



NILAYAM x Gili Island

Nurturing Rituals

Yoga Retreat

March 27th - March 31st, 2026



Bathed in the softness of ocean breeze and sunrise light, we gather to breathe, move, and remember what it means to be whole. This retreat is a celebration of rituals that nourish – where each breath, each practice, and each quiet moment is designed to restore your body, soothe your mind, and awaken a deeper sense of harmony within.

Each day unfolds gently, beginning with the rhythm of Mysore-style practice - also for beginners, followed by gentle workshops weaving together meditation, pranayama, mindfulness, journaling, and healing movements.

A retreat not of doing more, but of nourishing, restoring, and coming home to yourself.

John & Marta

Nurturing Rituals at Gili Island

Invitation to reBalance Yourself



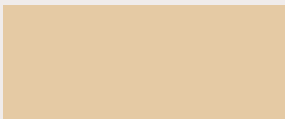
Step away from the rush of daily life and immerse yourself in five days of renewal on the serene shores of the Gili Islands. Surrounded by turquoise waters and barefoot simplicity, this retreat is designed as a sanctuary to restore your body, calm your mind, and nourish your inner world.

Each morning begins with traditional Ashtanga Mysore practice, guiding you deeper into rhythm and strength. Afternoons invite softness and exploration — from reflective journaling and breathwork to somatic movement and yin yoga — creating space for balance, healing, and connection.

Between sessions, linger under the sun, swim in crystal waters, or simply rest into island stillness. Evenings will gather us in gentle rituals of sharing and presence, closing each day with intention and grace.

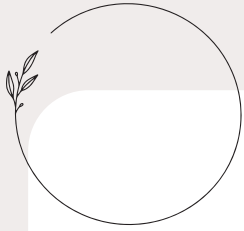
This retreat is an intimate invitation to slow down, to nurture yourself deeply, and to return home with a renewed sense of clarity, balance, and vitality.

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Nurturing Rituals at Gili Island

Daily Schedule



Day 1 – Coming Home Within

We arrive softly, unhurried.

At 2:00pm, tea is poured, light snacks offered — a gentle taste of the island, an invitation to slow the pace.

By 3:00pm, we gather in circle, words weaving a welcome, hearts leaning into presence, the beginning of a shared journey.

As twilight drapes the sky, we share a nourishing dinner, flavors grounding us deeper into stillness.

The evening unfolds with a gentle body-opening practice — breath by breath, movement by movement — a tender unwinding, a quiet return to self.



Day 2 – The Gentle Unfolding

The morning opens with breath and movement.

We turn inward with journaling, words tracing the quiet within.

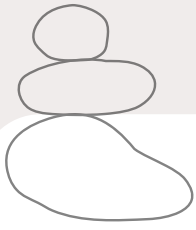
In our Nourishing Rituals session, simple acts become sacred.

The afternoon drifts into spacious rest, before the sunset's glow gathers us in silence.

After dinner, the body softens again through embodied movement, a gentle dance of presence.

Nurturing Rituals at Gili Island

Daily Schedule

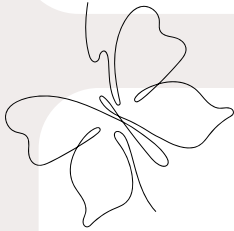


Day 3 – WavesWithin

The morning awakens with breath practice, each inhale and exhale a gentle tide.

In the afternoon, we gather for conference and philosophy, exploring the currents of mind and heart.

The day flows with reflection, like waves that rise and fall, carrying insight into stillness.



Day 4 – Wisdom in Motion

Morning awakens the body with healing movement, each gesture a gentle invitation home.

In the afternoon, we dive into asana practice, exploring strength, presence, and flow.

As night falls, a bonfire and sharing circle gather us together — warmth, stories, and the quiet wisdom of being fully present.

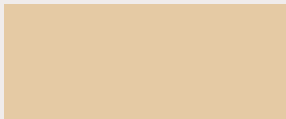


Day 5 – Anchoring the Journey

Our final morning flows with guided practice, weaving breath, movement, and presence.

We embody all we have learned, carrying the retreat's insights gently into daily life — a quiet homecoming within.

