

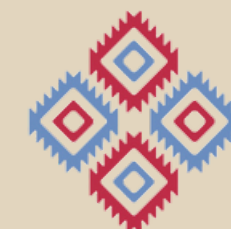
serve, learn & grow

# GAYA

## Immersions

### Sumba, Indonesia

*27th of March - 3rd of April 2024*



SUMBA  
HOSPITALITY  
FOUNDATION



During this Retreat, you will serve **two great spiritual needs** of human nature: the need to **grow** and the need to **contribute**.

Rooted in ethical principles of the ancient wisdom of yoga and applying practical actions to find more harmony within and around us, we will embark on a journey of growth and deeper understanding of human nature.

We will be received, for the first time, at Sumba Hospitality Foundation (SHF), the perfect embodiment of these spiritual needs.

This is a very unique and exclusive opportunity to settle into our deepest dreams and beliefs whom value peace, service and conscious transformation.

**Take care of the Forces of Nature  
through Karma, in turn, they will take care of you.”  
— Bhagavad Gita**

# About the Retreat

**This Retreat is custom-made and unique, with an optional 100H YTT certification recognised by Yoga Alliance (for which additional examination is required).**

**The retreat program is focused on two main pillars:  
Sustainability and Solidarity.**

The aim is to (re)educate minds and inspire action to minimize environmental impact while maximizing community integration and environmental awareness.

**This immersive program is an excellent way to:**

- Live a healthy lifestyle and create lifelong habits;
- Deepen your knowledge and practice of yoga behind the mat;
- Engage with the local Sumbanese culture in its natural surroundings;
- Make a valuable contribution and cultivate lasting friendships;
- Experience the rich tapestry of practical teachings;



# About the Foundation

**Sumba Hospitality Foundation** (SHF) believes that all young people should be given a chance in life to develop and create a better future for themselves.

**Education is key** and allows Sumbanese youth to:

- Build a sustainable model for responsible tourism
- Provide vocational training for underprivileged students
- To spread sustainable initiatives and techniques

**[See an interview with SHF Founder HERE](#)**

Our accommodation – **Maringi Sumba** – is located in the heart of the campus in an idyllic setting and is operated by the students.



