

MOVEMENT SHALA RETREAT

EXPERIENCE HEAVEN ON EARTH



BALI
SEPTEMBER
1st - 6th

Welcome To Movement Shala

Travel can change your surroundings—but the right journey can transform you.

A soulful retreat event designed to help you pause, breathe & reconnect.

Blending yoga with surfing, stillness, cacao ceremonies, ocean adventures, and local cultural experiences—this is your space to reset & realign.

*This isn't just time away
It's your space to realign, restore & return renewed.*



Movement Shala

Your Retreat Leader's

Hi, I am Sunpreet, your co-host. I'm a self taught movement coach focusing on full-body awareness, mobility, active flexibility, handstands, and soft acrobatics. My classes blend playful games with strength and inversions, making movement both challenging and fun.

IG: @sunpreet_sing



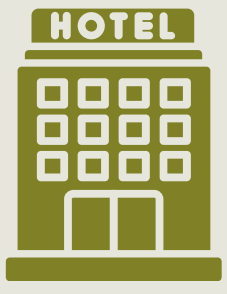
Hi, I am Shradha, I hold Level 3 authorization in Ashtanga and Hatha Yoga. I am a certified specialist in prenatal and postnatal yoga. I incorporate various styles of breath control and Pranayama in my classes. And my classes create a fun community of like-minded individuals who support and encourage each other in their wellness goals.

IG: @yogalabshradha



Movement Shala

Your Retreat Experience



Accommodation

6 nights/5 days at a premium boutique wellness property in Uluwatu, Bali; with poolside rooms.



Rooms

Rooms feature 2 twin beds set up on a twin-sharing basis & a queen size bed for single occupancy. All rooms offer garden views and serene comfort.



Nourishing Meals

Daily breakfast at the resort



Yoga & Meditation

Daily leader's-led yoga, breathwork, meditation & movement sessions curated specially to help you reconnect with your mind, body and soul to cultivate deep relaxation.



Beginner-friendly Surf Session

Learn to surf in Uluwatu with a guided session perfect for first timers. Includes basic technique, surf gear and plenty of time in the water.



Community

Fireside talks, journaling & bonding



Airport Transfers

One way airport transfer from Denpasar Airport (DPS) to the hotel

What You Experience

Hiking

Discover scenic trails that wind through lush landscapes and open viewpoints. Breathe in fresh air, reconnect with nature, and enjoy the journey at your own pace.



Beach Strength Sessions

Train outdoors with energizing strength sessions set against the ocean backdrop. Feel the sand beneath your feet as you build strength, resilience, and vitality by the sea

Handstand Sessions

Develop balance, strength, and body awareness through guided handstand practice.

These sessions focus on alignment, control, and confidence in inversion.

Suitable for all levels, with progressions tailored to each practitioner.



Breathwork Sessions

Explore conscious breathing techniques to calm the mind and energize the body.

These sessions support relaxation, focus, and emotional balance. A powerful practice to deepen awareness and enhance overall well-being.

Slackline

Walking the line between
balance and flow.
Cultivating presence,
patience and playful
steadiness



Yoga and Pranayama

*Grounding
movement and
breathwork
Energizing
mornings and
meditative
evenings to ground
and guide you to
stillness*



Movement Shala

Surfing

Riding the rhythm
of the ocean, where
balance meets
freedom.

Flowing with each
wave, fully present
in the moment.

A dance of
strength, patience,
and timing.



Recovery

Returning to
yourself, one
breath at a time.

Healing in the
quiet between
effort and rest.

Letting go,
rebuilding, and
growing stronger
within.

Your Stay

You'll be staying in Uluwatu, Bali



close to beaches, sunset spots, restaurants, and cultural landmarks.

The retreat is hosted at a boutique property that's easy to access but away from the busiest strip — so you get the best of both worlds: exploring during the day, and a calmer space to return to in the evenings.



40–45 minutes from Denpasar Airport. 10–15 minutes from the best beaches and day clubs in the area.

On-site: three swimming pools, a yoga shala, spa, gym, restaurant & a complimentary beach shuttle running throughout the day.

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Your Rooms



Standard Room — Single Occupancy

The same standard room for those who prefer their own space. Ideal for full rest and recovery after a day of training and surf.



Standard Room - Twin Sharing

Comfortable standard rooms with two single beds, set within the tropical resort surroundings. Each room comes with air conditioning, an en-suite bathroom, and garden views.

Movement Shala

Inclusion

- 5 nights / 6 days stay at a premium boutique wellness property in Uluwatu, Bali
- Daily breakfast
- Daily movement & training sessions
- Handstand & skill-specific workshops
- Mobility & flexibility sessions
- Recovery sessions (stretching, breathwork)
- Surf session (beginner-friendly, tide dependent)
- Airport transfer (one way included)
- Uluwatu Sunset Experience (Padang Padang Beach + Uluwatu Temple + Kecak Fire Dance at sunset)
- Celebration dinner (final night)

Exclusion

- Flights to and from Bali
- Visa fees (if applicable)
- Travel insurance
- Lunch & dinner
- Personal expenses & shopping
- Additional spa treatments
- Return airport transfer
- Activities outside the itinerary



Pricing

Twin Sharing: ₹88,000 + 5% GST (per person, twin sharing basis)

Single Occupancy: ₹1,10,000 + 5% GST (Per person, private room)

Event Date

September 1st to 6th 2026

Terms & Conditions

Bookings open only till 22nd August 2026

Payment Modes

(USDT, Revolut, Paypal, Google Pay, Bank transfer)

Let us know about any Medical conditions/ injuries that
we should be aware of

Movement Shala



Movement Shala

Let's Connect
&
Experience
Bali

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