

26TH OCTOBER -
2ND NOVEMBER 2025

DIVINE RISING

BALI RETREAT

6 MONTH INTEGRATION CONTAINER POST RETREAT

Reconnect. Awaken. Align

@IAMTHALIAJONES & @THEAWAKENEDPULSE

Have you felt the call?



Do you feel it? The quiet longing. The pull to go deeper. The desire to reconnect with who you truly are.

In a world that moves so fast, it's easy to lose touch with yourself—your essence, your truth, your calling. You find yourself moving through life, ticking boxes, and playing roles, but deep down, you know there's something more. Something waiting to be remembered.



Why this retreat?

It's my intention during our time together to help you reconnect to your innate power and the truth that resides within you. As women, we are born to create, yet over generations, we've become disconnected from our bodies, our emotions, and our essence. Do you feel, or do you numb? Do you allow yourself to truly be present, or do you disassociate from the discomfort?

Through this journey, we'll peel back the layers of the mind, body, and energy that hold your truth. You don't always need heavy plant medicines like Ayahuasca or Mushrooms to access deeper parts of yourself. Sometimes, all it takes is to slow down—to soften, listen, and reconnect.

We do this in the way of honouring our bodies, creating stillness for the mind through meditation, and opening space in the body through movement and yoga. From there, we move even deeper—using the breath to free the mind, sound to heal the cells, and energy work to shift through the layers of the subtle body. This is where we reconnect, where we release, and where we remember the magic within us.

The Team



Meghan Hutcheon

Kundalini Activation / Innerdance
Facilitator & Trainer, Bodywork
Practitioner, Breathwork Journer
and Kundalini Yoga Teacher



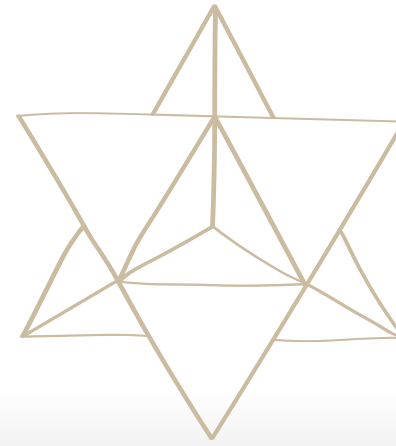
Thalia Jones

Breathwork Practitioner,
Energy Healer, Sound
Alchemist, Reiki Master and
Holistic Therapist



Rini Raharjanti

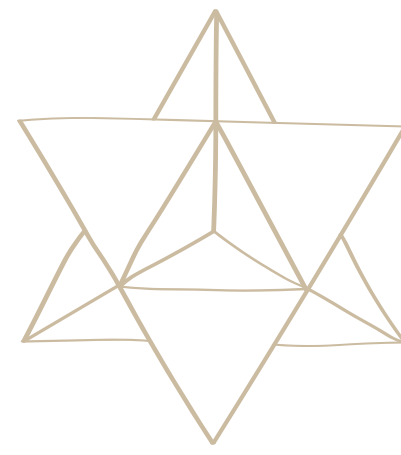
Yoga Teacher



The Journey

Welcome to The Calling—a retreat designed for women like you. Women who feel the need to pause, to peel back the layers, and come home to themselves.

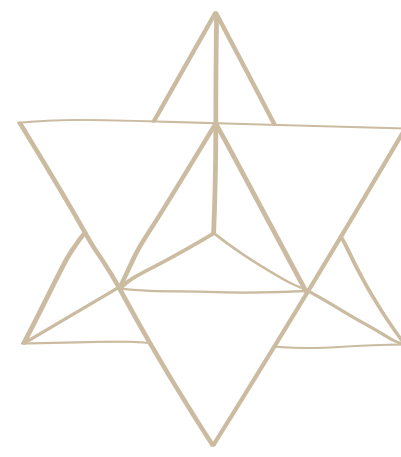
Set in the sacred energy of Kedungu, Bali, where the ocean meets the soul of tradition, this retreat is a journey back to your truth. It's an invitation to reconnect with your essence, awaken to your calling, and realign with the path that feels authentically yours. Elevating your level of consciousness and awareness to a higher vibration.



