

An aerial photograph of the Amanjiwo resort in Bali, Indonesia. The resort features a prominent circular building with a dark, tiered roof and a central dome. The resort is surrounded by lush greenery, including palm trees and other tropical plants. In the background, a large, conical volcano (Mount Agung) rises above a valley filled with fields and small buildings. The sky is clear and blue.

AMANJIWO

Celebration of Ancient Wisdom

Introduction

Renowned for its peaceful setting, abundant space and unrivalled privacy, Amanjiwo is a hidden jewel in Central Java for those seeking a restful retreat. The resort is an ideal sanctuary in which to relax, rejuvenate and reconnect with loved ones.

To honour the rich heritage of Javanese healing traditions and ceremonies, Amanjiwo is delighted to present A Celebration of Ancient Wisdom, a three-night self-healing retreat hosted by renowned spiritual wellness and cultural practitioners Bagjo Indrijanto, Joko Triagung, Sugeng Karyanto and the resort's Resident Anthropologist Patrick Vanhoebrouck. Running from 7 - 10 October 2022, guests are invited to join a curated journey, immersing themselves in captivating cultural experiences, enjoying fascinating spiritual wellness sessions and inspiring lectures on the history of Shiva Buddha Tantra, as well as participating in a 'Pradakshina' ceremony led by a monk next to the world's largest and most spiritually resonant Buddhist monument, Borobudur.



7 October

Friday

2pm

Welcome to Amanjiwo

The island of Java is vast and diverse with its unique topography, mountains and highlands dotted with magnificent mountains, lowlands and plains and some of the richest rice-lands in the world. Created as a result of this landscape are communities with varied cultures, traditions and cuisines that inspire the culinary expedition experience at Amanjiwo.

4pm

Javanese Ginger Tea

Enjoy a relaxing cup of homemade ginger tea, served with Javanese sweets, in our Rotunda. Freshly brewed with local ingredients, the tea will reinvigorate you for the rest of the afternoon.

5pm

Chanting with the Monks

The experience commences with the presence of monks in the lobby of Amanjiwo who chant gracefully to show devotion to the Buddhist teachings

7pm

Dinner

Serving Indonesian and Western cuisines for breakfast, lunch and dinner, the Restaurant also offers a Makan Malam degustation dinner menu updated daily.

Additional surcharge per guest applies.



8 October

Saturday

7.30am

Doves Release

The day begins in the morning with Buddhist monks at Borobudur Park to release doves. This good act symbolises our willing to let go and reduces bad luck or misfortune.

Please note that adhering to national policy, guests are only allowed to walk in the park or around the temple but not allowed to climb it.

IDR 1.500.000++ per guest

9am

Breakfast

The hypnotic strains of the gamelan resonate through the colonnaded Restaurant, its bar, and out onto its magnificent terrace, with views over rice fields to Borobudur and the volcano-fringed horizon.

10am

Jawa Meditation part 1 with Bagjo Indrijanto

Meditation in Javanese Spiritualism is a way of communicating with the God. Javanese meditation is to unite our own Main Energy (Spirit) with God Energy. To realise this, the process is Stillness in Silence. The way to do it is through unfollow the energies that arise within oneself that are not the Main Energy (our own spirit).

IDR 1.420.000++ per guest



8 October

Saturday

2pm

**Contemplation Tapa Brata
with Joko Triagung and Patrick
Vanhoebrouck**

After lunch, guests can opt to join a meditation session Tapa Brata with Joko Triagung and Patrick Vanhoebrouck at Goa Kiskendo in the Menoreh Hills, comprising hermitage sites maintained by the Sultanate of Yogyakarta.

IDR 2.550.000++ per guest

4pm

Jamu Bar and Jamu Lecturing

The Jamu Bar concept introduces the fascinating world of herbal remedies, locally known as jamu, a staple element of Javanese personal healthcare. A blend of roots, seeds, and other natural ingredients create soothing and reinvigorating herbal potions for all sorts of physical ailments.

8pm

Dinner at Pak Bilal's House

Next to Pawon Temple lives our old friend *Pak Bilal*, who has graciously opened his doors to our guests for an enchanting glimpse into Javanese rural life.

While guests absorb the atmosphere of *Pak Bilal's* delightful home, the authentic aromas of Java pervade the senses as our cooks prepare a simple traditional menu cooked over charcoal burners.

IDR 2.455.000++ per guest, limited seat to 8 guests



9 October

Sunday - Full-moon Day

7.30am
Yoga Class

Join Ibu Agustin, our Wellness Consultant, who leads yoga classes in our peaceful surroundings, looks forward to guiding you into a peaceful and contemplative welcoming of your day. Ibu Agustin is also available for specialised private sessions such as detox yoga, yin yoga, acro yoga and yoga nidra.

10am
**Jawa Meditation part 2
with Bagjo Indrijanto**

Meditation in Javanese Spiritualism is a way of communicating with the God. Javanese meditation is to unite our own Main Energy (Spirit) with God Energy. To realise this, the process is Stillness in Silence. The way to do it is through unfollow the energies that arise within oneself that are not the Main Energy (our own spirit).

IDR 1.420.000++ per guest

2pm
**Javanese Healing
with Joko Triagung**

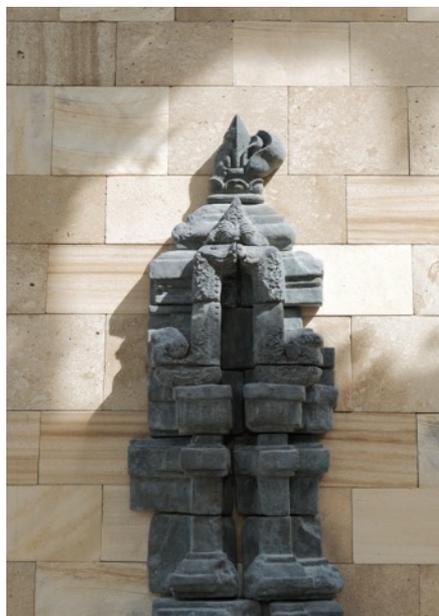
Book your own 90-minute Javanese healing session.

