



The Hamsa - the perfect venue for your Yoga retreat, Training course or Seminar

Rest, health and fun!

The Hamsa is a unique health resort in Bali, situated in the tropical hills of Lovina. The idyllic location surrounded by rice field terraces, the pleasant mountain climate and the tranquil views of the Bali Sea make The Hamsa ideal for yoga retreats, health vacations, management training courses or seminars. We can accommodate groups from 8 to 26 people in several styles of accommodation and prices, ranging from standard to luxury. Our beautiful open platform with sea view is suitable for Yoga and meditation, lectures, dance, Tai Chi or other group activities.

Carefree organisation

We will help you create and plan the perfect stay for your group event in The Hamsa. For example, you can add our yoga sessions, special day trips and treatments in our Ayurvedic Spa to your program. From our extensive lunch and dinner menu you can choose healthy and delicious meals of Indonesian or western cuisine. We can also create a particular menu according to the needs of your group. Our Balinese staff are trained to please you and offer the very soul of hospitality.

Our accommodation

8 Bungalows – These attractive, light, bungalows are built around the swimming pool and restaurant. They are complete with bedroom, bathroom, veranda and spacious private terrace in the garden. Each bungalow is complete with two single beds or one double bed, fan, writing desk, and wardrobe.

2 Standard Single Room – A little higher on the hillside, these single rooms are offering a view of the bungalows and are part of a larger bungalow. This is why this bungalow is suited to yoga teachers and seminar leaders who want a bit more privacy. The bungalow has two single rooms, each with bathroom and a shared kitchen and terrace. If required we can arrange the bungalow as two twin-bedded rooms for participants.

2 One-Bedroom Apartment – About fifty meters from the bungalows, you will find two luxury villas, divided into apartments. These spacious rooms with air conditioning, private bathroom and kitchen lie hidden in the tropical garden. Offering total rest and silence, but still with the same majestic view of the sea. You can book these apartments separately as well as part of a group booking.

1 Two-Bedroom Family Penthouse – Offering accommodation for up to four people. The large terrace – more than 140 m² – is suitable for yoga but can also serve as a beautiful place for a lecture. The penthouse has two spacious bedrooms, each with a private bathroom, and a shared kitchen and living room.

Note: In case of group bookings this villa is always part of the booking, due to the use of the large terrace.

2 Swimming pools – The Hamsa has two infinity pools with panoramic views close to the various accommodations.



Trips in North Bali

We have already chosen the most interesting and picturesque day trips for you in the area. We organize them for you and use only carefully selected tour operators and guides. To work well with the tropical climate, we suggest that trips usually depart early morning when it is cool and dry.

Dolphin watching – As the sun rises, you can sail in a traditional fishing boat on the Bali Sea, to the locally known areas where you can admire dolphins in their natural habitat. Boats sail every morning from Lovina from 6.00 till 8.00 a.m. Distance: 20 minute drive

Hot Springs and Buddhist Monastery – Cleanse your body and mind in this holy hot springs. Bathe in the naturally heated spring water and then enjoy a relaxing massage or take a cool drink in the on site restaurant. Just a few minutes away you will find the Buddhist Monastery, where you can meditate with the monks in the sacred grounds of the monastery. Distance: 30 minute drive

Sekumpul Waterfalls – The largest and most impressive waterfalls on the island of Bali yet beautifully hidden in the jungle and therefore not discovered by many tourists. After a delightful hour's walk along the track by the waterfalls, you will be rewarded by the opportunity to dive underneath the largest of the seven waterfalls for a refreshing swim. Distance: 60 minute drive

Diving and Snorkeling – Take a trip with The Arrows Dive Centre guides to Menjangan Island for the snorkeling or diving experience of your life. Known as one of the world's most dramatically beautiful reefs, here you will be able to admire bright-coloured tropical fish, coral and sea-anemones in an area of national park. Distance: 60 minute drive

Group booking conditions:

- Minimum 8 persons;
- Certified Yoga Teachers only;
- Program of planned events to be discussed with the management of The Hamsa prior to booking;

Contact

Can we help you with any questions or would you like a quotation?

Please contact Mr Henry van der Zeeuw:

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