



**FIVELEMENTS MASTER SERIES-2013:
Heal Yourself Through Mindfulness**

*Learn this life-enhancing meditation technique with Merta Ada
at Bali's Fivelements healing resort*

Imagine learning how to heal yourself through concentration, mindfulness and wisdom, achieving harmony of the mind – a meditation technique which can become your most vital tool for life.

Discover and practice this powerful technique with Merta Ada, one of Southeast Asia's leading meditation gurus, during a special [Meditation Retreat](#) at Bali's [Fivelements](#) Puri Ahimsa (15-21 September & 1-7 December 2013).

In this intensive health programme, participants will learn how to heal through “loving kindness” and embrace a life of joyfulness. The healing meditation focuses on how we can train our mind to surrender negative thought patterns, anxiety and worry to reach a harmonious mind. Noble Silence is practiced for several days throughout the retreat to help strengthen your concentration and spiritual awareness.

The technique teaches you how to understand the present reality inside your mental-physical structure, through observing your breathing and the physical sensations in your body. As a person's mind and body become more focused on inner awareness, rejuvenation and healing takes place.

Benefits of practicing this technique are enormous, ranging from releasing stress and tension to enjoying increased energy to healing specific health conditions.

The Retreat is part of Fivelements' Masters Series, a platform for conferences, retreats and talks led by distinguished global speakers. Luminaries from holistic health practices, meditation, yoga, arts and environmental design and sustainability fields bring their insights to Fivelements, a healing and wellness retreat near Ubud, Bali.

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About Fivelements

Fivelements Pte, Ltd. was conceived as an integrated wellness lifestyle company. *Heartquartered* in Bali, Indonesia, Fivelements, Puri Ahimsa is the first of a new genre of wellness destinations bridging the wisdom of traditional cultures with innovative transformational healing concepts. The parent company intends to build an alliance of healing and wellness destinations around the globe that will promote peace among nations through the growth of these mystic economies.

About Fivelements, Puri Ahimsa, Bali

Nestled alongside the sacred Ayung River, Fivelements, Puri Ahimsa, is an eco-conscious healing and wellness retreat deeply rooted in the ancient traditions of Bali, making it a peaceful sanctuary to embrace Balinese Healing, Living Foods and Sacred Arts. In 2011-2013, Fivelements has been recognised as Best Luxury Destination Spa in Indonesia by World Luxury Spa Awards, Destination Spa of the Year and Eco Spa of the Year by AsiaSpa, Best Boutique Hotel, Best Yoga and Best Eco Spa Retreat by SpaFinder, and recognized worldwide for Sustainable Design, among others.

Fivelements' integrative healing retreats and day programmes combine:

- Balinese Healing rituals for purification, balancing & regeneration
- Living Foods nutrition for revitalization
- Sacred Arts for inner strength, alignment & dedication

We invite you to experience a healing journey through the mystic culture of Bali.

For more detailed information on this press release or high-resolution images kindly contact:

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