IDR 2.130.000 per guest

2pm
**Javanese Astrology
with Sugeng Karyanto**

Book your own 90-minute Javanese astrology session.

IDR 2.130.000++ per guest



9 October

Sunday - Full-moon Day

4pm

Javanese Ginger Tea

Enjoy a relaxing cup of homemade ginger tea, served with Javanese sweets, in our Rotunda. Freshly brewed with local ingredients, the tea will reinvigorate you for the rest of the afternoon.

6.30pm

Shiva Buddha Tantra Lecture with Patrick Vanhoebrouck

To complete the day, guests can enjoy a 'Dhiva Buddha Tantra' lecture in the library led by Patrick Vanhoebrouck who has a deep understanding of Indonesian culture and is passionate about sharing his vast knowledge of Borobudur and Javanese spirituality.

8.30pm

Purnama Siddhi Meditation with Patrick Vanhoeboruck and Sugeng Karyanto

The journey continues with Purnama Siddhi meditation by the tranquil main pool led by Patrick Vanhoeboruck and Sugeng Karyanto.



10 October
Monday

7.30am
Ruwatan with Joko Triagung

On the final day, a guided ruwatan, a purification ritual, with Joko Triagung is available at the Progo River area for guests to complete the tranquil self-healing retreat at Amanjiwo.

9am
Breakfast at Leisure

The hypnotic strains of the gamelan resonate through the colonnaded Restaurant, its bar, and out onto its magnificent terrace, with views over rice fields to Borobudur and the volcano-fringed horizon.

12pm
Check-out

Check-out and depart to Yogyakarta International Airport. We will see you again in another journey with Aman Indonesia!



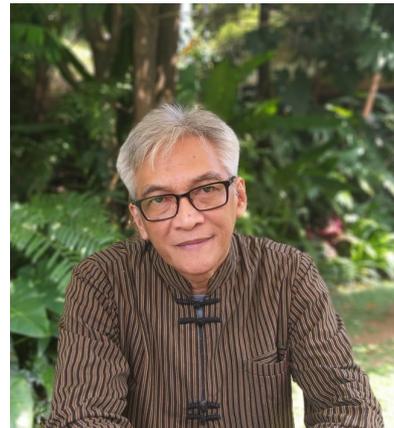
Special Guests

Bagjo Indrijanto Healing Practitioner

Bagjo, is a Lawyer graduate from School of Law - University of Indonesia and practiced law in the corporate, banking and financial industries before seeking his peace in his ancestral traditional Javanese meditation and spiritual believe.

His deep understanding in Jawa Spirituality and Culture is started since he is very young learning directly from his family.

Bagjo had develop his owned holistic approached (which include spiritual reading and healing through divine energy) to help people reaching their state of calmness (Lerem) to reach their inner peace and to achieved a better understanding of their life.



Patrick Vanhoebrouck Resident Anthropologist

Patrick Vanhoebrouck is Amanjiwo's Resident Anthropologist who has a BA in Anthropology from The University of Illinois at Chicago (USA) and a Masters in Cultural Anthropology from Leiden University (Netherlands).

He specializes in Javanese culture and spirituality. Having spent nearly 15 years in residence in Yogyakarta Province, Patrick has accumulated specialist knowledge in various aspects of the spirituality, culture, history and ancient literature of Java, immersing himself in ancient sources to help explain the contemporary manifestations of traditional and authentic Javanese culture and practices.



Special Guests

Joko Triagung Master of Kebatinan

A renowned healer-shaman in Yogyakarta City and Province, Joko Triagung is a master of kebatinan (inner-directed, mystical spirituality) with a focus on tenaga dalam (inner power, prana, chi).

He draws on a number of spiritual practices called Kejawen (esoteric practices or Javanism, which forms an intricate and inextricable part of contemporary Javanese), Hindu-Buddhist values and practices, including Tantrism, as well as occult sciences comparable to Mystic Sufism.

His therapeutic approach depends on the needs of each individual guest and can incorporate herbal mixtures of plants (jamu), energy healing (prana) or invocations of forces via familiar spirits.

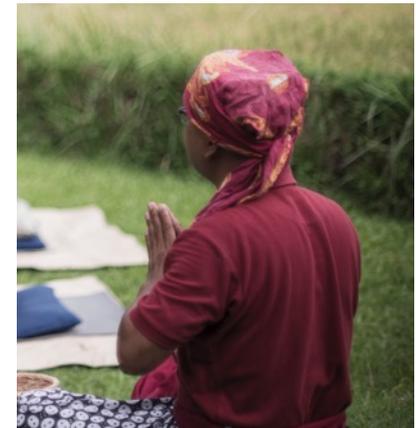


Sugeng Karyanto Spiritual Practitioner

Sugeng Karyanto calls himself a Javanese spiritual practitioner of the ancient lineage of Jawadwipa - the supposed original spirituality of Java.

His practices are derived from forms of Hindu and Buddhist Dharma and Tantrism. He is often asked to guide sacred pilgrimages to the nearby Lawu Volcano and lead local purifications

Sugeng has access to some extremely sacred sites around the Lawu Volcano specifically, and Hindu Buddhist shrines across all of Java in general. He is believed to have an ability to heal from a distance, as well as a proficiency for clairvoyance and future predictions.





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