



Wellness Cuisine Retreats Stays Days Specials

Panca Mahabhuta Signature Retreat

Healing with Five Balinese Elements

June Living in Harmony

Dear Sasha,

Panca Mahabhuta, meaning 'the five elements' originating from the ancient Vedas, is our most popular holistic wellness retreat. The private retreat combines Balinese master healer therapies with epicurean plant-based cuisine, awakening sacred arts sessions – physical, creative expression and mind-body awareness programmes - and Balinese blessing ceremonies. Our aim is to gently guide our retreaters through a highly personalised integrative approach supported by extraordinary people and impeccable services.

At Fivelements, our Panca Mahabhutra retreat is inspired by the ancient wisdom of the Balinese, and the Panca Mahabhutas refer to the vedic five elements, earth, water, fire, air and ether, that map out the internal and external forces at work in the Universe and in ourselves. Understanding and balancing the way these five elements interact and affect us helps us to maintain harmony in our own lives.

[Read more](#)

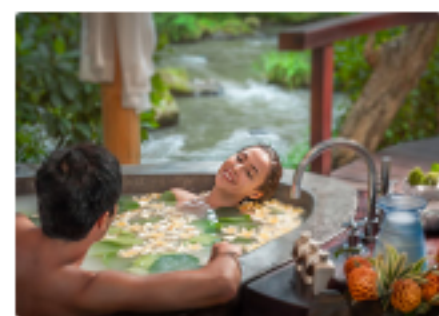
Special Offers



Enjoy 25% Savings on your 1st Wellness Retreat

Join our special privilege club membership, and enjoy rewards, special offers and priority bookings.

[Reserve now](#)



Special Stays: Relaxing Holidays

Enjoy an unforgettable stay in Bali at Fivelements' award-winning eco wellness resort. Savings included.

[Reserve now](#)

Inspiring Blogs



Exclusive Experiences on International Yoga Day

21 June. Save the date. International Yoga Day shines a spotlight on the invaluable practice of Yoga...

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Zucchini Brownies Recipe from Sophie Novita

I've used zucchini to make raw dips and noodles. I've roasted them, baked and eaten them raw...

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News & Events



TEDxUbud at Fivelements

Where Bali's creatives champion the environment, art and wonderful causes...

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Coral Planting Around Nusa Lembongan

One of our favorite day trips here at Fivelements, Bali is a quick boat ride over to the wild scenery of Nusa Penida...

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Fivelements nominated for World Spa Awards™

Please support us in voting us in as Indonesia's Best Wellness Retreat 2016

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