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Arrival & Departure

Arriving at Gili Island is simple — it is just a very short boat ride from the Lombok Island. Lombok has direct flight connection from Singapore several times a week. There are few connections via Malaysia or Indonesia too.

We suggest arriving at Gili Island on Friday 27th by 2:00pm on your first retreat day, allowing time to settle into your space and unwind before we gather for our opening session later in the afternoon.

Recommended Connections from Singapore

Singapore - Lombok International

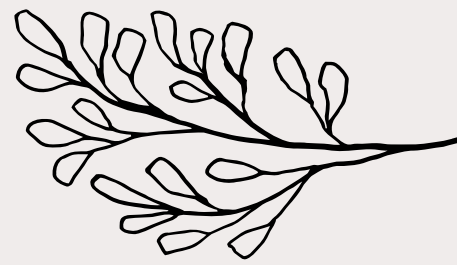
Departure SIN Fri, 27 Mar 7:30am, Arrival LOP 10:30am (Scoot)

Lombok International-Singapore

Departure LOP Tue 31st March 15:30, Arrival SIN 20:35 (Baltik Air)
or Departure LOP Wed 1st Apr 7:30am, Arrival SIN 10:25 (Scoot)

- *There will be few more options which you can choose from, but these are the selected flights which we recommend.*
 - *Airport pick-up including boat to Gili will be pre-arranged for you so please let us know your arrival time.*
 - *For more adventurous travellers - there are also several boats to Gili Island directly from Bali. You can even book a private boat or a BaliCopter...Please reach out if you wish us to help you arrange it.*
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Your Investment

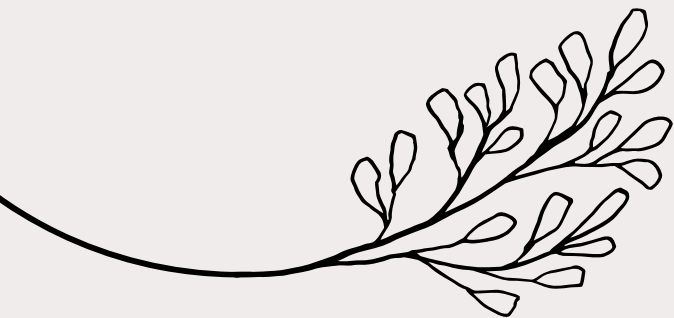


	Room Type	Until October 31st	After October 31st
	Deluxe Room	1800SGD	1900 SGD
	Junior Suite	1950 SGD	2050 SGD
	Superior Suite	2400 SGD	2500 SGD
	King suite	2600 SGD	2700 SGD

Price includes accommodation, food and practice and one way airport transfer. Please check the following pages for more details.

All rooms are single occupancy. Uniquely for this retreat, we do not offer twin / shared rooms. If you would like to share your room with another person (one double king size bed) or with your non-practicing partner or friend, we will offer you a discounted price.

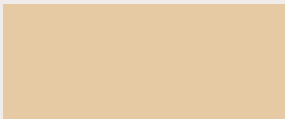
Message us directly for more details.



Retreat Package Inclusions

-  4 nights & 5 days of accommodation in single rooms with King bed and private bath
 -  Airport pick up & welcome gift
 -  Discount on your first SPA treatment
 -  Daily Mysore practice sessions at beautiful Sky Deck shala
 -  Engaging afternoon workshops
 -  Evening gatherings before bedtime
 -  Generous choice of plant based nourishing breakfasts
 -  Mediterranean-inspired daytime menu
 -  Herbal Tea
 -  Sunset beach walk
 -  Daily house keeping
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Not Included in Price

-  Flight
-  Spa Treatments & Massage - details available on request
-  Daytime Snacks beyond the 3 meals & drinks provided
-  Extra night - reach out if you wish to extend your stay
-  Airport transfer on your way back home (IDR 1 500 000 per car up to 4 pax). Arrange 3 days before departure.

Booking and Cancellation

To hold your place at the retreat, we ask for a deposit of S\$700. The remaining balance is due by Monday, 15.12.2025.

By cancelling your spot before January 25th, you will receive a 25% of your payment. A spot cancelled after January 25th will not be refunded. Alternatively, you are very welcome to gift or transfer your spot to a friend or loved one, so that the journey may still be shared.

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