



[Read more about the upcoming Spiritual Fast Retreat at Fivelements](#)

About Fivelements

Nestled alongside the Ayung River, Fivelements, Puri Ahimsa, Bali is a healing and wellness destination inspired by the Balinese way of life, which encourages us to nurture harmony with spirit, the environment and one another. This award-winning retreat is the first of a new genre of wellness destinations bridging the wisdom of traditional cultures with innovative transformational healing concepts. Fivelements' highly personalized programmes integrate ancient Balinese healing with living foods nutrition, sacred arts practices and sustainable living and design.

The founders' intention is to co-create healing and wellness destinations around the world that convey:

- Their *Vision for Love* and its power to transform
- Their *Aspiration for bridging the wisdom* of traditional healing
- An *Eco-Consciousness* linking their mission to inspiring design

Vision: *Learning to Love and Respect Life*

Mission: *Creating the space for Life Transformation and Love in Action*

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