

Ill health is caused not only by physical imbalance, but also by spiritual disconnection. Hidden beyond the web of our tissues, locked away for lifetimes, we struggle to access and release our *emotions*, which can result in a loss of our whole, complete-self.

Ancient Balinese medicine has long trusted in the power of 'oneness'. This belief system, Tat Twam Asi, sees no separation between us and our surroundings.

The Four Seasons Bali, a place in the world, between worlds, where nothing is quite as it seems, unites these unseen (*niskala*) and seen (*sekala*) forces.

In Sayan, a striking elliptical lotus pond, held aloft a giant Mother Earth setting, makes for a spectacular entrance.

Welcome to the 'Magic Jungle'. This sacred, spiritual space rises effortlessly from the land, a pure continuation of Nature, with beauty in every fold of rice slope.

This place. Immersed in green *lushness*, overlooking the crystal Ayung River, which powers through the core of this community, and central highlands of Bali, is nothing less than enchanting.

Well-appointed sleeping Palaces, nest in the river valley, as it plays percussion with a forest of instruments, dancing and singing their orchestral tune. With food, recreations and service of deserved acclaim, staff with never ending faith and smiles, you'll find it hard to leave this healing bubble.

Whether in the jungle, or at the sister coastal setting in Jimbaran, The Spa incorporates authentic spiritual traditions such as Chakra balancing, Balinese, Ayurvedic practices, yoga and meditation, which are nothing less than life changing. Skilled therapists guide you to re-trust your instincts by cradling your body into hypnosis. With intuitive wisdom, healing hands and by way of prayer, you melt, shift and cry your way into the best sleep of your life.

It is impossible to leave without surrender. The vibration here alone exists to alter states into 'well-being'. Like a river, our bodies' are changing with every moment. And it is near this river, that you can finally release all emotions, reclaim your intuition and reconnect with your truest self. Leaving light, vibrant and hungry for life. You will never be, and never wish to be the same again.