

A full-page photograph of a tropical landscape. In the foreground, a green lawn is scattered with fallen leaves. Two large, thick-trunked trees with dense green foliage stand on either side of a hammock. The hammock, made of a dark mesh material with fringed ends, is strung between the trees and hangs just above the ground. In the background, a calm body of water stretches to the horizon under a soft, hazy sky. The overall atmosphere is peaceful and idyllic.

SILVER LININGS
RETREATS
THE PAUSE

Amanwana
Moyo Island, Indonesia

28th September - 3rd October 2026



PERMISSION TO PAUSE IN PARADISE...

The Peaceful Forest...

Unplug, reset and reconnect at Amanwana, an exclusive tented resort set within a protected marine and forest reserve on the shores of Indonesia's Moyo Island.

This is a rare invitation to step away from the world. Discover pristine nature, exquisite cuisine, world-class movement and healing, and the kind of peace that stays with you long after you return home.

Give yourself permission to pause in paradise with Silver Linings Retreats.

FINANCIAL TIMES
**how to
spend it**

VOGUE

Forbes

ELLE

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

J. STANDORD



OUR FOUR PILLARS

MINDFUL MOVEMENT

Strengthen, lengthen and restore through daily Pilates, Barre, Yoga and Breathwork. Each session is intelligently sequenced to reconnect you with your body. Moving with intention, presence and ease.

REST & ILLUMINATION

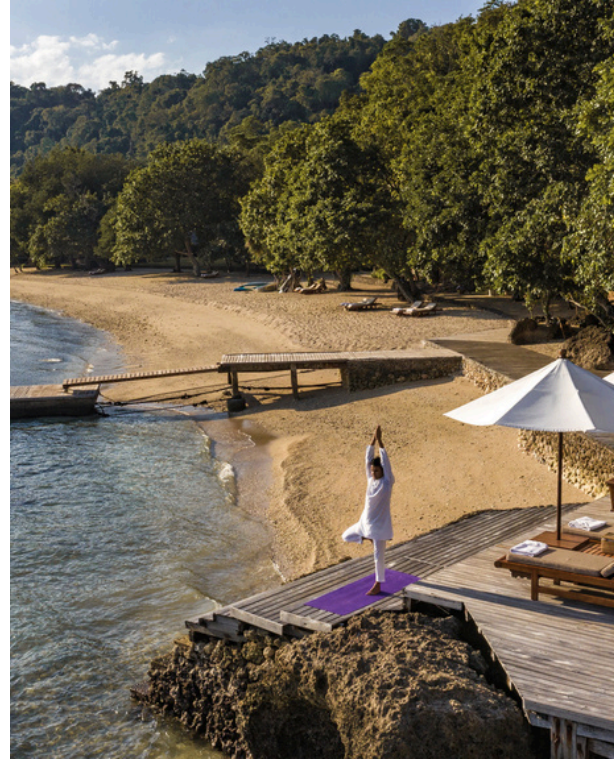
Step away from the noise. This is space for stillness, journaling, digital detox and inner reflection - supported by sound healing, spa rituals and time in nature. A return to clarity.

NOURISHMENT

Our menus are curated to delight the senses and nourish the body, crafted by leading nutritionist Clarissa Lenherr. Seasonal and vibrant, this is food to support your energy, mood and vitality.

SLEEP & STILLNESS

Experience true restoration. From in-tent treatments to guided evening meditation, everything is curated to support deep, uninterrupted sleep so you wake feeling clear, grounded and shining every day.



A MAGICAL SETTING



Nestled within Moyo Island's National Park, Amanwana's ocean and jungle tents offer barefoot luxury with all the comfort you'd expect from an Aman escape.

- Ocean-front or Jungle tent accommodation
- Full board with daily mini-bar replenishment
- An in-tent massage or Aman Spa treatment
- Exclusive Silver Linings goodie bag on arrival
- Roundtrip boat and car transfers from Sumbawa Besar Airport

OUR TEAM

Each expert has been hand-selected for their skill, integrity and deep experience. They will be on hand throughout retreat and beyond to support with every need.

CHRISSY SUNDT

Chrissy is your retreat guide – a ballerina, choreographer, master trainer & the founder of Silver Linings Wellbeing. Chrissy brings expert-led movement, personalised care & a wealth of experience to the retreat.

ANNE-MARIE KRAMER

With over 30-years' experience, Anne-Marie blends breathwork with soulful Yoga teaching. From founding global yoga studios to guiding thousands through transformation, her work is rooted in presence, truth and the belief that healing starts from within.

