



Experience our 7 Night
Rest & Restore Retreat
Self Healing Through Sound Therapy
With Joshika Akhil

Daily Yoga & Sound Therapy | Meditation | Massages | Deep Transformation

Discover a retreat designed for rest, renewal, and reconnection. As the seasons change, embrace a chance to let go of the old and welcome the new. Our 5-star luxury resort, Sofitel Fiji Resort & Spa, offers unmatched serenity and award-winning service.

Guided by Joshika, every element of your retreat has been thoughtfully crafted—from activities and nourishing Ayurvedic-inspired meals to an exceptional support team dedicated to your experience. Begin each day with yoga and meditation, striking the perfect balance between inner work and relaxation. During the retreat, unwind further with two indulgent 60-minute treatments at our award-winning spa, designed to detoxify and nurture your body.

During your free time, explore the many offerings of the resort, including unlimited access to Waitui Beach Club, Sofitel's exclusive adults only beach club, complimentary daily activities, non-motorized water sports, and cultural entertainment. Every moment is an invitation to reconnect with nature, with others, and with yourself.

Surrounded by like-minded guests committed to personal growth, you'll feel supported on your journey of transformation. This is more than a retreat—it's a pathway to rediscover balance, serenity, and the joy of being at one with yourself and the world around you.

Welcome to your home in paradise.



Itinerary

Day 0

Welcome & Introductions
Dinner
Evening Satsang & Intention Setting
(Early arrivals can book a massage)

Day 1-6*

Morning Yoga & Sound Meditation
Breakfast
Reflection Time & Individual Activities
Morning Talk/Workshop
Lunch
Afternoon Leisure Time/1-2-1
Consultation/Massage
Afternoon Tea
Afternoon Yoga & Meditation
Dinner
Evening Satsang (Reflections,
Mantras, Stillness Together)
Early bedtime

Day 7:

Breakfast
Checkout & Transfer to Nadi Airport

***Day 3:**

10:30am-4pm day trip to local village
& temple

Please note this program is subject to
modification

The Details

Inclusions:

7 Nights Accommodation (choice of
single or double room)
2 x 60-Minute Wellness Relaxation
Massages
Private One-To-One Sessions with
Joshika
Waitui Beach Club Access
Airport Transfers
All Main Meals Listed
Day Trip & Entrance Fees
Non-Motorized Water Sports
Wi-Fi

What is Not Included:

Flights & Visa to Fiji
Additional Food & Drinks Outside
Meal Times
Any Personal Expenses on Day Trips
(E.g. Souvenirs)
Snacks

Total Cost:

\$7720AUD or \$4710USD (Single
Room)
\$10360AUD or \$6740USD (Double
Room)
50% Non Refundable Payment
Required to Secure Your Space
Balance Payable by 2nd February
2025

For Bookings: info@jayur.com

Please Note, Spaces are Limited to Ensure a Personal Experience.