



Where
WELLNESS
Quietly *Unfolds*

REGENT
SPA & WELLNESS

BHADRA WELLNESS AND HEALING

• PUTU AND SRI •



Putu and Sri, both from Gianyar, embody the gentle strength of Balinese healing traditions. Their shared journey is rooted in ancestral wisdom, spiritual devotion, and a deep commitment to emotional and energetic well-being. Putu's path unfolded after a life-changing illness guided him to study healing through his Pasraman (an institution for Hindu religious education) and his grandfather's teachings, while Sri's calling awakened after a profound near death experience that reconnected her to the spiritual guidance of her late father.

Together, they honor their Balinese lineage by offering heartfelt, intuitive therapies that nurture balance and inner harmony blending holistic practices. As a couple, their purpose is to support your wellness journey with clarity, compassion, and the spirit of Bali's healing heritage.

SOUND HEALING

60 MIN

Sound Healing Therapy is Therapy for your mind, your body and your Soul used 7 Singing Bowl Cakra. That's we know everybody have 7 active chakra in own body. From the 7 singing bowl Tibetan we cleansing and balancing our chakra. Every chakra used every singing bowl. Every singing bowl have different sound and different means.

REIKI

60 MIN

Reiki is Japanese form of alternative medicine called energy healing. But now Reiki is popular in the world. In Bali from long time ago we use Reiki for our Traditional medicine, and we called "Usadha". Reiki practitioners use a technique called palm healing or hands -on healing through which a universal energy is said to be transferred through the palm of the practitioner to the patient in order to encourage emotional or physical healing.

BIRTHDAY & PALM READING

60 MIN

Birthday reading is a field of study focused on the significance of numbers in your life. It shares similarities with astrology in that it provides information on who you are and the overall characteristics of your life path, breaking the world around us down into its basic elements numbers. This technique, which has existed since ancient times, is combined with the study of the lines on the palm of the hand, used to understand a person's personality or to predict their characteristics and luck. Together, they offer deeper insight into your life journey.

BALINESE ENERGY HEALING

• MBOK AYU •



Born with a natural sensitivity to energy passed down through her family, she discovered her true path when life guided her to deepen her intuitive abilities. Her awakening came during the pandemic, when the loss of her business opened a quiet space in which she felt a clear calling from the spirit gently guiding her to explore and embrace her gift. Under the guidance of experts and Balinese healers, she refined her abilities with traditional knowledge on energy flow, grounding, natural healing and the gentle power of crystal energy, which she now weaves into her practice.

She now blends her intuitive energy healing with the subtle wisdom of Balinese healing traditions. Her sessions offer clarity, balance, and a soothing realignment of the body's natural energy creating a calm, restorative experience rooted in authenticity and care.

CRYSTAL HEALING PACKAGE

A gentle and deeply soothing therapy that harnesses the natural power of crystals and healing energy. Using the gentle energy of crystals to support healing, alignment, clarity, and energetic flow. Ayu then channels loving, restorative energy to any areas of the body or aspects of life that feel imbalanced or blocked. A nurturing experience designed to uplift, harmonise and restore your inner balance.



BHASKAR YOGACHARYA



Bhaskar's journey began in Rishikesh, the birthplace of Yoga, where the sound of the Ganga and the calm discipline of his grandfather became his earliest teachers. A powerful moment in his childhood when he experienced the awakening of his inner Kundalini energy sparked his lifelong dedication to the science of internal energy.

For the past two decades, he has immersed himself in deep study in Rishikesh, exploring the Chakras, Kundalini and the transformative wisdom of Tantra. Over the last sixteen years, he has shared this authentic Himalayan lineage with students around the world.

Today, he brings the grounding power of Rishikesh to Bali, guiding others to awaken their inner energy and experience true transformation.

KUNDALINI

60 / 90 MIN / PACKAGE

Your Master Key to Limitless Power

The Kundalini Awakening is the most exclusive energy reset, guiding you to tap into the dormant Creative Power coiled within. Through potent breath and movement, this workshop unlocks limitless clarity, profound intuition, and unshakable inner peace. Go beyond relaxation: dissolve deep stress, cultivate unparalleled inner radiance, and experience a fundamental transformation designed for sustained, vibrant bliss.

TANTRA HEALING WORKSHOP

60 / 90 MIN / PACKAGE

The Art of Sacred Connection: Transformative Tantra for Holistic Empowerment.

Unlock the sophisticated power of Tantra: a sacred technology for embodied pleasure and holistic connection. This exclusive healing journey, using conscious breathwork, movement, and relational awareness, dissolves emotional limitations and restores harmony between your body, heart, and mind. Participants experience a dramatic surge in authentic intimacy, magnetic self-confidence, and a radiant sense of being fully alive. Reclaim your vital energy as a pathway to deep inner peace and empowerment.