# Your Program

- **Wednesday - March 27**

Arrival

Opening Ceremony at the beach

- **Thursday - March 28**

Intro to Sumbanese Culture

Workshop: from waste to textile

Morning / Evening Yoga practice

- **Friday - March 29**

Introduction to Permaculture

Hidden language of ancient wisdom

Morning / evening yoga practice with local students



# Your Program

- **Saturday - March 30**

Human development and collective equality

Intro to Sustainability

Morning / evening yoga practice

- **Sunday - March 31**

Day trip - Matayangu & Lapopu Waterfalls

Movie Night with students

- **Monday - April 1**

Free time to hang out & explore

morning / evening yoga practice with local students



# Your Program

- **Tuesday - April 2**

Morning practice

Workshop by Sumba Hospitality Foundation

Bonfire Ceremony at the beach

- **Wednesday - April 3**

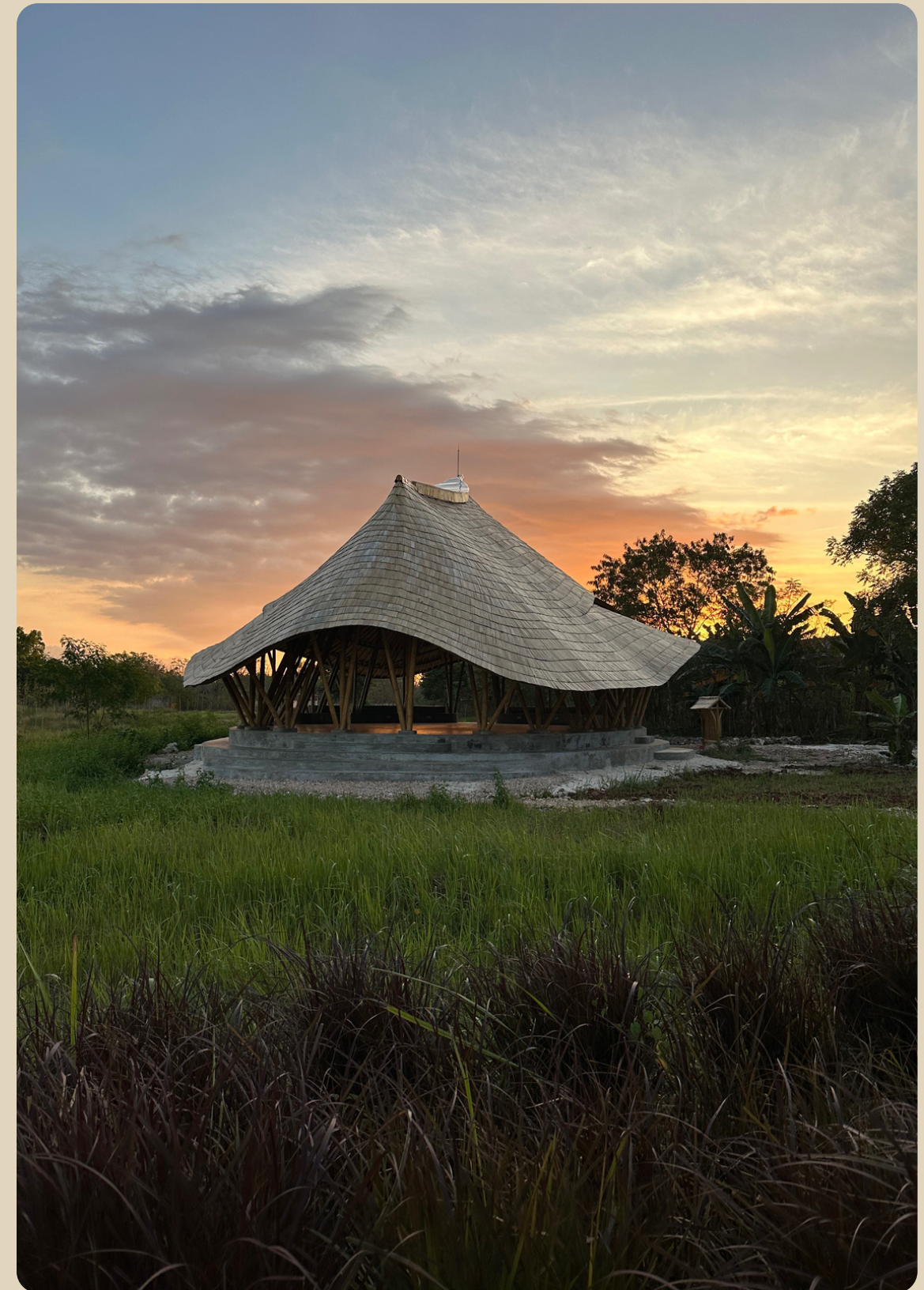
Morning practice

The 4 Pillars - mindset for life

Final Lunch

Check out

*Program is open to change according group needs and teachers/host orientation.*



# Experience Maringi Sumba

**“A small resort with a big heart.”**

At Maringi Sumba, you'll stay behind the scenes of Sumba Hospitality Foundation's campus, in a sustainable **Bamboo Pavilion** or a luxurious **Pool Pavilion**.

Participants can either choose a **private** room, or **share**.

