 9.30am

Price: 150.000 IDR

Slow Flow

Monday + Wednesday-Friday: 5.00pm – 6.15pm. **Price: 150.000 IDR**

AcroYoga Workshop

Tuesday: 5.45pm – 7.45pm

Price: 250.000 IDR

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PARTNER ACRO YOGA

Our specialty is Partner AcroYoga – a great way to get connected to your special someone – a uniting of two people. It's a fabulous medium for building stronger communication and intimacy in just about any kind of relationship.

Don't be scared – it may seem like something that you don't know how to do, but you will quickly learn the basics and have fun! Feel free to bring a partner with you, but it is not a requirement. Everyone is welcome! Classes are held at Slow Spa:

AcroYoga Workshop
Tuesday: 5.45pm – 7.45pm
Price: 250.000 IDR

HULA HOOP

Hooping is a fantastic way to tone the troublesome tummy area, but there are many other benefits that can be gained from spinning a hoop: improved strength, coordination and calorie burning – as well as the undeniable enjoyment factor!

The most important thing we hope to achieve is quite simply a lot of fun! Some people come for an intense abdominal and cardio workout, some come for the first time just hoping to learn how to keep a hoop spinning around their hips!

Hoop Workshop: 250,000 IDR
(Depending on availability of the teachers)

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Poï

Poï refers to both a style of performing art and the equipment used for engaging in poi performances. As a performance art, poï involves swinging tethered weights through a variety of rhythmical and geometric patterns. Poï artists also dance whilst swinging poï.

Poï Workshop: 250,000 IDR

(Depending on availability of the teachers)



FIRE SHOW

Fire performance typically involves equipment or other objects made with one or more wicks which are designed to sustain a large enough flame to create a visual effect.

Fire performance includes skills based on juggling, baton twirling, poi spinning, and other forms of object manipulation.

Fire Workshop: 250,000 IDR

(Depending on availability of the teachers)

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BAREFOOT LUXURY ISLAND RETREAT

Experience the serenity of 'Island Life' in our Slow Luxury Villas with private pool, a spacious coconut garden and a beautiful feeling of barefoot luxury. Located in the middle of palm trees on a cute tropical island, with no motorized vehicles, Slow Villas & Spa is the essential place to slow down, recharge and rejuvenate.

Our retreats are designed to fit your holiday agenda, and are available to book all year around for the amount of days, that suits you. Start your day with an energizing yoga class, and wind down with a restorative afternoon class. You will have plenty of time during the day to relax in your own luxury villa or explore magical Gili Air.

To us, yoga is a way to freedom – which is why we offer you our Barefoot Luxury Island Retreat in this magical paradise, where feeling free comes naturally. The yoga classes will be combined by different yoga styles, with a strong focus on Vinyasa. Vinyasa is a yoga practice that links the breath and body in a flow of movement, that reconnects you to your body and mind. It creates a flow of constant movement and change, symbolic of the seasons that always create an almost dance like practice.



It doesn't matter, whether you are an experienced yogi or not. We offer retreats for all levels, individuals, couples, groups and families, and we welcome you in our paradise, no matter your level or experience. We focus on keeping our yoga classes private, small and intimate, which is why we offer private retreats, where the focus is on the individual. To us, it's all about the full experience – from morning to evening. It's about the vibe, the feeling you get, and the relaxation – not about your level or experience with yoga.

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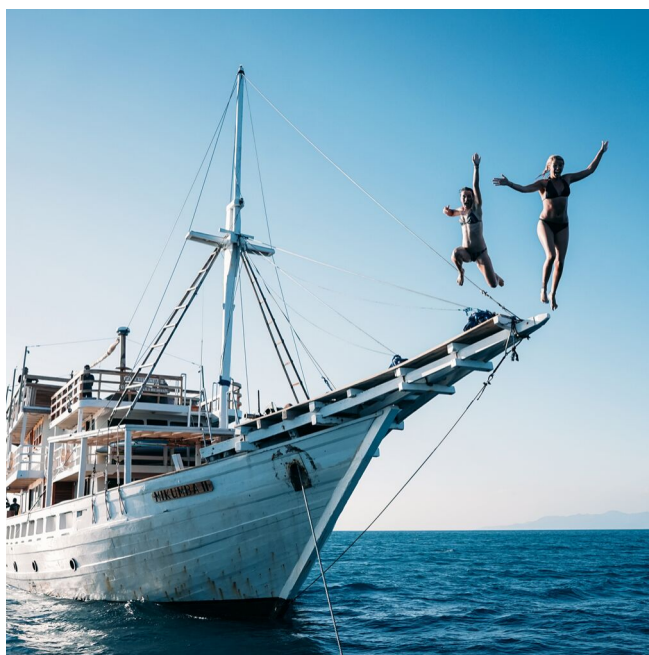
SLOW RETREATS

YOGA CRUISE

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Have you ever wondered how it would be to do a yoga retreat off shore? Join us for our magical Yoga Cruise, cruising the tropical islands of Indonesia while enjoying yoga and meditation classes. You have the option of choosing this yoga cruise with 3 different itineraries.

- 1) Cruising Lombok and the South Gilis
- 2) Cruising Komodo National Park
- 3) Cruising Raja Ampat



PRICE

This retreat is available all year with a minimum of 6 participants. Contact us for prices depending on the itinerary you would like to do.



THE BOAT

Mikumba II is a beautiful, fully equipped traditional wooden boat that searches for adventure and gets away from the crowd. The boat will take you to the most stunning locations, and we will help you explore perfect empty beaches, uninhabited islands and pristine reefs rich in marine life. Whilst at these idyllic locations the activities on the boat begin with a choice of snorkeling, stand up paddle boarding, kayaking, subwing, surfing, fishing or simply relaxing on the deck.

HEALTHY FOOD

On our Yoga Cruise in paradise, we are focused on giving you a healthy and recharging experience. The Indonesian kitchen is one of our favorites. Being full of healthy, tasteful and spicy ingredients, the Indonesian food is perfect for our retreat.

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