

Gili Asahan Eco Lodge Yoga Retreat & Immersion

7 nights. Just jungle, ocean, yoga, and you.

A small group yoga retreat
on a secret tropical island.

Teacher	Eco Lodge's own resident yoga teacher Cilia who has 8+ years teaching experience and 550 hrs of traditional yoga teacher training (YTT certified).
Dates	Oct 2, 2026 - Oct 9, 2026 Nov 2, 2026 - Nov 9, 2026
Retreat investment	All-inclusive 8- day retreat from IDR 17.800.000 / USD 995 (shared Bale). Limited to 12 guests per retreat.

SUMMARY



Imagine waking up to the sound of waves instead of traffic.

Practicing yoga in a wooden shala overlooking turquoise water.

Exploring reefs, quiet beaches, and unwinding with island-style massages.

Welcome to the Ecolodge on Gili Asahan - one of Indonesia's best kept secrets. A small remote island with no roads, crowds, and no rush.

This week is a carefully designed immersion that blends yoga, meditation, adventure, and relaxation in a way that actually changes how you feel, not just how it looks.

You're not just attending a retreat, you're being guided through the island from an insider's perspective.



THE LOCATION



Just ocean, jungle, and open space.



Just 15 minutes by boat from Lombok or a 30 min 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. The sea is clear, the breeze is warm, a simplicity that naturally invites you to breathe deeply.

“ Guests often say it is their favorite hideaway place in Indonesia, because it has everything you need. ”

EXPERIENCES

Everything is curated to help you experience the island in a deeper, more present way.

Ocean & Nature

Snorkeling trip

Paddle and picnic

Sunset Cruise

Hilltop Viewpoint
Hike

Island Walk

Relaxation

Massages

Candlelight Yin
Yoga

Sunrise walking
meditation

Plenty of free time

Ritual & Connection

Opening and
closing circle

Final night
celebration

Bonfire Evenings

All activities are optional. This is your retreat... your rhythm, your way.

Yoga

This is not performative yoga. The practice is a space to learn to listen to your body rather than push through.

Morning classes draw from Vinyasa, Hatha and alignment-based practices to open and energize the body for the day.

Afternoon sessions shift into Yin, restorative and gentle mobility work, designed

to release physical and emotional tension while letting the body unwind.

Each class builds progressively, supporting you in deepening your practice over the course of the week.

All sessions are open to every level. You will receive clear guidance, variations and hands-on support, whether you are new to yoga or experienced.

Meditation

Throughout the retreat, you will explore a variety of meditation styles, including silent sitting, walking meditation, and guided practices.

Rather than teaching one fixed technique, we focus on simple, practical tools you can use in everyday life. The intention is to help you build a personal practice that feels natural and sustainable.

Connection

With a small group of max. 12 people, connection happens naturally without forcing anything.

You'll share meals, experiences, and quiet moments with people who are here for the same reason: to reset and enjoy.

At the same time, there's always space to step back.

This retreat holds both: genuine connection and true solitude.



THE ECOLODGE



Barefoot Luxury in Nature

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

It's the essence of barefoot luxury, comfortable, soulful, and in perfect harmony with the natural environment right by the ocean.

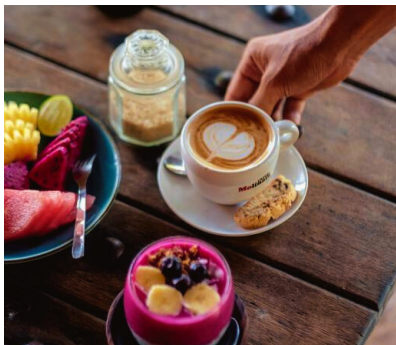
The Food

We care a lot about food... and it shows.

Even on a small remote island, you won't feel like you're missing out. Enjoy well-prepared Italian classics and fresh Indonesian dishes at the beachside restaurant.

Breakfast and dinner are included, so you're fully taken care of. Lunch is flexible, depending on your appetite.

The kitchen caters to vegetarian, vegan, and gluten-free diets, without it feeling like an afterthought.



YOUR FACILITATOR

Cilia



Growing up with a grandmother who is a yoga teacher, I was immersed in yoga from an early age. In 2018, I traveled to India to do my teacher trainings and study traditional forms of yoga.