**The choice is yours.**

**Bamboo pavillions**



**Pool pavillions**





# Experience Maringi Sumba



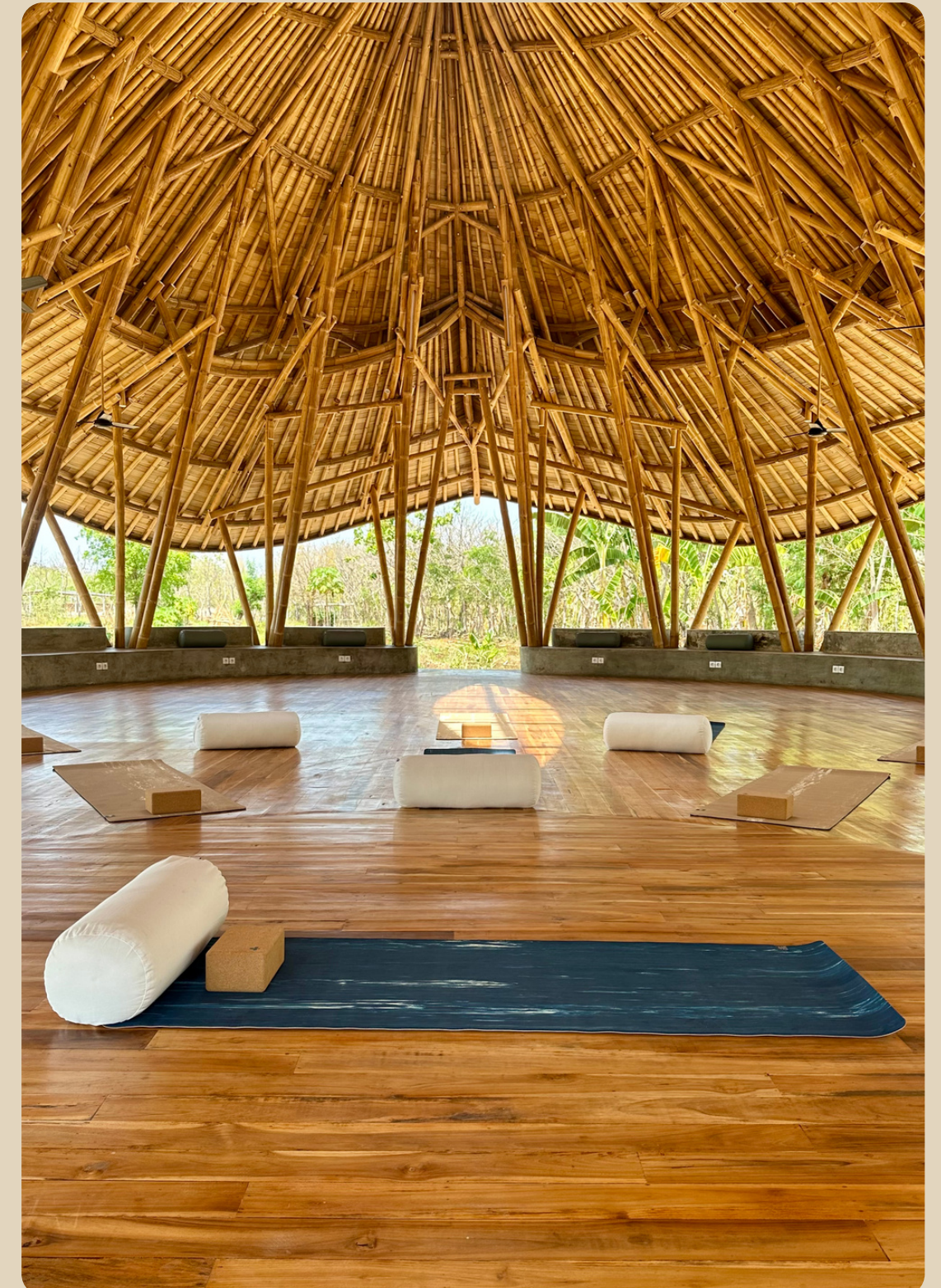
**Maringi Spa**



**Communal table at Pool Pavilions**



**Bar and restaurant**



**Yoga shala**

# Farm-to-table

Enjoy a plant-based farm-to-table menu during your stay.

In line with the principles of permaculture and its three key ethics: **earth care, people care and fair share**, 1 tonne of fruits and vegetables are harvested monthly in the SHF garden.

Every day, the participants can **enjoy three healthy, home-cooked and plant-based meals, with daily snacks.**



SHF's Permaculture garden



# Your investment

## **Pool Pavilions**

*Single Occupancy - 1875 €*

*Double Occupancy - 1390 €*

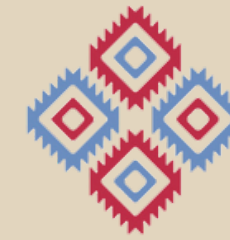
## **Bamboo Pavilions**

*Single Occupancy - 1650 €*

*Double Occupancy - 1270 €*

**This price includes all workshops, full-board accommodation and airport transfer to SHF.**

Education is key  
for a better future



SUMBA  
HOSPITALITY  
FOUNDATION

Let's make magic  
together



### Get in touch



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