

PRESS RELEASE

Energy Healers Join Spiritual Journeys at Anantara Uluwatu Bali Resort

The peaceful bliss that surrounds Anantara Uluwatu Bali Resort creates an idyllic wellness sanctuary for guests visiting the acclaimed Anantara Spa. Indigenous practices from traditions around the world are distilled into signature experiences individually personalised by highly trained practitioners dedicated to their healing arts so guests can live out their Eat Pray Love dreams.

Joining the celebrated Ibu Jero, High Priestess of Balinese Healers, at Anantara Uluwatu's Anantara Spa are two renowned healers, experts in holistic, natural approaches to healing mind, body, and spirit.

Balinese Tibetan Sound healer, Vina Harya began her healing journey at 17 years old as she developed her Kundalini meditation practice, concentrating her energies from the divine. Continuing her learning as she travelled across Indonesia, Nepal, Thailand, and beyond, Vina is a certified Reiki master and a siddhi-level transcendental meditation practitioner, as well as a sound healer skilled with Tibetan singing bowl and mantra chanting. Vina guides clients on spiritual experiences that cleanse and remedy the mind and body with focused Kundalini and transcendental meditation techniques, cleansing sound therapies, and replenishing Reiki healing. Vina specialises in healing trauma for women.

Abdi is a Balinese healer rooted in his heritage's culture and traditions, sharing his restorative gifts that he has developed over almost three decades, guided by knowledgeable, well-respected gurus. Many have felt the curative powers of his chakra healing method, while others follow his yoga practice for meditative mindfulness. Most recently, he travelled the far reaches of Asia to further enhance his skills at the Gong Master Institute by learning to harness the therapeutic potential of sound and now is considered one of Bali's best sound healers. With his combination of Chakra understanding, yoga traditions, and sound therapy, Abdi creates energy healing journeys tailored to each client's unique needs and aims.

Abdi and Vina bring their distinctive gifts and skills to share with those who wish to channel nature's therapeutic powers and energy through unique treatment programmes available for private sessions or groups of guests at Anantara Uluwatu Bali Resort.

Guests can enjoy a variety of transformative experiences either as private one to one journeys, a couple's session or as part of a group depending on their goals and desired outcome.

Tibetan Singing Bowls Water Sound Healing

Water Sound Healing with a Tibetan Singing Bowl is an immersive experience that allows one to feel complete weightlessness of body and mind. The external world will melt away and guests will experience a new way to relax, recuperate, and rejuvenate the mind, restoring the body's natural frequency and acting as a starting point to address many different ailments.

Sunset Couple's Energy Healing

Begin this intimate couple's celebration with an energizing yoga power hour to unite body and mind before embarking on a couple's chakra cleansing meditation session, using water to soothe, heal and purify energy channels.

Body & Soul Trauma Healing (women only)

Release trapped negative energy and experience the profound relief of prana and reiki. Allow the masters to clear mental, emotional, and sometimes physical blockages and discomfort through examining the link between the psychological and the physical. Each session combines energy healing, massage and Tibetan Singing Bowls.

Chakra Yoga Flow

Glide through a transcendental Asana yoga sequence specifically designed to align your chakras through pranayama breathing. The session ends with a guided final relaxation session centered around healing, balance and soothing each of the seven chakras: root, sacral, solar plexus, heart, throat, third eye, and crown.

For reservations and more information, please call + 62 (361) 8957555 Ext.6900 or email spa.uluwatu@anantara.com.

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Editor's Notes:

Anantara is a luxury hospitality brand for modern travellers, connecting them to genuine places, people and stories through personal experiences, and providing heartfelt hospitality in the world's most exciting destinations. The collection of distinct, thoughtfully designed luxury hotels and resorts provides a window through which to journey into invigorating new territory, curating personal travel experiences.

From cosmopolitan cities to desert sands to lush islands, Anantara connects travellers to the indigenous, grounds them in authentic luxury, and hosts them with passionate expertise. The portfolio currently boasts over 35 stunning properties located in Thailand, the Maldives, Indonesia, Vietnam, China, Cambodia, Sri Lanka, Mozambique, Zambia, the UAE, Qatar, Oman and Portugal, with a pipeline of future properties across Asia, the Indian Ocean, Middle East and Africa.

For more information on Anantara Hotels, Resorts & Spas, please visit www.anantara.com.
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For media enquiries, please contact:

Camilla Coburn Davis

Assistant Director of Public Relations Manager, Anantara Hotels, Resorts & Spas
T +66 (0)2 365 7674 | E cdavis@anantara.com

Mark Thomson

Director of PR & Communications, Anantara Hotels, Resorts & Spas
E: mthomson@anantara.com