



A Sacred Oasis Of Tranquility And Love

Gaia-Oasis Retreat Resort is founded on the ancient Balinese concept of “Segara Gunung”, the unity of mountain and sea. Where these two forces are in balance, the result is peace and wellbeing.

When Gaia-Oasis founder Sabine Debes stood on the hilly slopes in 1998, looking down at Bali’s long north shore and the Indian Ocean at Tejakula, she had a sense that this was a special place for healing where the sacred earth elements of nature offered a peaceful environment to rest and rejuvenate.

The result was Gaia-Oasis Abasan, A Mountain Retreat, to which people now come for relaxation, healing and awakening. A sister property, Gaia-Oasis Pantai, was established by the sea, fifteen minutes’ drive apart.

Gaia-Oasis is about the spiritual being of the individual, and the living oneness of the human spirit and nature.

Lying between the great sea temple of Ponjok

Batu and holy Mount Penulisan, the mountain which the local North Balinese believe to be the home of their gods, Gaia draws strength from the traditions of Tejakula village where all who come must drop their caste, to “sit as low, and stand as high” as their fellow men.

Gaia-Oasis Pantai and Gaia-Oasis Abasan both honour the Balinese philosophy of Tri Hita Karana which promotes harmony between humans and the divine, between each other and the environment.

Today at Abasan, dusty trails have been upgraded to stone paths. Water is drawn from a pure mountain spring and electricity has been installed. At lofty vantage points along these narrow pathways are breathtaking views. Guests stay in six bungalows surrounded by lush gardens, with nine rooms accommodating 15 or more guests. You climb a while to reach your accommodation, which may be surrounded by greenery, or on the lip of a deep valley trailing down to the sea.

On the contour of a hillside is a three level guesthouse with four rooms, opening onto large terraces



with spectacular views. A small Spa on the first level specializes in freshly made Balinese herbal treatments, and the large salt water swimming pool is close by. A restaurant bale, with an open yoga room below, overlooks a lotus pool. Each amenity on the hilly landscape is concealed from view, maintaining a sense of sacred nature. The Mountain Retreat grows its own organic fruit, vegetables and healing herbs which are used in Gaia-Oasis restaurants,

and also sold throughout Bali.

A guest can choose how to structure their stay to suit their individual needs. Yoga, massage, pampering spa treatments and delicious healthy meals are on offer. Other healing therapies may be available at times through the year.

Gaia Oasis Abasan can be a life changing experience. A space that allows and encourages people

to look within themselves without distractions, to re-evaluate their attitudes to life, not only for their individual healing but also for the healing of our planet.

Gaia-Oasis Abasan is a true sanctuary.

A conceptually similar, but physically different experience is available to guests at Gaia-Oasis Pantai.

On prime beach front land at the village of Tejakula, it is a verdant place of serenity by the sea, where palms and gardens extend to the very edge of the Indian Ocean with views stretching to the far horizon.

Gaia-Oasis on the beach (pantai) is a venue for holidays as well as healing, with a bale style beach side restaurant and a swimming pool fronting the Bali Sea.

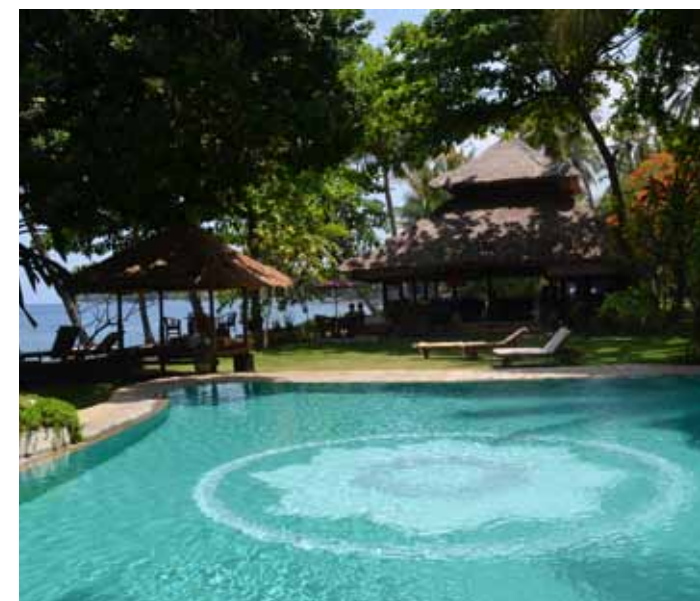
Bungalows and houses along the beach front provide 20 guest rooms, and there is an Ocean Spa for blissful therapies. Free yoga and meditation is offered

five days per week.

