

APRIL, 2025

# Fitness Week

**WOMEN'S ONLY RETREAT**

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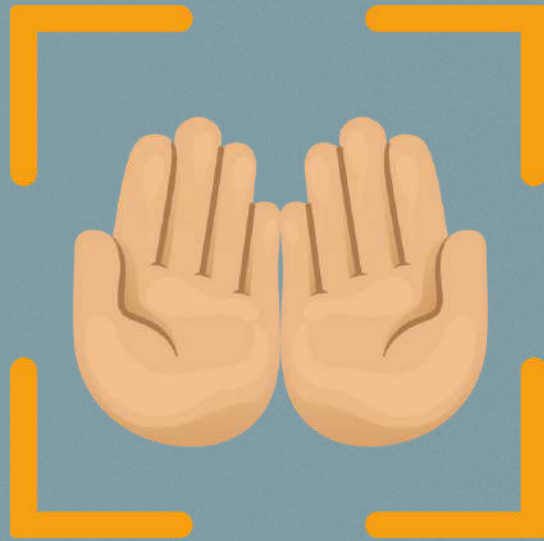


BALI, INDONESIA





# SEEKERS WELCOMED 2025



Welcome, beloved Seekers to this sacred journey that awaits you on the mystical island of Bali, Indonesia. Prepare your hearts, for we embark on a retreat immersed in the essence of love and devotion, deeply rooted in heart-centered Islamic traditions, healing, wellness, and mindfulness.

As we tread upon this blessed land, let us recognize that we are in the embrace of Indonesia, a nation adorned with the beauty of Islam. Here, in the embrace of God's creation, we shall find solace, allure, and enchantment.

Together, we shall immerse ourselves in the healing energies of this island, allowing our souls to mend, our minds to find tranquility, and our spirits to be rejuvenated. Through mindfulness and unity, we shall forge bonds of fellowship that transcend boundaries, coming together as one ummah, united in our devotion to God and His beloved messenger, Muhammad (peace be upon him).



Each day, we shall embark upon a spiritual voyage, of body, mind and soul guided by the teachings of **Saman Munir**. This revered instructor, adorned with wisdom and grace, shall illuminate our path of fitness and wellbeing. With her knowledge, we shall witness a transformation of our beings and the deepening of understanding of self, pushing our limitations.

Let us not forget to bask in the natural splendors of Bali. Let us surrender to the embrace of its sun-kissed beaches, surrender to the serenity of its cascading waterfalls, and embrace the vast expanses of its emerald rice fields and majestic mountains. Here, the earth speaks the language of the divine, whispering ancient secrets and offering healing in its purest form.

Immerse yourself in rich Eastern traditions, as we explore the realms of Physical Training, Sound Healing, Qi Gong, Muay Thai Striking, Yoga, Meditation, and more. Let the harmony of these practices resonate within your being, aligning your body, mind, and soul with the universal rhythm.

Yet, amidst all these treasures, the true essence of this retreat lies in the development of a profound closeness with the divine. Open your hearts, beloved Seekers, for within lies the potential to transcend the veils of illusion and uncover the eternal reality. In this sacred space, we shall foster friendships that transcend time, weaving a tapestry of honor that will endure beyond our days on this blessed island.

So, let us embark on this spiritual journey, where Bali's enchanting beauty intertwines with the wisdom of the heart-centered path.

April, 2025

Group Size: 15

Bali, Indonesia



# WHAT'S INCLUDED?

## ACCOMMODATION

King & Twin Size Accommodation  
2-3 guest per room (Shared - Twin Size)  
2-3 guest (optional) per room (Single - King Size)

## HALAL CUISINE

Breakfast, Lunch, & Dinner + Snacks  
Included for all retreaters.

## TRANSPORTATION

Airport Pick-Up & Airport Drop-Off  
Large Excursion Transportation  
All Included

## TOTE BAG

Fitness Towel, T-Shirt,  
Itinerary & Dua Travel Journal

## ACTIVITIES

Fitness, Sound Healing, Day Spa, Yoga, Muay Thai,  
Water Sports, Balinese Massage, Cultural  
Excursions, Bon Fire, & More.







# Available Packages

## Shared Accommodation

### Price Per Person

You will share a room with another Shared Accommodation Retreater.

2 TWIN SIZE ARRANGEMENT

\$1,700 USD Early Bird

~~\$1,800 USD Regular~~

## Single Accommodation

### Price Per Person

1 KING SIZE ARRANGEMENT

\$2,000 USD Early Bird

~~\$2,100 USD Regular~~

**MONTHLY PAYMENT PLAN AVAILABLE**

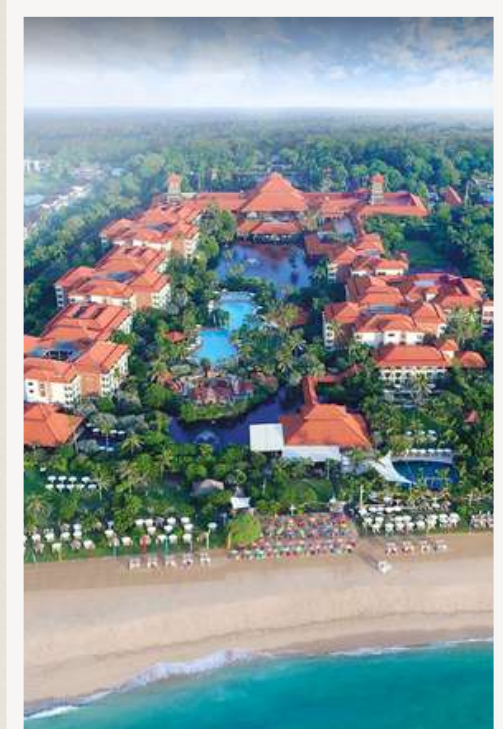


# Itinerary

DAY 1

## Welcome

- Welcome Dinner
- Ice Breaker Activities
- Balinese Massage Intro
- Bon Fire



DAY 2

## Healing

- Morning Fitness
- Breakfast
- Free Time
- Lunch
- Sound Healing & Sunset
- Dinner







