



Java Spirit Retreat

AN ELEMENTAL JOURNEY INTO ABUNDANCE

NOV 21 – 29, 2026 | 9 Days | Central Java & Karimunjawa, Indonesia

There are places in the world that do not merely welcome you — they initiate you. Java is one of them. Where the desert teaches spaciousness and stillness, the jungle teaches something different: abundance, aliveness, the unstoppable force of life renewing itself. Roots that hold. Water that flows. Green that rises, again and again, without effort.

The Java Spirit Retreat is an immersive 9-day journey into the heart of that aliveness — guided through the Soul SPARCK Method, with horses as mirrors, the elements as teachers, and the ancient stones of Borobudur holding the field. Rooted in embodiment practices, systemic awareness, and shamanic guidance, each day opens a different element of the soul.

This is not a wellness holiday. It is an initiation into your own nature. My intention is simple: to create the space in which you can embrace the fullness of your heart — and allow your next inspired step to rise from that deep inner knowing.





This is for you if...

- ◆ You are ready to **nourish your soul** — not push, not perform, but genuinely receive the abundance that life is offering.
- ◆ You feel called to let the **horses guide you** into a deeper truth — one your mind has been circling but hasn't yet landed.
- ◆ You long for a journey that is **real, embodied, and complete** — that moves you through the full spectrum of your inner landscape.

Activities & Highlights

◆ Daily Yoga & Energy Balancing	◆ 3 Horse Alchemy Workshops
◆ Guided Elemental Meditations	◆ 4 Soul SPARCK Workshops
◆ Hike to Curug Lawe Waterfall	◆ Ancestral Meditation at Borobudur
◆ Cycling Tour of Borobudur	◆ Closing Fire Ceremony
◆ 2 Days at Karimunjawa Island	◆ Integration & Abundance Practices



9-Day Itinerary

Day 1 · NOV 21 — ARRIVAL

You arrive into a serene Indonesian setting held by nature and simplicity. An evening welcoming circle, grounding practices, and first connection to your intention for the journey.

Day 2 · NOV 22 — EARTH & GROUNDING

Horse Alchemy. Begin with the element of Earth — grounding, presence, and connection to the body. Your first encounter with the horses invites honesty and a return to your natural state.

Day 3 · NOV 23 — FIRE & TRUTH

Horse Alchemy. Move into Fire — energy, transformation, and inner truth. Activate your life force, meet what wants to move, and step into a more authentic expression of yourself.

Day 4 · NOV 24 — WATER & FLOW

Visit to Curug Lawe Waterfall. The element of Water invites emotional release, softness, and flow. A day of cleansing, opening, and allowing your inner world to move freely.

Day 5 · NOV 25 — AIR & EXPANSION

Borobudur. Enter the element of Air — spaciousness and connection to spirit. Surrounded by ancient wisdom, clarity emerges as the mind softens and the heart opens.

Day 6 · NOV 26 — HEART & INTEGRATION

Horse Alchemy. Return to the horses for integration and alignment. Anchor a new way of being — more connected, present, and aligned with your truth.

Day 7 · NOV 27 — TRANSITION & BEAUTY

Travel to Karimunjawa tropical island. The energy softens, the pace slows. Transition from inner

work into spacious integration.

Day 8 · NOV 28 — INTEGRATION & JOY

Surrounded by ocean and openness, you are invited to simply be. Optional gentle practices and time in nature support the integration of your journey.

Day 9 · NOV 29 — CARRY THE SPARK

Departure. You leave with a deeper connection to your body, your truth, and your path. Carry this presence into your life and keep the spark alive.



The Gifts of the Jungle

ABUNDANCE	Life so dense and generous it dissolves the story of not-enough. The jungle does not withhold.
FLOW	Water finding its way through every obstacle — a reminder that ease is not weakness, it is wisdom.
VITALITY	Raw green life force — the energy that rises in every seed without permission. Your body remembers this.
DEPTH	Layers upon layers: canopy, understorey, root. A mirror for everything in you that is still waiting to be discovered.
SACRED FREQUENCY	Ancient, alive, and always present. Java carries the memory of those who came here to awaken.



What Participants Say

"A deeply grounding and supportive experience that opened a new path to emotional healing and self-awareness."

— **Busra, Amman**

"The guidance was exceptional — held with care, patience, and genuine attention to each person. It felt like coming home — to myself."

— **Karen, Australia**

"The sessions opened a completely new perspective on communication, energy, and connection — far beyond anything I had experienced before."

— **Merlijn, Amsterdam**

"One of the most transformative experiences of my life. Sarah creates a space where transformation unfolds naturally — authentic, grounded, and deeply nourishing."

— **Minerva, Romania**

Investment

2.250 EUR / 2.635 USD

Early Bird: 1.800 EUR / 2.109 USD · 50% deposit · Payment plan available

Included: All meals, accommodation and listed activities · 3 days Horse Alchemy at Havana Horses Lodge · Day trips to Curug Lawe Waterfall and Borobudur · 2 days at Karimunjawa Island · Group transfers in air-conditioned minivan with English-speaking drivers (airport transfers included).

Excluded: Individual transfers, flights, visa, optional activities and personal expenses.

Your Hosts

<p>Anna</p> <p><i>Your Host · Havana Horses, Central Java</i></p> <p>Anna left a fast-paced life in Amsterdam to follow a deeper calling in Indonesia, where she co-founded Havana Horses — a natural horse sanctuary in Central Java. For over 20 years she has devoted herself to creating a space where horses live as horses: in herds, barefoot, and free from force. Her work is guided by a simple yet powerful belief — when we respect and honour the horse, we learn to respect and honour life itself.</p>	<p>Sandra (Sarah Nour)</p> <p><i>Your Guide · Soul SPARCK Coaching</i></p> <p>Sandra is a somatic and systemic coach with over 15 years of experience guiding women into embodied leadership and inner alignment. Through her Soul SPARCK Method — Soul Power Alignment & Rooted Creative Knowing — she weaves embodiment, systemic constellations, and ritual practices to reveal hidden dynamics and support deep inner truth. Working with nature and horses, she creates a grounded, intuitive space for women to reconnect with their inner vision and flow.</p>
--	--

Ready to answer the call of Java?

Contact Sandra at sandra.jelly@gmail.com or visit www.sarahnour.com/javaspiritretreat to learn more and reserve your place.