

RETREAT INFORMATION

2017



info@mao-meno.com

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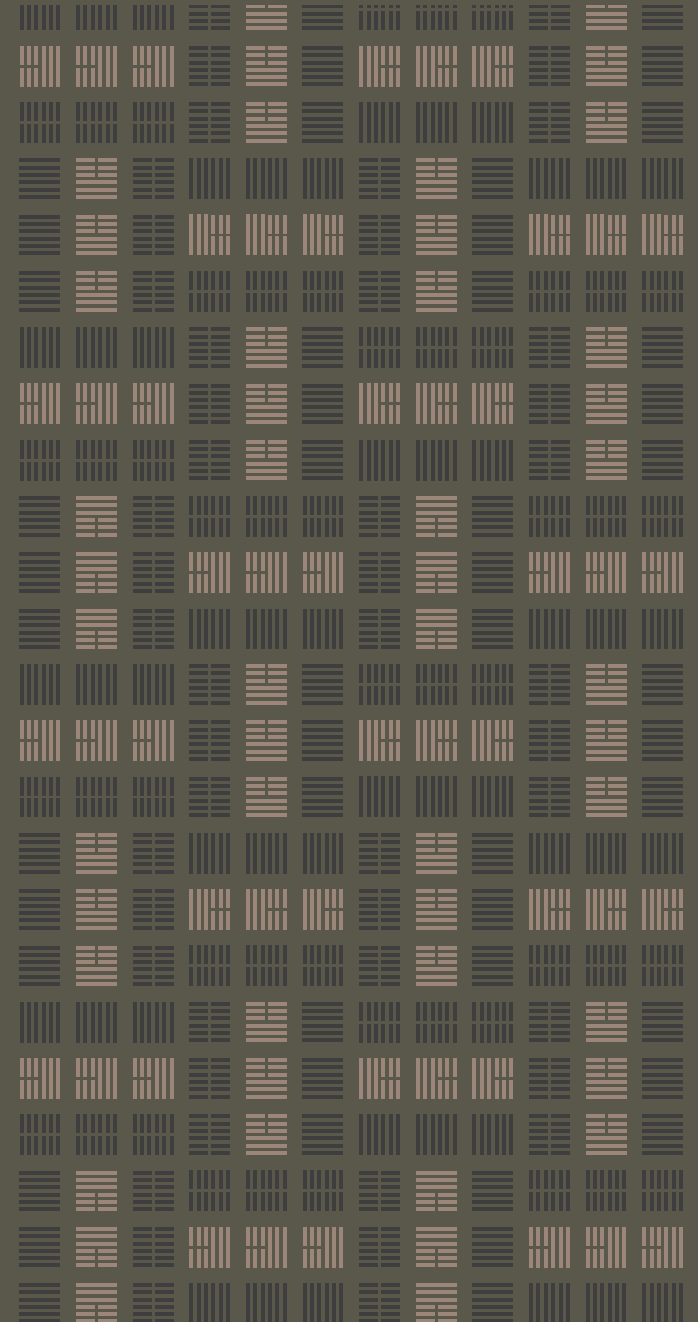
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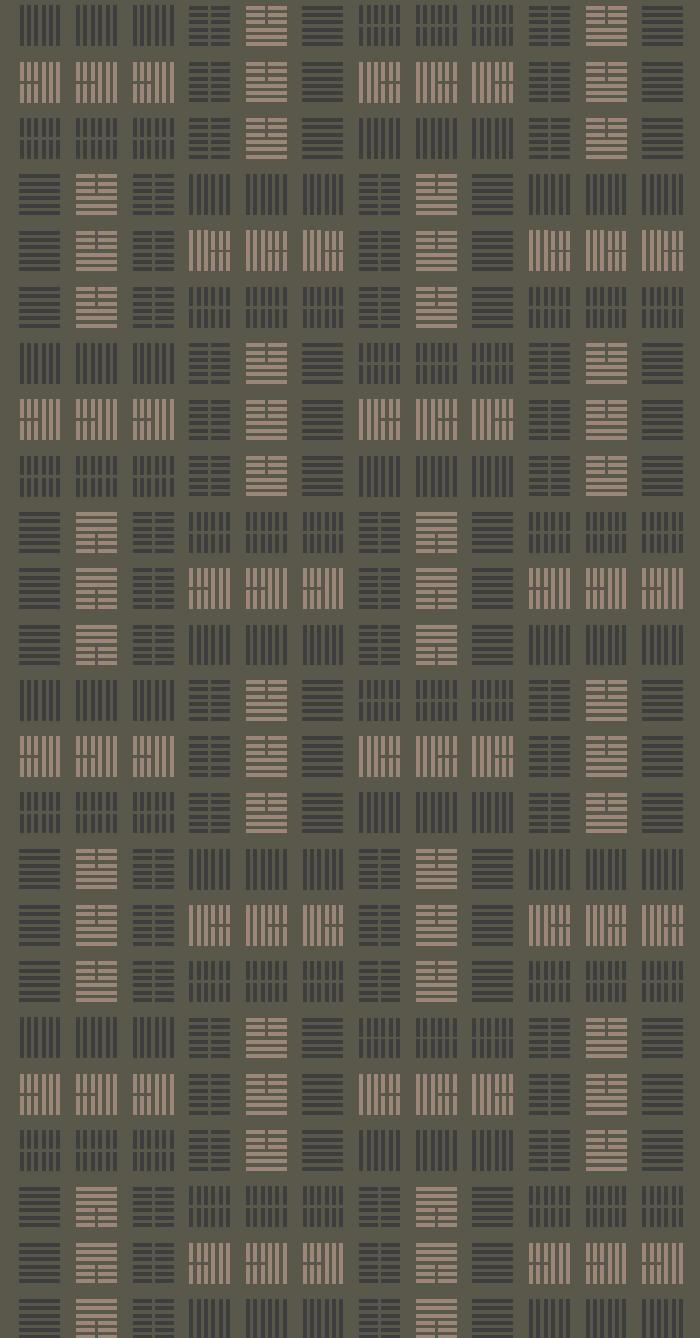
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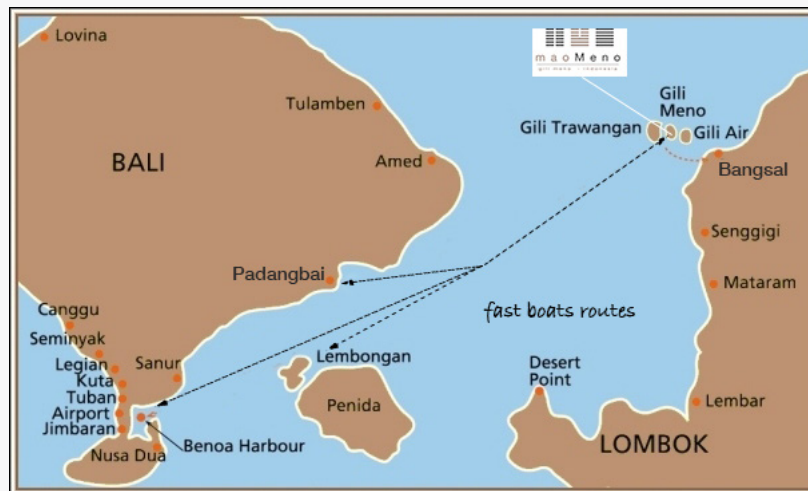