DAY 3

# East Philosophy

- Breakfast
- Water Sport
- Lunch
- Free Time
- Evening Qi Gong
- Dinner



DAY 4

# Meditate

- Morning Meditation
- Breakfast
- Water Fall
- Lunch
- Muay Thai
- Sunset Dinner





DAY 5

# Enchantment

- Mount Batur Sunrise
- Breakfast - Kintamani
- Lunch - Rice Fields
- Afternoon Fitness
- Free Time
- Dinner



DAY 6

# Community

- Morning Fitness
- Breakfast
- Free Time
- Lunch
- Community Barbecue

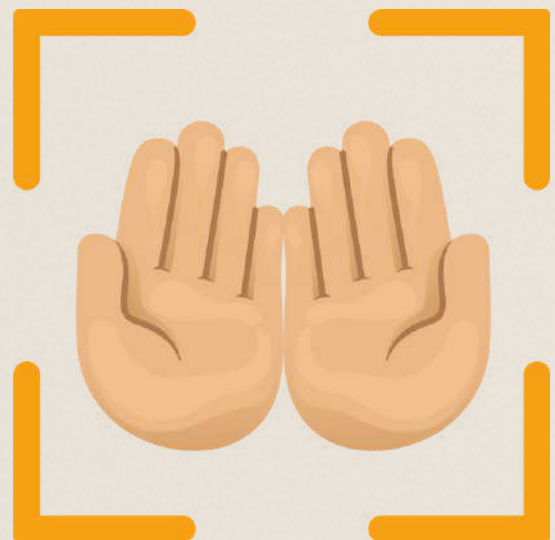




DAY 7

# Farewell

- Morning Fitness
- Breakfast
- Free Time
- Lunch
- Check Out







# RETREAT HOST



## SAMAN MUNIR

Saman Munir, a trailblazing hijab-wearing fitness expert, wellness coach, and online influencer challenging stereotypes and inspiring change. From a determined teenager combating criticism to a successful professional, Saman's fitness journey has been a testament to resilience and passion.

After leaving her quality control role in 2008 to pursue her love for fashion and beauty, Saman established [makeuphijabs](#) on Instagram, a platform dedicated to makeup artistry for hijab-wearing women. Her fitness journey began after the birth of her third child at 37, leading her to embrace a lifestyle centered around physical well-being rather than mere weight loss goals.

Encouraged by her husband, Saman started sharing her fitness journey on Instagram, quickly amassing over 300k followers in just five years. Her impact extends beyond social media, making her an inspiration for both Muslim and non-Muslim women alike.

Saman's success has attracted partnerships with renowned brands like Under Armour, sponsoring her with workout hijabs, and Rubicon, where she serves as a brand influencer. She's also a key member of EvolveYou, working alongside fitness professionals like Yoga instructor Jen Landesberg, and serves as a brand ambassador for Women's Best, a company specializing in women's fitness apparel. Saman Munir continues to break barriers and redefine perceptions, proving that strength knows no boundaries.





# OUR SPECIAL GUEST



## Ari Wulandari

A native of Java, Indonesia, is an esteemed yoga teacher with a strong passion for the healing arts. She has devoted herself to mastering yoga and its transformative effects, aiming to spread its benefits far and wide. She has also honed the ancient healing art of hijamah, also known as cupping therapy. This traditional technique, rooted in the Islamic tradition dating back to the time of the Prophet Muhammad (SAW), involves creating suction on the skin to enhance blood circulation and promote holistic well-being. Ari empowers individuals on their journey to physical and spiritual wellness.



## Chitra Natassya

In 2011, Chitra's profound journey with yoga commenced, revealing its transformative power both physically and spiritually. Inspired by this metamorphosis, she felt a calling to share her newfound joy and vitality, propelling her to become a certified yoga teacher. Venturing to India, she deepened her yogic knowledge, completing her 200hr Ashtanga Vinyasa training in the sacred city of Mysore.

Certified in crystal sound healing, Chitra's passion for teaching resonates deeply within her. She finds immense fulfillment in guiding fellow seekers on their yoga journey, aspiring to integrate yoga seamlessly into their daily lives.





## Terms & Conditions

We are dedicated to creating exceptional and tailor-made spiritual journeys. In order to honor our commitment, we forge strong partnerships with our vendors which require payments in advanced.

Please be advised that once your deposit is processed, it becomes non-refundable as it is employed to secure services from our vendors. We appreciate your understanding in this matter.

## Cancellation

In case of cancellation, Seeking Nearness provides a full refund, excluding the deposit fee and a 15% service charge fee. Alternatively, if you are unable to attend and opt not to receive a refund, you will receive a credit for a future retreat to be announced at a later date.

## Final Payment

We offer a generous payment plan. However, the final payment must be made 15 days prior to the start of the retreat.

## Entry Visa

While most countries have Visa on Arrival access to Indonesia, please don't hesitate to inform us if you require assistance with processing your visa.





NEED MORE INSIGHT & SUPPORT?

CONTACT US

# seekers welcomed april 2025



"Friendship is the purest love. It is the highest form of Love where nothing is asked for, no condition, where one simply enjoys giving."

- Rumi



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