There are numerous activities ranging from dawn dolphin watching, swimming and snorkeling, temple and cultural tours, excursions to coffee and clove plantations and exploring the volcanoes, lakes and waterfalls around the area.

A healing stay at either venue aims to re-establish lost harmony and balance. Each offers its own unique space nourished by nature with a special energy conducive to personal transformation, gently supporting guests to befriend themselves and to forge new friendships with others.

Gaia-Oasis Pantai is a retreat for groups as well as individuals. The beautiful alang-alang roofed octagonal 'Diamond' group room is used for seminars of up to 50 people. Similarly, the Mountain Lotus group



room in Abasan provides yoga facilities including a rope wall for up to 20 retreat participants.

Whether you come to Gaia-Oasis for a short or longer stay, you immediately feel that you are part of a very special community. You are made welcome by the local Balinese people who are proud to be part of Gaia-Oasis with its international family of guests and members, contributing to the non-profit organization and sharing a common vision of healing and awakening on the planet.

Gaia-Oasis is a home of the heart, a home away from home, far removed from city noises and traffic. A wonderful place for relaxation and contemplation, where new doors are opened, the human spirit is recharged and renewed, nourished by nature and the energy of this very special place in the north of Bali.



Dusun Tegal Sumaga
Tejakula, Singaraja 81173
Phone: + 62 362 3436 304
Fax: +62 362 3436 340
E-Mail: info@gaia-oasis.com
www.gaia-oasis.com



YAYASAN GAIA-OASIS

Gaia-Oasis incorporates a one hundred percent non-profit foundation, the Yayasan Gaia Oasis.

Established in 2006, the Foundation aims to contribute to a greener, healthier, happier world by carrying out environmental, educational and cultural programmes in Tejakula, the village where it is located.

As part of the Foundation's Local Marine Management, it cooperates with villagers and local fisher folk to restore damaged coral reefs in front of Gaia-Oasis Pantai.

Domestic waste management has been a persistent problem in Tejakula and the Foundation extends financial assistance to a waste management depot in the village where organic waste is turned into compost and plastic sold for recycling.

Recognizing the fundamental importance of education, the Foundation grants scholarships to children of poor families and in 2014 twenty five students were assisted at Elementary and Junior High School.

Aid to Selombo School, located in the mountains between Tejakula and Bondalem, is extensive. It includes providing a nutritious meal for all pupils once a week; providing basic education materials such as writing books, pencils and pens; school uniforms, raincoats and umbrellas, building water tanks to keep clean water available during the dry season; education in waste management and care of the local environment; supporting extra-curricular activities such as Balinese art, dance, music, as well as the teaching of English, yoga and sport; funding inter-school and regency competitions (an important source of pride for children at the school) and supplementing the honoraria of teachers.



Together with external donors, Gaia-Oasis Foundation helps support the teaching of gamelan musical instruments among Elementary School pupils who otherwise might favour more modern forms of music. By supporting local performance arts, an important part of Tejakula and Bali's musical heritage lives on.



The Foundation has introduced organic farming at Gaia Oasis Abasan and re-educates local farmers to use organic methods, to improve deprived soil conditions through composting, and to produce healthy, nutritious food.

Finally, Yayasan Gaia Oasis sponsors a childrens' home to support the nutrition and education of orphan children from poor families in the Tejakula district.

Gaia-Oasis has a membership of individuals who support its vision to create a special place for healing and awakening. Enquiries about membership, seminar bookings and Gaia-Oasis Foundation are welcome.