



ECOLODGE GILI ASAHAN

# SECRET GILI YOGA RETREAT

<b>Teacher</b>	Cilia
<b>Date</b>	<p>Mar 6, 2026 - Mar 13, 2026</p> <p>Apr 1, 2026 - Apr 8, 2026</p> <p>May 6, 2026 - Apr 13, 2026</p>
<b>Price</b>	Starting at IDR 14.600.000 / USD 733\$ for a shared Bale



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## SHORT SUMMERY

Discover a truly unique retreat on Gili Asahan, a secret island with no roads, no crowds, and unbelievable ocean views. Practice yoga and daily meditation in what guests call the most breathtaking shala in Indonesia, explore vibrant reefs, enjoy sunset cruises, and unwind with island-style massages. Guided by a facilitator who actually lives on the island, this intimate barefoot-luxury experience blends nature, adventure, inner growth, deep rest, and genuine community — all on one of Indonesia's best-kept secrets.



## FULL DESCRIPTION

### Yoga

This retreat offers a thoughtfully curated variety of yoga classes that follow the natural rhythm of your experience on the island. Some sessions will be strong, energizing flows designed to build strength, balance, and vitality. Others will be deeply soothing and restorative, guiding you into a meditative state and helping you release physical and emotional tension.

Each class is mindfully planned to build on the one before it, supporting you in deepening your practice throughout the retreat. Morning sessions draw from Vinyasa, Hatha, and alignment-based yoga to awaken energy and prepare you for the day. These classes are suitable for all levels, with variations and adjustments always offered.

Afternoon sessions shift into a therapeutic blend of mobility work, Restorative, and Yin yoga. These practices use breath, props, and gentle techniques to unwind the nervous system, soften the body, and create space for deep relaxation and inner clarity.

Our yoga is intentionally inclusive: whether you are brand new to yoga or an experienced practitioner, our teacher will meet you exactly where you are. Beginners are warmly welcomed and supported, while seasoned yogis will find space to refine, explore, and grow their practice.

## Meditation

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During the retreat, you will explore a variety of meditation styles, including silent, walking, and guided non-focus meditation. Rather than following one strict technique, we introduce the simple fundamentals that can be applied to any method or daily activity. Our intention is to give you the tools to build your own meaningful, personal practice.

Meditation sessions include teachings, discussions, feedback, and journaling, making the experience accessible and enjoyable for everyone. We place special emphasis on integrating mindfulness into everyday life, not just on the cushion. Whether you are completely new to meditation or already have an established practice, you will find a supportive environment to learn, refine, and deepen your understanding.



## Community & Connection

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One of the most beautiful parts of this retreat is the sense of community that forms naturally. With shared meals, group activities, ceremonies, and island adventures, it is easy to meet like-minded people and make new friends with similar interests. The retreat is perfect for solo travelers, solo female travelers, couples, and friends. At the same time, the eco-lodge offers plenty of peaceful corners, daybeds, and quiet spaces for solitude and reflection whenever you need it. This retreat holds both heartfelt connection and nourishing alone time.

# Weather

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Rain is possible during this time of year, and many guests actually find it enhances the experience. The soft sound of rainfall on the yoga shala's roof is incredibly soothing and adds a beautiful atmosphere to meditation and Yin sessions.

Although we are at end of the rainy season in March and April and Lombok generally receives less rain than Bali, the weather can occasionally shift between sunshine and short tropical showers. We always adjust the schedule with care and work around the weather conditions. Your comfort and experience are our priority, and we will make sure the retreat remains special, peaceful, and nourishing - rain or shine.

We invite you to slow down, breathe deeply, and reconnect with what truly matters. Whether you come alone or with a friend, this island retreat offers the perfect blend of nature, growth, adventure, and rest. We would love to welcome you to Gili Asahan.



## ACTIVITIES & EXPERIENCES

Reconnect with nature as you explore one of Indonesia's most beautiful and peaceful islands. Humans have always been drawn to the ocean - its rhythm, its depth, its calmness. Whether you are swimming, looking out at the horizon, or discovering the underwater world, the sea naturally brings us back to ourselves. All activities are included, and each one is designed to help you experience the magic of Gili Asahan.

