



# Mana

ECO RETREAT

## Hello and Welcome at Mana

Throughout the pacific mythology, Mana is a spiritual energy and healing power which can exist in places, objects, and persons.

We strive for Mana to be a place where a simple and slower paced lifestyle is at home. A place where you can be yourself, relax, connect, have fun, and nurture your body and soul.

If there is anything we can do to make your stay more comfortable, please let us know:

**Reception WA: +62 853 3862 8659**

Find out information  
about:

[Check in / out, \\_  
services](#)

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## MANA INFO

Our reception is open from **7AM – 10PM**. We also have a staff member who sleeps at reception in case of an emergency.

Our meeting point, if an evacuation is required, is the parking lot just outside the restaurant.

We have many fire extinguishers installed throughout the property and one on the outside of most rooms. Locate the one nearest to you.

### Check in / out

Check in is from **3PM** onwards, possibly earlier if your room is already available.

Check out is at **12PM**.

We have public showers and storage for your bags that can be used after your check-out or before check-in time.

### Room Service

We provide daily cleaning service between **8.30AM – 4PM**. If you do not wish to be disturbed, please let our staff know by hanging up your door hanger in the morning. For environmental reasons, we change towels and bed linen on request (see card on desk).

### Transportation

We offer a car with private driver to any destination in Lombok.

We also offer return transportation to Teti Batu (ricefield area which is great for walks and scenery), Gili Nanggu (beautiful snorkeling) and Benang Stokel (some of the nicest waterfalls of the Island). Please check with reception for prices and more information.



# YOGA / SPA / CINEMA RESTAURANT

## Yoga

We provide daily Yoga classes and regular events.

Please find the current schedule, prices, and further info here

### Yoga info & schedule

## Spa

Our inhouse Spa has 4 treatment rooms.  
Check the menu here.

### Spa menu

Please book in advance to make sure you don't miss out.

## Cinema

The front Yoga Studio becomes a Cinema each evening at 7.30PM. Free for inhouse guests. You can enjoy food and drinks from the restaurant during the movie. Find the schedule here.

### Cinema schedule

## Restaurant

Enjoy our vegan/vegetarian restaurant from 7.30AM until 9.30PM. Find our Menu here.

### Restaurant menu

Room and Pool service is provided upon request. The back pool bar has a staff member or a bell to place your orders.



# MOTHER EARTH



We installed 120 solar panels to generate electricity for Mana.

Any excess solar electricity that we don't use is sent to the public electrical grid where our clean energy can be used by others.

Please turn off your AC when you leave the room and shut the door and windows when AC is on.

You can find a duvet on your bed, but we have sheets available. Please ask assistance from the front desk if required.



We recycle where we can and joined forces with a few other businesses for an organic waste collection.



We provide free drinking water. To reduce single use plastic, we sell reusable drinking bottles at our shop located at reception.

We invested highly in a clean and green septic system which filters and cleans our wastewater which can be used for irrigation. Anything other than a small amount of toilet paper will block our delicate system. Please use the bin provided.

The water from the Cabana and the Bungalow bathtubs directly irrigates the Mana gardens. While all our bath products are natural, please use the shower for all soaps and products.



## PRACTICAL INFORMATION

### Sasak / Muslim Culture

Bahasa Indonesia is the official language of Indonesia, but most locals here speak Sasak (Ethnic group of Lombok), which is what you will hear mostly when locals speak to each other. Learn a few words of Indonesian and you will receive lots of appreciation for it! If you decide to visit villages or go into more rural areas, please be mindful of what you are wearing.

### A few words of Lombok-Sasak language which will excite the locals!

Thank you	Matur tampiasih
You are welcome	Pade pade
Good, beautiful	Solah



### Bahasa Indonesia phrases that will go a long way:

Thank you	Terima kasih
You are welcome	Sama sama
Hi	Halo
Good morning / afternoon / evening	Selamat pagi / sore / malan
How are you?	Apa kabar?
Where are you from?	Dari mana?
I am from...	Dari...
Very tasty	Enak sekali



## PRACTICAL INFORMATION

### Get around

The best way to get around is by renting a scooter or a car with private driver, as public transportation is almost non-existent, and Gojek/Grab are not available in Kuta. It is very easy to find a motorbike for rent in the village just outside the entrance of our Retreat. Petrol can be found almost everywhere along the roads, sold in bottles for around 12.000 IDR / bottle.

We rent bicycles at Mana for 50.000 IDR / Day.

### Groceries shopping

We recommend Fresh Market or its neighboring shop Banyu Urip for your groceries.

On Wednesday and Sunday is the main local market next to Pipes Hostel where you can find an abundance of fresh vegetables, fruit, seafood, and meat.

### ATM / Money Exchange

There are many ATM's and Exchange facilities along the main road in Kuta as well as the road leading up to the beach. Many Alfamarts and Indomarts have an ATM inside too.

### Medical Clinics

There are several small clinics in Kuta. The closest one is Blue Island. Slightly further but also bigger and newer is Kuta Emergency past Loka Gym on the right.

The main hospitals (Siloam and Harapan Keluarga) are in Mataram.

Follow the map of Kuta to find the best places to eat, shop and go for a drink.





# KUTA BEACH



## Kuta TOWN

DIVING

CLINIC

SPA

RESTAURANTS

ATM

GYM

SHOPPING





## SOUTH LOMBOK BEACHES, SURF AND SUNSETS

Lombok Islands beaches have powdery white sand and clear turquoise water, some with little infrastructure and very few visitors. Kuta beach is walking distance (15 minutes) from Mana. For the other beaches, you will have to rent a bike or a car.

### **Tanjung Ann (15 min. East)**

Very nice white sand beach. Lots of warungs (local restaurant) but also SUP, Surfboard and Kayak rentals. Nice walk up the hills and sunset point. Also known as a surf destination.

### **Selong Belanak (30 min. West)**

White sand beach with many local warungs and also one big western restaurant that offers good shade for children. Surfboard rental on the beach to try out surfing (beginners). If you are lucky, you will see the buffalos crossing by.

### **Mawun, Lancing / Tampah beach (20 min. West)**

More beautiful beaches for swimming, relaxing and snorkeling (lancing).

### **Gerupuk (25 min. East)**

A well-known surf destination with no beach. The waves can be reached by boat which you can organize upon arrival in Gerupuk town.

### **Are Guling (15 min. West)**

Are Guling has 2 small warungs on the beach. You can either paddle to the wave or take a 2-minute boat ride.

### **Sunsets**

Watch the Sunset at Bukit Merese in Tanjung Ann and at Seger beach (10 min. East)



**Thanks for your stay at**



**Mana**

**ECO RETREAT**

We really appreciate your honest feedback, as it is a way for us to learn and keep growing towards a better Mana.

Please use the feedback forms at the front desk.

We love to receive a review on [google.com](https://www.google.com) if you enjoyed your stay with us.

**[Link to Google reviews](#)**

**[www.manalombok.com](http://www.manalombok.com)**

**Insta: [manayogaretreat](#)**

**Facebook: [Mana Yoga Retreat](#)**