

The Alchemy of Being

10-17 May 2026

Gili Trawangan, Indonesia

Are you ready to dream your life into existence? The time has come to open your heart to the magic of life on Earth.

Let's embark together on the journey of changing not what you are, but how deeply you know and embody your true essence.

Join us for a week-long journey of transformation and healing in a true paradise on Earth. The Gili Islands of Indonesia are a place where the veils grow thin — where time dissolves, and only the present moment exists.

Come with an open heart, and watch the magic unfold. In a safe and nurturing space, surrounded by like-minded souls, you can allow yourself to both give and receive the treasures of life — freely, openly, and without fear of judgment.

Connect to yourself, release what is no more serving you and realign with your true self.

The Gili Islands are a sanctuary of stillness, where the turquoise ocean, vibrant jungle, and luminous sunsets whisper peace to the soul. Feel the embrace of Mother Earth supporting each step of your journey, as the soft sands invite you to release and surrender into acceptance.

This is a place where you can truly feel at home — a space to experience warmth, kindness, and hospitality, and to immerse yourself in the simple, everyday magic of life.

Begin each day with a heart full of gratitude, open to new adventures. Follow your passions and welcome the gifts that life offers in every moment.

Open your mind, heart, and soul, and allow life's alchemy to flow abundance into your being.

This journey includes:

- **Workshops;** *connecting body, mind and emotions*
- **Family Constellations,** *where we bring light to hidden family patterns and open space for healing and reconciliation.*
- **Energy Healing** – *restore inner harmony, balance your energy field, and awaken a sense of vitality.*
- **Dancing** *to reconnect with your feelings through the wisdom of the body.*
- **Yoga, Meditation and conscious breathing techniques** – *begin each day grounded and centered through mindful movement and deep stillness.*
- **Rest & Integration** – *flow with the island's natural rhythm, swim in turquoise waters, and allow your soul to unwind.*

When: 10-17 May 2026

Where: Gili Trawangan, Indonesia

Duration: 8 days / 7 nights

This is a small, intimate gathering designed to provide individual attention and foster genuine connection among participants.

If your heart longs for renewal, truth, and deep embodied peace, this retreat is meant for you. Come home to yourself.

The flow of a typical day....

7:00 Yoga, breath work and morning guided meditation

9:00 Breakfast

10:30 Workshop/free morning

13:00 Lunch

15:00 Workshop/Integration time

18:00 Sunset time/Rest

20:00 Dinner

Moments of free time are also an opportunity for individual guidance, offered according to your needs and the time available.

During free mornings and afternoons, you can choose to spend your time snorkeling, relaxing on the beach, or simply resting — either on your own or together with the group.

One day, we'll enjoy a special excursion to **Lombok**, exploring its beauty and local charm.

As the day comes to a close, we'll gather on the beach— or simply be with ourselves — letting ourselves be immersed in the beauty and magic of the moment.

What to expect?

- It will be intense, but gentle, mindful, relaxing and nourishing on so many levels.
- We will be exploring the depths of our being and connecting to our body, emotions and soul.
- We will dance, breath and contemplate to unite with our emotional body.
- This will be our medicine on the road to healing.
- We will be connecting with our being on physical, emotional and soul level, emerged in supportive natural environment.

Meet like minded souls who came to question their believes and who want to give themselves insight to transform their life and live in accordance with their passion to manifest abundance on all levels of existence.

Let's

- Explore our believes and see how they influence quality of our living. Only by bringing them to a conscious level we can make a change.
- Make a conscious change and live the life in the present moment, influenced by real time perception and not based on our past experiences.
- Live our full potential, feel full spectrum of emotions and manifest abundance on all levels of existence.
- Experience the ease of existence.

You Are in the Right Place If You...

- Feel the call to pause, breathe, and journey into the depths of your heart, soul, and body.
- Long to move and dance — to let your body speak the language of your emotions.
- Wish to rediscover the sacred connection with your body and listen to its quiet wisdom.
- Are ready to explore alternative healing paths that help you remember who you truly are.
- Feel a whisper inside urging you to question old beliefs and awaken to a more conscious, authentic way of living.
- Are drawn to nature — to feel the earth beneath your feet, the sea breeze on your skin, and the joy of sharing this beauty with the locals.
- Crave moments of tenderness and self-care, to nourish your body, soothe your soul, and open fully to life's embrace.

**If this resonates with your being,
Lakshmi is waiting for you!**

What is included?

- 7 nights in one of the Gili Trawangan's luxury resorts, based on single or shared occupancy of the room/cottage.
- Gilli Harbour pick up and drop off
- 3 nourishing meals daily in a Resorts's restaurant, vegetarian and non vegetarian options available
- Tea, coffee during all day
- Unlimited drinking water provided throughout the journey
- Guided yoga, meditation, and breathwork sessions
- Daily workshops, embodiment practices, and integration circles (Topics chosen according to our group needs and present energy (example: family constellations, experiential workshops on topics like: relationships, believes, freedom, inner power...))

- Ceremonies under the stars and fireside gatherings
- Personal counseling will be offered, depending on your needs and the time available during the retreat.
- Guided snorkeling including equipment
- Laundry service
- Day trip to Lombok, transfer and guide fees
- Use of yoga mats and all retreat materials
- A supportive space for reflection, connection, and soul remembering

What is not included?

- Local and international flights to/from and within Indonesia
- Local transfers to and from Gili Islands
- Compulsory travel insurance
- Any additional meals, snacks or drinks beyond three meals a day
- Tips

For detailed schedule or any other questions you might have please contact us on lakshmi@lakshmitransformation.com, or Wapp +385/92-3505-828

You've been guided here for a reason....