My teaching bridges ancient yogic wisdom rooted in traditional Hatha Yoga with modern science. I studied psychology and am fascinated by the science of the body, which helps me to guide 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 grow on their personal journey.

I first set foot on this island 3 years ago as a traveller, fell in love with it and decided to make it my home, where I now live permanently at the Ecolodge as a full-time resident yoga teacher.



TESTIMONIALS

Loved by hundreds of students and guests.

104 five-star Google reviews for yoga classes by Cilia on Gili Asahan.

What Guests Say



"Without doubt the most beautiful place I've ever practiced yoga... we felt like we were floating afterwards."

Diana Riley
-Google review



"Cilia makes this place alive and a real Yoga-Shelter... the memory of the yoga moments are a source of energy and peace of mind."

Julia Richter
-Google review



"Cilia is an authentic, kind and caring yoga teacher... She was incredibly attentive and always offered suitable alternative asanas, making me feel safe and included."

Tamara Poelmann
- Google review

EXAMPLE RETREAT DAY



A day on the island

7:30 Morning Meditation as the island slowly awakes.

8:00 Ocean-view energizing yoga in the wooden shala.

9:30 Breakfast with fresh fruit, coffee and a sea breeze.

Late morning: free time... snorkel, read by the water or relax in a hammock.

Lunch at your own rhythm: Enjoy a light meal or explore one of the island's cafes.

Afternoon: Island explorations like beach walks, little hikes, kayaking or getting a massage.

17:00: Yin Yoga and deep relaxation.

19:00: Dinner together at the oceanfront restaurant.

Evening: Bonfire conversations and stargazing



If this feels like the kind of week you've been needing, message us to check availability.

Included

Accommodation & Food

- 7 nights accommodation
- Daily breakfast and dinner
- Drinking water & daily fresh coconut

Yoga & Meditation

- 12 yoga classes
- Daily meditation sessions
- Opening and closing circle
- Workbook

Activities

- Snorkeling trip to surrounding islands
- Island walk & hilltop hike
- Access to Snorkel, kayak & paddle equipment
- Sunset cruise
- Picnic on an uninhabited island

Relaxation

- 2 full body massages

Not included

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

- 30 min. welcome foot massage

Extras

- Free transport to & from Pantai Kepo on Lombok
- High-speed starlink internet at the restaurant

PRICING - 7-NIGHTS PACKAGE

Accommodation, yoga, activities, massages and meals. Everything is taken care of.
Prices are per person in Indonesian rupiah (IDR).

Category	Room	1 Person	2 People
Simple	Bale (no AC)	22.200.000	17.800.000
Simplicity with just-right comforts. Perfect for solo travelers.			
Comfortable (popular)	Yoga House & Jungalow (AC)	31.000.000	22.200.000
A balance of comfort, spaciousness and value.			
Premium	Beach Bungalow (AC)	32.800.000	23.100.000
For those who want an ocean view and the sound of waves to fall asleep to.			
Premium for friends	Jungle Hut & Cottage (AC)	36.400.000	24.800.000
Spacious option for friends, who each want their own bed or for 3+ people.			



Message us to check availability and secure your place.

To reserve your spot, a deposit is required. We will guide you through the process step by step.



Rooms



Have a look at our website to see pictures of the different room categories: 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.

GETTING HERE



A smooth journey to paradise

Getting to Gili Asahan is simple and we take care of the details.

Fly to Lombok from Bali (30-60 min.), have a private car waiting for you that will take you to Pantai Kepo (1.5-2 hrs.), where a free shuttle boat will take you to the Ecolodge (10 min).

Alternatively you can take a speedboat from Bali (2 hrs.), that will bring you to our neighbor island Gili Gede, where you will be picked up by a local boat, that will bring you to the Ecolodge (20 min).



Many guests travel solo and arrive with no issues. We are here to help you.

We can't wait to welcome you at the Gili Asahan Eco Lodge.

CONTACT DETAILS

Instagram	Phone / Whatsapp	Email
@gillasahanecolodge	+62 813 39604779	info@gillasahan.com

Reserve your place on the island.

Limited to 12 guests.



**Message us on WhatsApp or Instagram
to secure your place.**



eco lodge & restaurant
· Lombok ·