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### Snorkeling trip

- Explore the surrounding island's best reefs, filled with colorful coral, vibrant fish, and if you are lucky, a graceful sea turtle or two.

### Sunset Cruise

- Come on a traditional local boat with the wind in your hair and a drink in hand. Watching the sun melt into the ocean from the water is truly unforgettable.

### Massage

- Let an experienced therapist release tension and restore balance through two full body 60 min deeply relaxing treatments at the island spa and enjoy a grounding 30 min foot massage upon arrival after your journey, helping you arrive fully and settle into island life.

### Island Walk

- A group walk on the beach around the entire island. Along the way, you will pass by the village, an abandoned pearl farm and peaceful beaches, often encountering only goats and cows, with plenty of opportunities for refreshing

ocean dips. (Approx. 2 hours)

## Hilltop Hike

- Follow the island goats up the path to the highest point of Gili Asahan for a breathtaking 360-degree view of surrounding islands, Lombok's coastline, and jungle-covered hills.

## Candlelight Yin Yoga

- A deeply soothing and restorative yoga session surrounded by candlelight, soft music, and the natural sounds of the island

## Sunrise walking meditation

- Walk in silence along the east coast as the morning sky shifts in color and Mount Rinjani rises in the distance. A grounding and unforgettable beginning to the day.

## Bonfire Circle

- Gather around the fire to share stories, reflections, and roasted marshmallows under a sky full of stars.

## Let loose and dance

- On our final night, we celebrate together with music and free movement in the yoga shala overlooking the sea.

## Opening and closing circle

- Set intentions, connect with the group, and end the retreat with gratitude and shared reflection.

## Oceanfront relaxing

- Enjoy plenty of free time to lounge on our daybeds by the water, perfect for reading, journaling, swimming, or simply being.

## Beach Horse Walk

- *Optional at an additional 500k IDR / 30 USD*  
Enjoy a serene beach walk with five of our horses. For safety, the lead horse is guided by our trainer, while the others stroll alongside. You're welcome to take photos with the horses along the way. If conditions allow, you may even wade into the sea with them.

*All activities are optional - this is your retreat, your rhythm, and your time to experience the island in the way that feels best for you.*

# THE LOCATION



## The Secret Gili Island Where Time Slows Down

Imagine arriving on a tiny island where there are **no roads, no vehicles**. A peaceful escape from the usual rush. This is **Gili Asahan** - one of the *Secret Gili Islands* off the southwestern coast of Lombok. Still largely untouched, it feels like one of Indonesia's easiest-to-reach hidden gems.

Just **15 minutes by boat from Lombok**, about **2 hours by speedboat from Bali's south** or a **quick flight** from Bali, it's close enough for an easy journey, yet far enough to feel like you've stepped into a different world.

Here, life moves gently. Nature embraces you in every direction. The sea is clear, the breeze is warm, and time slows to a pace that invites you to breathe deeply again.

## A Place to Truly Disconnect

With no traffic, no crowds, and no distractions, Gili Asahan instantly softens your nervous system. You can walk barefoot everywhere - through **lush green paths**, along **quiet beaches**, and into our **ocean-view yoga shala** surrounded by jungle.

The island is alive with nature:

- **vibrant coral reefs** wrap around the coastline, making snorkeling incredibly accessible
- colorful fish move through **beautiful coral gardens** just meters from the shore
- you may even spot a **sea turtle gliding gracefully** past you
- gentle **island horses** wander the beaches, grazing calmly at sunset or walking beside you as you explore
- hike to the island top view point to see the surrounding islands

Every day, you'll feel the elements around you — waves during meditation, birds during savasana, and starlit skies that glow brighter than you ever see in Bali.

## Eco-Lodge Gili Asahan: Barefoot Luxury in Nature

Your home for the retreat is the **Eco Lodge Gili Asahan**, a solar-powered sanctuary built with sustainability and simplicity at its core.

It's the essence of **barefoot luxury** — comfortable, soulful, and in perfect harmony with the natural environment.

