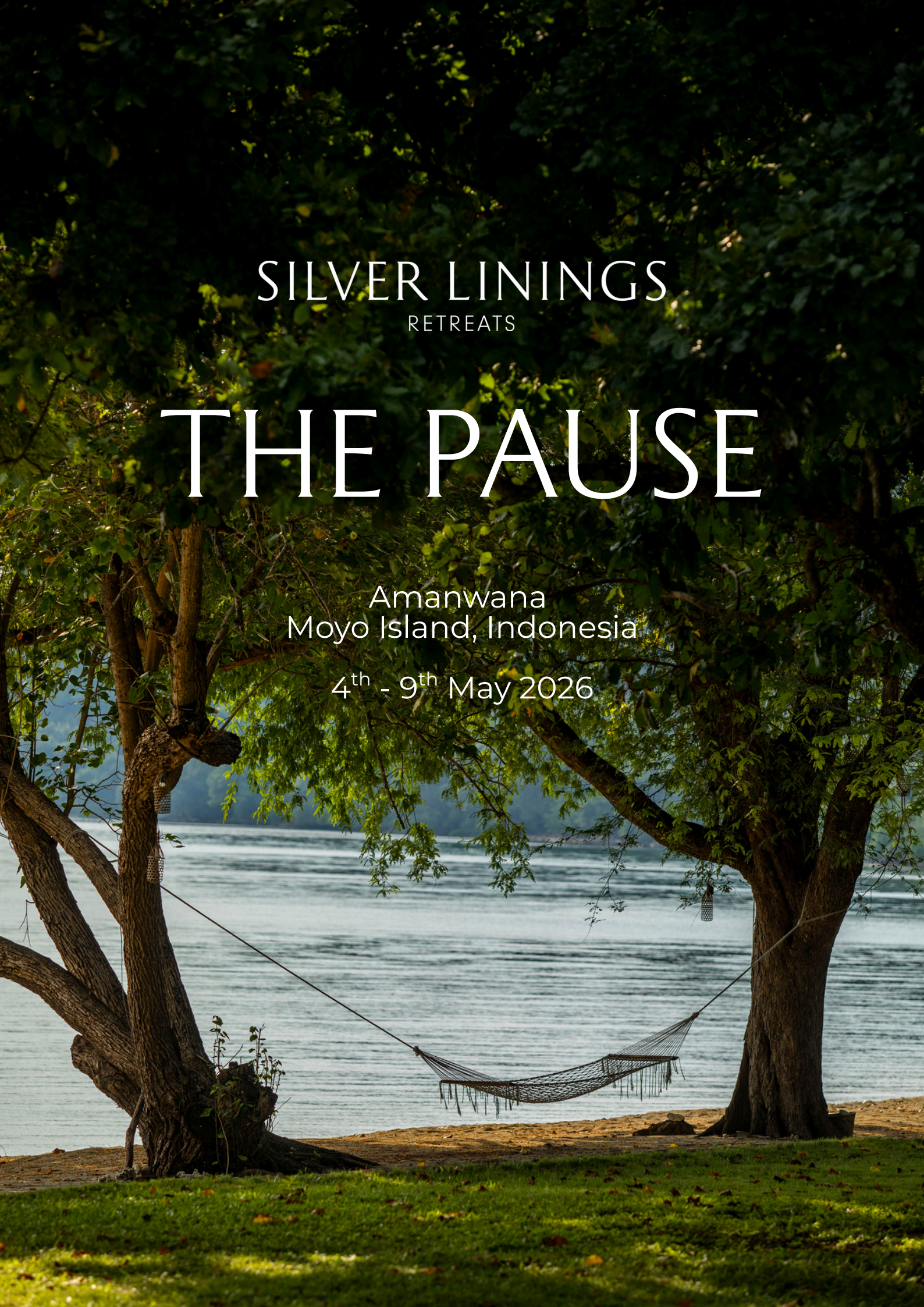


A full-page background image showing a peaceful tropical setting. Two large, leafy trees frame a hammock strung between them. The hammock is empty and hangs over a calm body of water. The foreground is a grassy area with some fallen leaves. The overall mood is tranquil and inviting.

