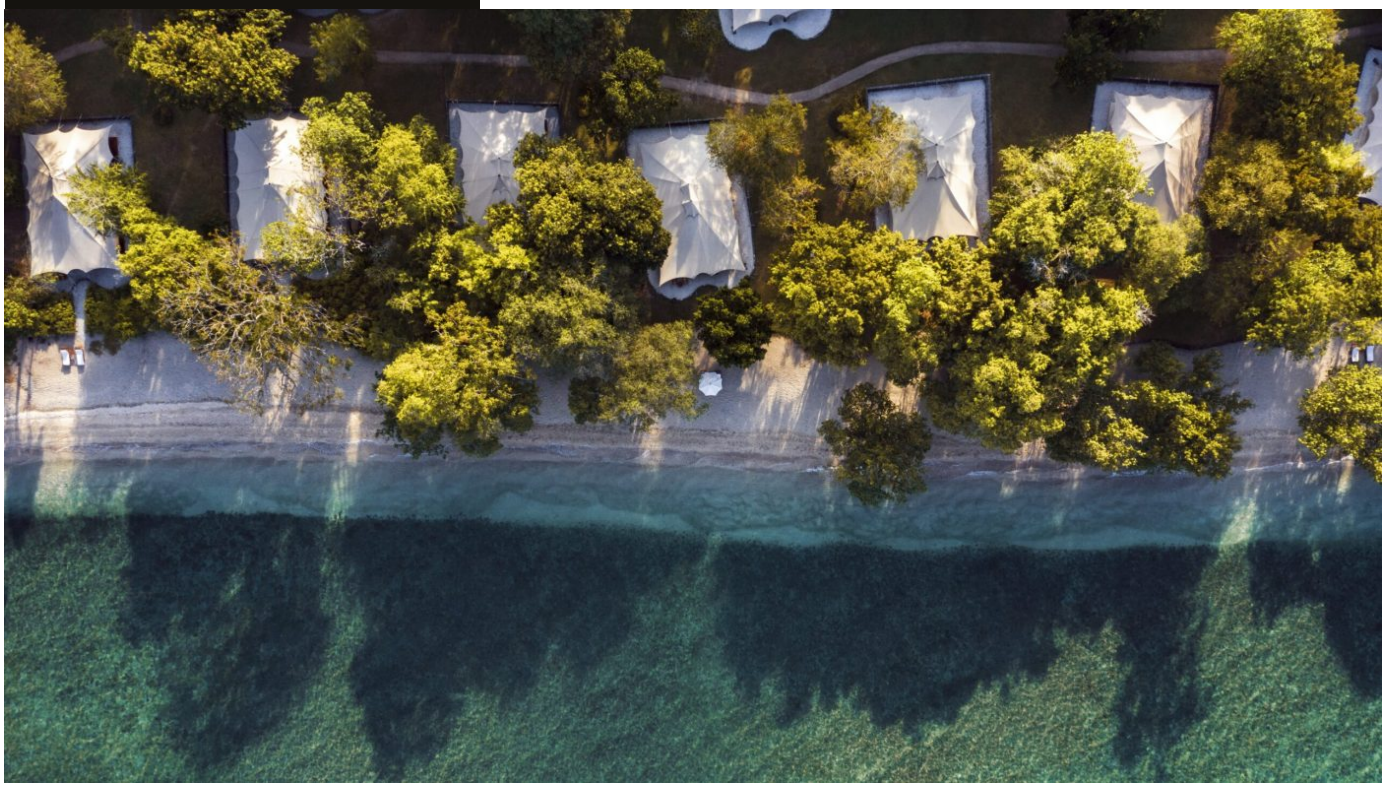
SEDUNIA LUXURY



AMAN

Amanwana: Aligning with Nature Spiritual Journey

DURATION
4 days, 3 nights

WHERE
Indonesia

FROM, PER PERSON, TWIN SHARE
RM 14,312

Overview

Reconnect with nature during a three-night, full-board wellness retreat at Amanwana on Moyo Island with meditation, healing treatments and waterfall excursions.

Itinerary

DAY 1

Arrive Sumbawa Besar - Amanwana

Upon arrival at Sultan Muhammad Kaharuddin III Airport in Sumbawa Besar, meet your Amanwana representative and transfer approximately 15 minutes by road to the resort's private jetty.

Continue by speedboat across the Flores Sea to Moyo Island, arriving at Amanwana's secluded camp between the tropical forest and shoreline.

After settling into your luxury tent, receive a welcome and orientation to the spiritual-wellness programme. Begin the retreat with a 90-minute Amanwana massage designed to release tension and encourage deep relaxation.

DAY 2

Water Blessing and Mata Jitu Waterfall

Begin the day with breakfast before participating in a water blessing ceremony.

Continue through Moyo Island's tropical forest to Mata Jitu Waterfall. The excursion includes hiking through the jungle, swimming in the waterfall's natural pools and enjoying a picnic surrounded by the island's lush landscape.

Return to Amanwana and experience a floating sound bath, combining gentle movement, water and sound to encourage calm and relaxation.

DAY 3

Energy Healing and Bonfire Meditation

After breakfast, experience a personalised energy-healing session with one of Amanwana's wellness practitioners.

Later, enjoy a 60-minute foot massage designed to soothe tired muscles and restore balance after the previous day's jungle excursion.

As evening falls, gather beside the fire for a guided bonfire meditation beneath the night sky, accompanied by the sounds of the surrounding forest and Flores Sea.

DAY 4

Morning Meditation - Depart Sumbawa Besar

Begin your final morning with a guided meditation and breathing practice, followed by the retreat's closing ceremony.

After breakfast, depart Amanwana by speedboat and continue by car to Sumbawa Besar Airport for your onward flight.

Rates and dates

Current rates in Malaysian Ringgit per person, correct on 8 November 2026. Subject to availability.

ACCOMMODATION CATEGORY	TENT TYPE	FROM PRICE PER PERSON (RM)
Now – 31 Dec 2026	Jungle Tent	RM 14,312
Now – 31 Dec 2026	Ocean View Tent	RM 15,818
Now – 31 Dec 2026	Ocean Front Tent	RM 17,325

Speak with a specialist

Tel +603 2779 5479 · WhatsApp +603 2142 0222 · contact@seduniatravel.com

Menara Genesis, 33 Jalan Sultan Ismail, 50250 Kuala Lumpur
Online: https://sedunialuxury.com/journeys/4d3n-amanwana-aligning-with-nature-spiritual-journey/