### Highlights include:

- **Ocean-view bungalows** surrounded by tropical gardens
- A beautifully designed traditional wood floor **yoga shala** facing the sea
- Warm, welcoming staff loved by travelers and expats
- **Nautilus**, the beachside Italian-Indonesian restaurant overlooking the water

At Nautilus, you'll enjoy fresh local ingredients and truly authentic, homemade Italian dishes, while watching the colors of the ocean shift throughout the day.

### The Feeling of Being Here

Guests often say they feel like they finally have *space* — in their mind, their body, and their heart. The stillness of the island naturally invites grounding, reflection, and deeper connection.

During your stay, you can:

- take long peaceful **beach walks** with island horses grazing nearby
- swim in **crystal-clear turquoise water** right in front of the lodge
- snorkel vibrant reefs alive with coral and marine life
- watch sunsets with views of Lombok's coastline and surrounding volcanoes
- hear the ocean from your room
- practice yoga with nothing but nature around you

It is the perfect environment for meditation, ceremony, and deep rest.

### Why Gili Asahan Is Special

Unlike the busier, well known Gilis further north, these **Secret Gili Islands** remain quiet, authentic, and minimally developed.

They offer the magic of island life *without* the crowds or party scene — just tranquility, nature, and a sense of stillness that's increasingly rare.

If you're longing to reconnect with yourself, experience an incredible piece of nature, and escape the busy pace of Bali or your home, Gili Asahan is the perfect place.

## THE FOOD



Enjoy nutritious and delicious meals at the Eco Lodge's restaurant, Nautilus, prepared with care by the wonderful and friendly staff. Bottled and filtered water are available throughout your stay, and the team is always happy to cater to any dietary requirements.

The menu offers a wide variety of choices, ranging from classic Italian pasta and pizza to traditional Indonesian dishes and fresh local fish.

All breakfasts and dinners are included in your retreat package. We intentionally leave lunch open so you can choose whether to enjoy a light snack or explore one of the other restaurants on the island.

Smoothies, fresh-pressed juices, professional-grade coffee, soft drinks, and desserts are available throughout your stay at an additional cost.

Diets catered: Vegetarian, Vegan, Glutenfree

## WHAT MAKES US SPECIAL

If you're tired of generic retreats that all sound the same - endless talk about "self-connection," crowded yoga shalas, and teachers who flew in last week — then this retreat will feel like a breath of fresh island air.

**This is not Bali. This is not busy. This is not mass tourism.**

This is **Gili Asahan** — a tiny secret island where there are no roads, no traffic, no crowds... just turquoise water, wild nature, and a calm that hits your nervous system the moment you arrive. This alone already sets this retreat apart from 99% of what's out there.

And the experience? It's not a cookie-cutter schedule. It's a **carefully designed immersion** that blends yoga, meditation, adventure, relaxation, and nature in a way that actually *changes how you feel* — not just how things look on Instagram.

You'll practice in what many guests call "**the most breathtaking yoga shala in Indonesia**", with a panoramic ocean view that makes every class feel electric. You'll snorkel stunning reefs, walk lonely beaches, watch sunset from a local boat, dance under the stars, gather around bonfires, and explore an island most travelers don't even know exists.

And unlike retreats hosted by visiting teachers, your facilitator **Cilia actually lives on the island**. She knows every secret spot, every perfect sunrise corner, every hidden beach path. You're not just attending a retreat — you're being guided through an island from an insider's heart.

If you want:

- ✦ an intimate group, not a crowd
- ✦ barefoot luxury instead of sterile "wellness"
- ✦ real adventure, not staged activities
- ✦ delicious high-quality food (yes, even on a tiny island)
- ✦ staff who treat you like family
- ✦ a place to actually slow down not just talk about it
- ✦ and a retreat that feels exciting, alive, and unforgettable...