SILVER LININGS
RETREATS

THE PAUSE

Amanwana
Moyo Island, Indonesia

4th - 9th May 2026



WELCOME TO THE PAUSE AT AMANWANA

You arrive.

The ocean salt on your skin.

The hush of forest canopy.

Here there is nothing you must do but
surrender to the rhythm of restoration.
Permission to pause.

Permission to peel back the layers of daily
life and discover what lies beneath.

This is Silver Linings Wellbeing's signature
retreat, tailored for the refined soul longing
for quiet, clarity and transformation.

Give yourself permission to Pause.

FINANCIAL TIMES
**how to
spend it**

VOGUE

Forbes

ELLE

HEALTH IS A STATE OF
BODY. WELLNESS IS A
STATE OF BEING.

J. Standord



YOUR IMMERSIVE JOURNEY



Each day at Amanwana is a bespoke weaving of movement, nourishment and wonder. Designed around your own pace; here is what you may experience, though no two journeys are alike.

DAWN & MORNING

Gentle awakening: Breathwork, Meditation, Pilates or Yoga as sunlight filters through the jungle and meets the ocean horizon. You are guided inward.

MID-MORNING & AFTERNOON

A nourishing, family-style lunch. Time for sea swims, snorkelling and forest walks. Spa treatments where you release tension, physically and energetically. Quiet writing and reflection beneath the trees or in your tent-porch.

EVENING

Sunset cruise over crystalline water. A ritual: perhaps by candlelight. Herbal teas and refreshments. Dining under a canopy of stars. Gentle movement, Breathwork. Stretch, reflect, and enter night held in serenity.

You step into each moment with intention. We are here to guide, to hold space, to elevate and to honour your inner rhythm, always.

YOUR HOSTS & GUIDES

You are supported every step of the way by a team of consummate practitioners:

CHRISSY SUNDT-DOLAN

Founder & lead curator; ballet artist turned movement visionary, your constant companion through this retreat.

ANNE-MARIE KRAMER

Teacher of movement & somatic awareness; she helps you remember the body you inhabit with presence.

CLARISSA LENHERR

Harley Street nutritionist; her guidance ensures your nourishment aligns with both pleasure and precision.

DEWANTA FRENDY

Healer of ancestral lineages; holder of sacred space, integrating energetic wisdom rooted in Balinese & Javanese heritage.

THE AMANWANA TEAM

Guardians of sanctuary, service, and soulful detail.





RITUALS, NOURISHMENT & MOVEMENT

Everything here is intentional. Not wellness for its own sake, but wellness transformed.



- Embodied practises: sunrise Yoga, Pilates mat work, oceanside strength work and guided meditations attuned to your unique energy. Bonfire sessions beneath the stars, sound bath relaxation and mindful movement inviting your body and mind into profound alignment.
- Nutrition as a ritual: vibrant, clean and creative cuisine that celebrates the art of eating well. Meals designed to delight the senses, balance the body and nourish from within.
- Restorative therapies: a signature Aman massage and bespoke treatments drawn from both modern science and ancestral wisdom guide you deeper into renewal and balance.
- Nature as a teacher: kayak journeys, jungle walks, snorkelling among coral, an invitation to slow down, listen and reconnect. Time in nature becomes part of your ritual.



WHAT'S INCLUDED & BESPOKE ENHANCEMENTS



Here is what we weave into your journey - enriched with touches shaped uniquely for you:

- Pre-and post-retreat sessions with Chrissy to clarify your personal goals
- Roundtrip car & boat transfers from Sumbawa Besar Airport to Amanwana
- Luxury accommodation (Ocean or Jungle Tent) with full board
- Soft beverages and mini-bar replenished daily
- Guided movement and restorative workshops
- Waterfall spiritual cleansing
- One Aman 60-minute massage
- Sunset Cruise in the Amanwana bay
- Laundry service, attentive staff, seamless care

Bespoke enhancements:

- Private sessions shaped around your personal aspirations
- Additional Aman spa treatments beyond your signature massage
- Unique experiences: private helicopter arrival, dive expeditions and rituals

YOUR SANCTUARY & ACCOMMODATION



Arrive into elegance, into light, into immersion.

Choose between the Ocean Tent (sea-breeze, views across Amanwana Bay) or the Jungle Tent (immersed in forest and sounds of wildlife).