This retreat is for you if...



- You know there is more to life and to you but you don't know how to access it.
- You are ready to release stress, anxiety, worry, depression. Reprogram your mind by releasing old belief systems holding you back.
- You feel disconnected from your body, emotions, feel numb
- You're looking for a space to slow down, breathe, and hear the voice within you.
- You're curious about exploring powerful modalities like breathwork, sound healing, movement, and energy work to access deeper states of healing and self-discovery without plant medicine.
- You are into spirituality and self development and want to grow
- You're ready to awaken a life in alignment, connected to your gifts —authentically connected to yourself, your power, and your path.
- You're seeking a community of like-minded women where you can feel seen, heard, and supported. We will be a max of 8 Participants.



This retreat is not you if...



- You're not ready to explore deeper parts of yourself or let go of limiting beliefs and want to continue living in denial.
- You prefer constantly distracting yourself Vs being introspective.
- You're unwilling to try modalities like breathwork, sound healing, yoga, or energy work.
- You're not open to slowing down, reflecting, or reconnecting with your body and emotions.
- You're seeking quick fixes instead of a transformational process that requires presence and openness.
- You're uncomfortable being part of a supportive, vulnerable, and empowering women's circle.
- You're not ready to listen to your inner call and explore a more aligned, authentic way of being.
- You prefer to stay in your comfort zone rather than embrace growth, healing, and change.

Whats Included

Accommodation & Food

- 6 nights and 7 days in a beautiful boutique retreat centre in Bali.
- 3 healthy nutritious vegetarian meals per day from the a la carte menu.
- All Filtered water included
- (* Additional drinks can be purchased from the hotel)

The Practises

- 5 Breathwork Journeys
- 4 Kundalini or Energy Sessions
- Daily Yoga or Movement
- 3 Sound Baths
- Meditation and Daily Journal prompts
- 2 Cacao Ceremonies
- 2 Blue Lotus Sessions
- Mandala Sharing Circles

The extra special bits

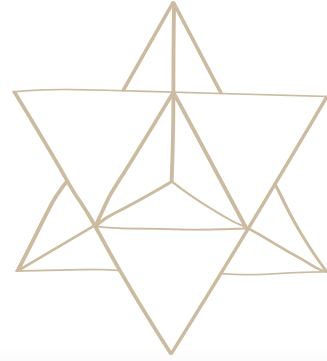
- 1 Day Trip to Ubud
- 1 Balinese Waterfall Purification Ceremony
- 3 x 1 hour Massages are included *

(* if you want more massage time can be arranged at additional cost)

Post Retreat

- 6 month integration container
- Monthly calls + circles
- 1 Monthly Group Breathwork Session
- Additional 1:1 Integration call.

** NOT INCLUDED: Please note that your flights, insurance & any other travel costs are not included and will need to be arranged by you. We can assist you with contact details of trusted local Bali Drivers for airport collection. If you purchase additional drinks or food at the hotel you can charge these to your room separately.



What the daily schedule looks like...



8am Yoga or Movement & Meditation

9am Breakfast

11am Morning Workshop

2pm Lunch & Free time

5pm Afternoon Workshop

7pm Dinner

8pm Some nights sound bath or evening practise

The Modalities



Yoga & Movement

Daily invigorating and restorative Yoga or movement sessions guided by experienced instructors. Explore various Yoga styles to cultivate strength, flexibility, and inner peace.



Breathwork

Daily Breathwork Journeys that moves you into deeper states of healing and alignment. Let go of old patterns, clear emotional blocks, and awaken the life force within you.