**Then this is the one. The retreat you'll remember years from now.**

Not because it looked good — but because it *felt right*. Because it gave you exactly what you didn't know you needed. Your connection, your clarity, your joy, your ocean, your adventure —

**it's all waiting here.**

## What's included

- 7 nights accommodation
- Breakfast and dinner
- 12 yoga classes
- Daily meditation classes
- Workbook
- Snorkeling trip to surrounding islands
- Top of the island hike
- Snorkeling, kayaking and stand up paddle equipment
- Opening and closing ceremony
- Sunset cruise
- 2x 1hr massage
- 30 min welcome foot massage
- Free transport to Lombok (Pantai Kepo)
- Daily fresh coconut
- Drinking Water
- Starlink high speed internet at the restaurant
- Connected group experience
- Memories filled with yoga, exploring, paradise island dreams and laughs

## Not included

- Lunch
- Soft drinks, juices and alcoholic beverages
- Desserts
- Airfare and airport taxes
- Transport from Bali to Gili Asahan
- Travel insurance (required)
- Laundry service
- Horse Beach Walk

# TOTAL RETREAT INVESTMENT

R O O M S



Room category	Occupancy	Price per Person in IDR	Number of rooms available
<b>Bale (no AC)</b>	1 person	18.000.000	4
<b>Bale (no AC)</b>	2 people	14.600.000	4
<b>Yoga House/ Jungalow</b>	1 person	24.500.000	2
<b>Yoga House / Jungalow</b>	2 people	17.900.000	2
<b>Beach bungalow</b>	1 person	25.800.000	4
<b>Beach bungalow</b>	2 people	18.600.000	4
<b>Jungle Hut / Cottage</b>	1 person	28.500.000	6
<b>Jungle Hut / Cottage</b>	2 people	19.900.000	6

Have a look at our website to see pictures of the different room categories: [www.giliasahan.com](http://www.giliasahan.com)



Want to come with a group of 3+ people and share accommodation? We have rooms with up to 4 beds, message us for prices.

## One of the Fastest Ways to Reach Us

### By Plane

Flying to Lombok is a convenient alternative to the fast boat, with multiple flights available every day. We recommend Citilink, Transnusa or Garuda for their reliability and fewer delays. You can easily check flight options online.



#### Bali (DPS) - Lombok (LOP)

Duration: 30 minutes – 1 hour

Schedule: every day

Prices: 500.000-1.200.000 IDR/person



#### Lombok (LOP) - Pantai Kepo

Duration: 1,5-2 hours

Prices: 500.000 IDR/car



#### Pantai Kepo - Gili Asahan

Duration: 10-15 minutes

Prices: 8 AM – 5 PM free

#### 1. Fly to Lombok International Airport (LOP)

- Take a short flight from Bali.
- Please avoid flights in the late afternoon for a smoother transfer.

#### 2. Private Car Transfer to Pantai Kepo

- We can arrange a private airport pickup for IDR 500,000, payable directly to the driver.
- The drive takes just under 2 hours along a scenic coastal road.
- The driver will be waiting at the arrival terminal exit with a sign displaying your name.
- Please share your flight details (flight number, origin, arrival time) once booked.
- In case of delays without prior notice, the driver may charge an additional IDR 100,000 per hour for waiting time.

#### 3. Free Boat Transfer to Gili Asahan

- Our complimentary boat service runs daily from 8 AM to 5 PM.
- Transfers after 5 PM incur a IDR 150,000 after-hours charge.
- We coordinate with the driver to ensure a smooth transition from car to boat.

# BY FAST BOAT VIA GILI GEDE

The perfect way to travel if you're on a tighter schedule and don't mind spending a little extra on transport that is well worth it! With the Gili Getaway fast boat, you can reach us from Bali in no time at all while enjoying spectacular coastal views of this unique region of the Indonesian Archipelago.

To find detailed schedules and information or to make a reservation, please visit [www.gili getaway.com](http://www.gili getaway.com).

The speedboats are running on Monday, Wednesday, Friday and Saturday.

To avoid unavailability, we recommend booking as soon as possible!



## Serangan (Bali) - Gili Gede (Lombok)

Duration: 1,5 – 2 hours

Cost each way per person: 960.000 IDR

Cost return per person: 1.920.000 IDR

## Gili Gede - Gili Asahan

Duration: 20 minutes

Cost each way per boat (max. 4 pax): 400.000 IDR

### 1. Get to Serangan

- You can reach Serangan using your own transport or opt for the fast boat company's pickup service.
- Free pickup is available from Kuta, Jimbaran, Sanur, Nusa Dua, Seminyak, Legian, Denpasar, and the airport.
- If you're outside these areas, the fast boat company offers affordable transfer rates.