Each tent is more than a place to rest. It is your private refuge, a space composed for stillness as much as for comfort, filled with refined touches, a veranda to watch the dawn, a calm haven that aids you into a deeper sleep.

The sea, the forest and the sky will be your walls.

THE SANCTUARY & ACCOMMODATION

JUNGLE TENT



THE PAUSE - 5 DAY WELLNESS JOURNEY

OCEAN TENT



THE PAUSE - 5 DAY WELLNESS JOURNEY

An aerial photograph of Mount Fuji, Japan, showing the mountain peak rising above a layer of white clouds. The surrounding landscape includes a coastline with a bay and some smaller islands. The sky is a clear, pale blue. The text is overlaid on the upper portion of the image.

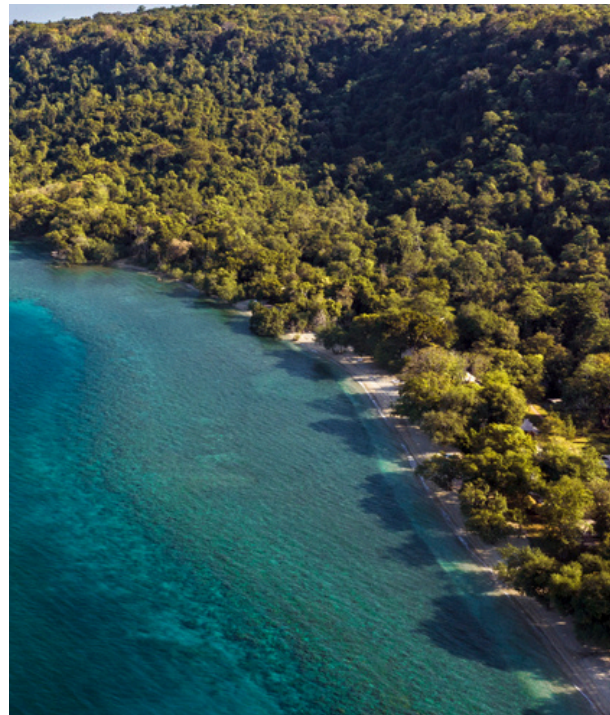
IN SILENCE, YOU WILL MEET YOUR REAL SELF.

Robert Adams

ARRIVING: LOGISTICS MADE EFFORTLESS

We believe arrival should feel effortless so you can surrender fully.

- Flights from Bali to Sumbawa Besar; private transfers (car + boat) meticulously timed to meet you.
- For those seeking elevated arrival, helicopter transfer options provide aerial views, swift travel, dramatic entrance to sanctuary.
- Our team is on hand to coordinate every detail - travel schedules, wellness journey, dietary preferences, welcome rituals.





AWAKENING STORIES

I came to Kamalame carrying so much. By day two, the tension that my body held began to dissolve. By the last night, under stars, I found a part of myself I had forgotten.

Tanya



What an incredible week. Amazing classes, delicious food and the most beautiful location. Feeling totally relaxed and restored!

Georgie

A wonderful week of wellness in a stunning environment.

Elizabeth

Chrissy and her team have put together an extraordinary wellness retreat. The team really took time to listen to my needs and my bespoke program of yoga and barre training, treatments and meals were all delivered with great care and attention.

Athena



I left feeling completely recharged. It was the perfect blend of movement and stillness in nature. Every detail was considered thanks to the SL team. Thank you!

Isabelle

A true escape. From the oceanfront classes to the nourishing meals, it was a luxurious reset. I've never felt more present.

Holly

BEGIN YOUR EXPERIENCE



Take the first step towards a cultivated pause.

With only a select number of places available, early confirmation is recommended to secure your place on this rare journey.

- Ensure you download this brochure - this is your map, your invitation
- Explore lodging options - be it Jungle Tent or Ocean Tent
- Reach out to discuss what matters most to you or for bespoke options
- Book your retreat on Silver Linings Wellbeing website, selecting your preferred lodging, or contact us to start your journey

hello@silverliningswellbeing.com or via Whatsapp on +447593454830

SILVER LININGS
RETREATS

GIVE YOURSELF PERMISSION TO
PAUSE