Kundalini Activations & Energy Healing

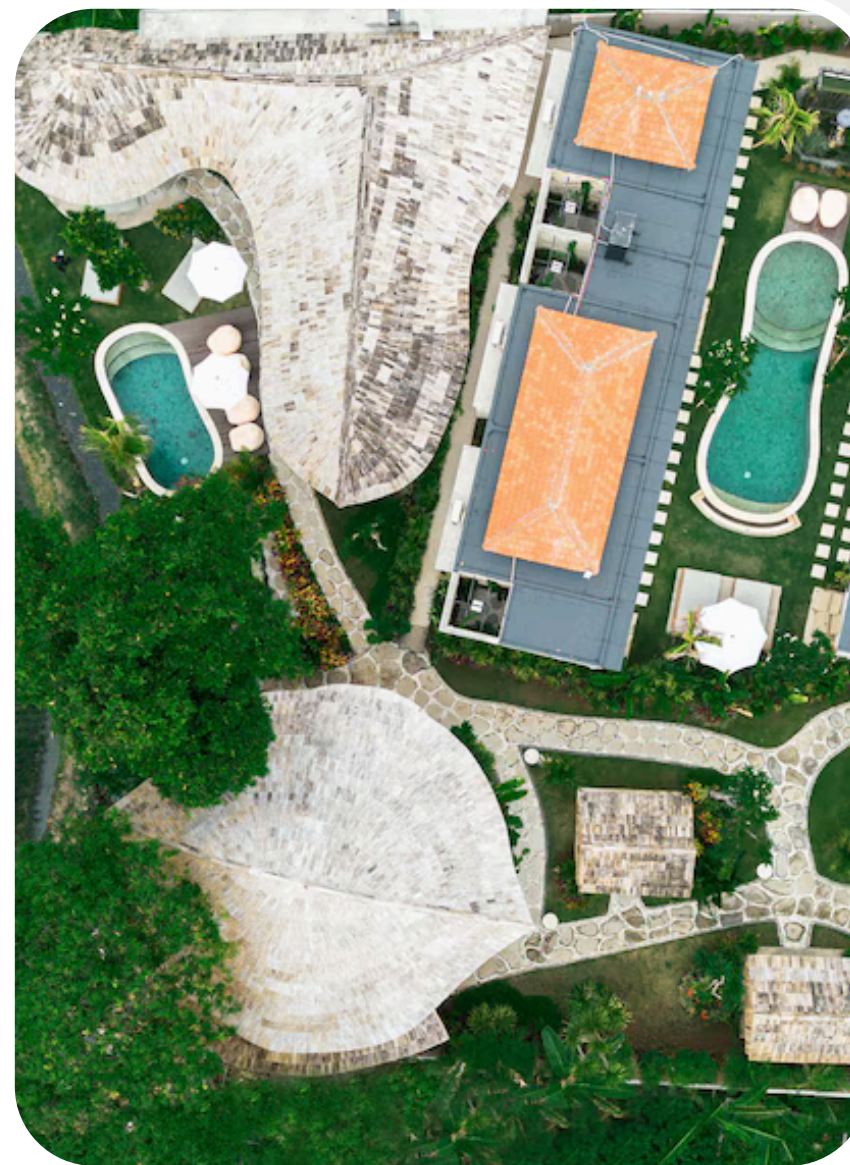
Tap into the potent energy of Kundalini Activations, Energy Healing and Cleansing to awaken your inner power and help you reconnect with your essence and purpose.