### 2. Take the Fast Boat from Serangan to Gili Gede

- The boat trip takes 1.5 – 2 hours.
- Depending on the schedule, the boat may stop in Nusa Penida before continuing to Gili Gede.
- The fast boat will drop you off at Kokomo in Gili Gede.

### 3. Take the Local Taxi Boat to Gili Asahan

- A local boat will be waiting for you at the pier where the fast boat drops you off. Look for a sign with your name on it.
- Enjoy a scenic 20-minute ride directly to Gili Asahan Eco Lodge.
- The cost is IDR 400,000 per boat (for up to 4 people). For more than 4 passengers, an additional IDR 50,000 per extra person applies. Payment is made at our reception.

# MEET YOUR FACILITATORS



## Cilia

Growing up with a grandmother who is still to this day is a yoga teacher, I was immersed in yoga from an early age. In 2018, I traveled to India to deepen my practice, completing over 500 hours of Yoga Teacher Training (YTT 500 hr +) and studied traditional forms of yoga. My teaching bridges ancient yogic wisdom with modern science, guiding students to connect body, mind, and breath through asana, pranayama, and meditation. My intention is to make yoga accessible to everyone, regardless of flexibility, age or experience, while encouraging students to enjoy, reconnect to themselves, and keep growing on their journey. I teach **Hatha/Vinyasa**, **Yin Yoga**, and **Yoga Nidra**.

I first set foot on this island 3 years ago as a traveller and fell in love with the incredible nature and decided to make it my home, where I now live as a full-time resident yoga teacher. I invite you to slow down, breathe deeply, and rediscover the joy of being.

## The Ecolodge

Eco Lodge Gili Asahan has been welcoming guests from all over the world for more than 10 years. As a long-established eco resort, the lodge offers a warm, professional team, high-quality service, and a peaceful natural setting ideal for yoga and wellness retreats.





THE  
CONTACT DETAILS

**Instagram**

@gillasahanecolodge

**Phone / Whatsapp**

+62 813 39604779

**Email**

info@gillasahan.com



**Want to save your spot?  
Message us now, limited spots available.**

# RETREAT SCHEDULE

Day	Activities
Friday	Check-In after 2 pm 30 Minute Foot massage Welcome Circle 6 pm Dinner
Saturday	Introduction into Meditation (30 min) <i>7:30 am</i> Hatha Vinyasa Yoga Class (75min) <i>8 am</i> Breakfast Island Walk (1.5 hrs) Restorative Yoga full body (75 min) Dinner
Sunday	Introduction to Meditation Hatha Vinyasa Yoga Breakfast Snorkeling trip to surrounding islands (2.5 hrs) Yin Yoga Dinner
Monday	Morning Meditation Hatha Vinyasa Yoga Breakfast Yoga philosophy (1 hr.)

	<p>Paddle and Picnic (1.5 hrs.)</p> <p>Candlelight Yin Yoga</p> <p>Dinner</p>
<b>Tuesday</b>	<p>Sunrise Walking Meditation</p> <p>Hatha Vinyasa Yoga</p> <p>Breakfast</p> <p>Afternoon Yin Yoga</p> <p>Hike up to the Island Hill for Sunset (45 min)</p> <p>Dinner</p> <p>Bonfire Circle and Marshmallows</p>
<b>Wednesday</b>	<p>Meditation</p> <p>Hatha Vinyasa Yoga</p> <p>Breakfast</p> <p>Afternoon Yin Yoga</p> <p>Sunset Cruise</p> <p>Dinner</p>
<b>Thursday</b>	<p>Meditation</p> <p>Hatha Vinyasa Yoga</p> <p>Breakfast</p> <p>Closing Circle &amp; "Let Loose and Dance"</p> <p>Dinner</p>
<b>Friday</b>	<p>Meditation</p> <p>Hatha Vinyasa Yoga</p> <p>Breakfast</p> <p>Check-out 11 am</p>

## Extras

### Included

- 2x 1hr massage at any time during your stay
- 1x 30 minute foot massage as a welcome gift