

4D3N Amanwana: Aligning with Nature Spiritual Journey

Price per person
from
MYR 14312



Tour Description

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

Tour 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.

Lunch Dinner

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.

Breakfast Lunch Dinner

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.

Breakfast Lunch Dinner

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.

Breakfast

Tour Prices

Accommodation Category	Tent Type	From Price Per Person (RM)	Single Supplement	Child With Bed	Child With
Now – 31 Dec 2026	Jungle Tent	14,312			
Now – 31 Dec 2026	Ocean View Tent	15,818			
Now – 31 Dec 2026	Ocean Front Tent	17,325			

What's included

Destination	Indonesia
Departure Location	Sumbawa Besar
Return Location	Sumbawa Besar

Additional Information

What's Included

• Three nights' accommodation at Amanwana • Return car and speedboat transfers between Sumbawa Besar Airport and Moyo Island • Full-board meals, including daily breakfast, lunch and dinner • Morning meditation session • Daily traditional tea and market snacks • One 90-minute Amanwana massage for two • One 60-minute foot massage • Personalised energy-healing session • Bonfire meditation session • Water blessing ceremony, as scheduled within Amanwana's programme • Mata Jitu Waterfall excursion with hiking, swimming and picnic • Floating sound bath • Closing ceremony with guided breathing practice • Adventure map, hand-woven adventure bag and hat • Healthy in-room snacks • In-room refreshments and non-alcoholic beverages • Five pieces of laundry per guest, per day • Use of bicycles and trekking poles • Use of non-motorised watersports equipment

What's Not Included

• International or domestic air tickets • Flights between Bali or Lombok and Sumbawa Besar • Alcoholic beverages • Diving and scuba-diving activities • Whale-shark excursions • Additional spa treatments or activities not specifically stated • Travel insurance • Visa and entry requirements • Personal expenses and gratuities • Festive-season, peak-period or other applicable surcharges • Anything not specifically mentioned under "What's included"

Prices & Dates

• Prices are from per person based on twin sharing (minimum 2 travellers) and subject to availability at the time of booking. • Final pricing may vary according to travel dates, occupancy, seasonal supplements and prevailing exchange rates. • The estimated total displayed by the website is based on published rates. The final quotation will be confirmed by a Sedunia Travel consultant.

Terms & Conditions

• The offer is valid for new bookings only. • The offer is subject to availability. • The offer cannot be combined with another exclusive offer unless otherwise specified. • Aman reserves the right to withdraw the offer at any time with 48 hours' notice. • Bookings must be made on a sell-and-report basis. • Cancellation and payment conditions are subject to Aman's prevailing hotel terms. • Wellness treatments and activities are subject to the resort's operating schedule. • The programme sequence may change according to weather, sea conditions and operational requirements. • The Mata Jitu Waterfall excursion is subject to weather and trail conditions. • Guests should advise Sedunia Travel of any medical, mobility or dietary requirements before booking. • Prices are subject to occupancy, seasonal supplements and prevailing exchange rates. • Final pricing and availability will be confirmed at the time of booking. • Other Sedunia Travel booking terms and conditions apply.