CLARISSA LENHERR

A Harley Street nutritionist, Clarissa curates all Silver Lining Retreats menus. She specialises in gut health, hormones and thyroid balance.

DEWANTA FRENDY

Frendy's work is deeply rooted in tradition. With an innate gift for energy and sound, he leads transformative sound baths that invite stillness, release and reconnection. Frendy brings a transformative presence to every healing experience.

THE AMANWANA TEAM

Always on hand. Attentive, discreet and devoted to making every moment of your Silver Linings retreat seamless and profoundly nourishing.

WWW.SILVERLININGSWELLBEING.COM



A TYPICAL DAY ON RETREAT



MORNING

Meditation
Pilates
Yoga
Mindful Movement



AFTERNOON

Nourishing lunch, family-style
Explore Moyo island
Spa time & resort



EVENING

Stretch
Breathwork
Sunset cruise
Dine under the stars

UNCOVER WHAT AWAITS...



Everything you need for a deeply restorative pause in paradise. Your Silver Linings retreat at Amanwana is more than a getaway, it's a full-body reset, crafted with care and intention.

WHAT'S INCLUDED:

- Pre- and post-retreat consultations with founder, Chrissy Sundt
- Return transfers from Sumbawa Besar Airport to Amanwana
- 5 nights in an Ocean or Jungle Tent (see Retreat Packages for options)
- Full board, soft beverages and in-tent mini-bar replenished daily
- Daily laundry service (5 pieces per guest, per day)
- Access to all movement classes and wellness workshops
- One 60-minute massage at the Aman Spa or in the privacy of your tent
- Complimentary use of paddle boards, kayaks and snorkelling equipment
- A signature Sunset Cruise in Amanwana Bay
- A thoughtfully curated Silver Linings goodie bag on arrival

An aerial photograph of Mount Fuji, Japan, showing the mountain's peak partially obscured by a layer of white clouds. The surrounding landscape includes a coastline with a bay and a small island in the foreground. 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

HOW TO GET THERE

COMMERCIAL FLIGHTS TO SUMBAWA

The most convenient route to our Amanwana retreat home remains via Bali (DPS) to Sumbawa Besar (SWQ) with Wings Air, operating regular daily services.

HELICOPTER TRANSFERS

Helicopter transfers can be arranged from Bali directly to Amanwana, Moyo Island. Please see below the helicopter details:

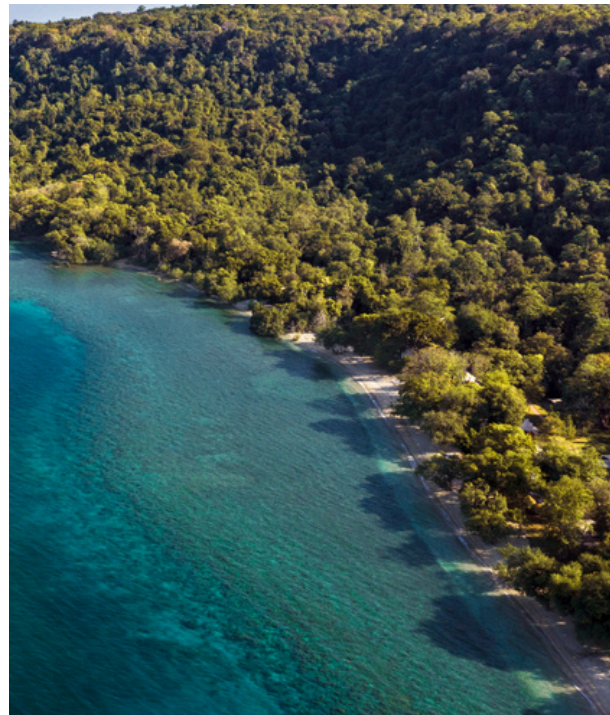
Bell 206 L4

- Maximum capacity: 2 passengers + 1 pilot and 1 crew
- Maximum payload: 280 kg passengers & luggage
- Duration approximately 110 minutes

Bell 407

- Maximum capacity : 4 passengers + 1 pilot and 1 crew
- Maximum payload : 450 kg passengers & luggage
- Duration approximately 115 minutes.

We are happy to assist with current schedules or to help coordinate guest transfers based on preferred travel times.







TESTIMONIALS

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 has 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

SILVER LININGS
RETREATS

GIVE YOURSELF PERMISSION TO
PAUSE IN PARADISE

Let us take care of the rest.