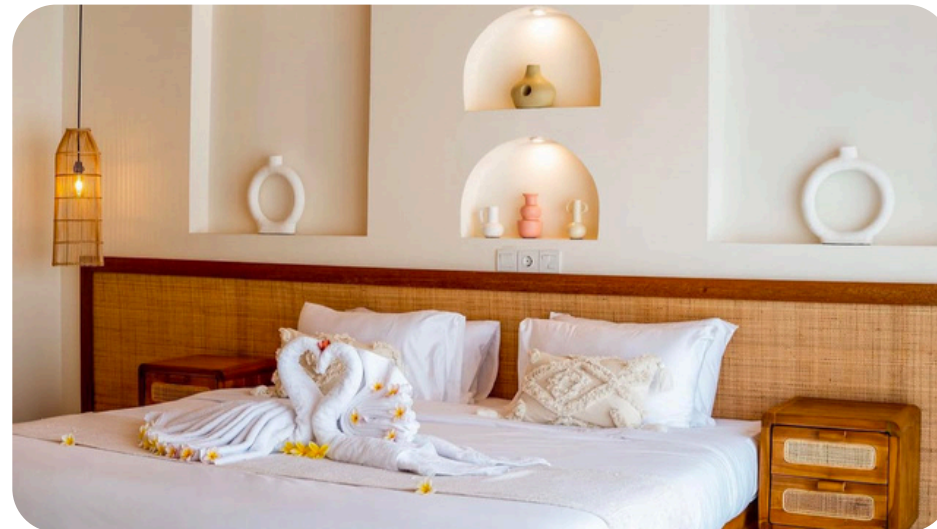
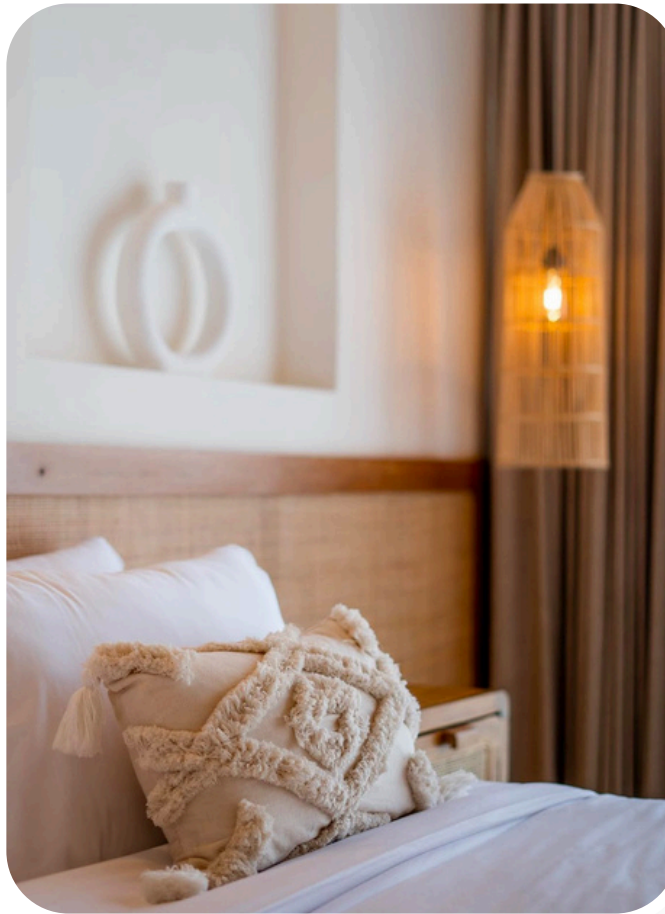
Sound Healing

Deep relaxation on a cellular level. Experience crystal bowls and gong to move you into a deeply meditative healing state where the frequency and resonance of sound support your mind and body in integration.

The Retreat Centre



Shanti Boutique Hotel & Retreat Centre is in the beautiful untouched area of Kedungu, Bali. Minutes walk from the beach. With AC'd Rooms, outdoor bathrooms, pools, yoga shala & treatment room.



Your Investment...

Twin Shared Room £2222

Twin bed sharing room with 1 other person. Price includes 3 meals per day, water and tea, all group activities, day trip to ubud, water purification ceremony, 3 x 1 hour massages, Post retreat we have a 6 month container for integration, Monthly calls and continued sessions to help you see the long lasting change you deserve. Excluding flight, transfers and other travel costs or insurance.

*Early bird discount before Feb of £1999pp
or book with a friend for £3777 for 2*

Private King Room - Single Occupancy £3333

King Size - Private Room. Price includes 3 meals per day, water and tea, all group activities, day trip to ubud, water purification ceremony, 3 x 1 hour massages. Post retreat we have a 6 month container for integration, Monthly calls and continued sessions to help you see the long lasting change you deserve. Excluding flight, transfers and other travel costs or insurance.

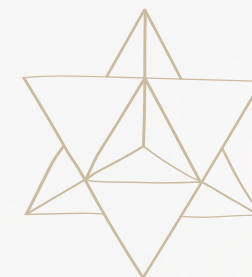
Early bird discount of £3111

Payment plans available*



We are excited to welcome you soon!

Contact us to book your discovery call today.



Contact Us

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[Click for the application form](#)