1. OUR VISION

*maoMeno provides a space for Peace,
Art and Inner discovery. Surrounded
by turquoise waters and infused with
calming energy, it is a place to unfold,
embody and play.*



2. LOCATION



*Follow the Yoga Signs &
White Coconuts...*



2.1. Getting There...

maoMeno is located on the island of Gili Meno, one of the three Gili Islands. These are located five kilometers off the northwest coast of Lombok, Indonesia.

The easiest way to access the Gili Islands from Bali is through one of the fast boat companies offering daily transfers from Pagangbai (East Bali). A shuttle bus from the airport, Kuta, Seminyak or Ubud is included.

We recommend Eka Jaya fast boats or Marina Srikandi. Prices vary from 50 USD until 100 USD return depending on the season. If you have a booking with us, let us know, and we might be able to get better deals for you.

Another option is to fly to the new Lombok International Airport. From there it takes 2 hours to get to Bangsal, where the local boats depart to the Gilis. Boats leave to Meno at 10am, 2pm & 5pm.

Additionally there is a new fast boat connecting Meno with the other two Gilis & Lombok. Departing on the hour, for 85.000 IDR (6.5 USD) one way.

For those on a real budget or wanting to go the 'local way', ferries leave from Padangbai (East Bali) towards Lembar (Southwest Lombok). Expect hassle from friendly locals and a 5 hour boat journey plus 2 hour drive to Bangsal.

Once in Gili Meno's harbour, maoMeno is located on the South of the Island. It is a 10 minute walk. Follow the Yoga signs and the white coconuts, as indicated on the previous map. If you are carrying heavy luggage there are horse carts available for 80,000 IDR (6 USD).



3. ACCOMMODATION

Our accommodations range from simple island huts to a fully equipped villa. Choose between seven sleeping options, each with its unique charm and privacy.

Feel free to enquire about different possibilities for staying with us. These include whole space rentals, retreats & events organising.

Rates may differ according to the season & length of stay. We will send you a quotation once you submit your request.

HOUSE	No. Pax.	Water	Price/Night EUR
THE JOGLO	1-4	● ●	120
ARTISTS HOUSE	1-4	● ●	105
BAMBOO HOUSE	1-4	●	64
BLUE HOUSE	1-3	●	57
GARDEN BUNGALOW	1-3	●	41
TERRACE BUNGALOW	1-2	●	41
2X ECO STAY	1	●	15

For retreats and Yoga trainings guests normally require individual beds. maoMeno offers a total of 19 beds. Sleeping up to 23 guests if the double beds are occupied by 2 people.

Due to the wide-range of possibilities our offering will be tailored made according to your needs.

- Fresh water shipped from Lombok
- Hot water showers
- Ground water (salt & sulphur content)



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The Joglo

Comfort, space and style are some of the features of this house. The original 'Joglo' construction is Javanese. We have readapted this concept to create a unique construction using 95% recycled wood, most of it over 100 years old.

The master bedroom is equipped with a king size bed, A/C and plasma TV. A second bedroom-platform is located upstairs, with two single latex futon beds, tatami style. It is cosy, ideal for kids or adults.

The Joglo includes a kitchen for private use and a spacious lounge, perfect for lazy siestas. We provide hot/cold fresh water in this house.

1-4 Pax.



The Artists' House

This two-story house is over 70 years old. We rebuilt it in maoMeno adapting it to our vision. The master bedroom is located on the top floor. Whitewashed walls, smooth lines and natural light enhance the peaceful quality of this house.

The spacious veranda is perfect to enjoy magical sunsets over the green fields, practice yoga or hang upside down with our yoga swings.

On the ground floor we have included a multi purpose studio with space for sleeping two more guests. This creative space includes a unique solid wooden table.

Hot/cold fresh water (shipped from the neighboring island of Lombok) is provided.

1-4 Pax.



Bamboo House

This 100% bamboo house is ideal for those guests looking for a natural, zen and tranquil living space. It has two ensuite bedrooms and a spacious veranda overlooking the pandan garden.

The master bedroom sleeps 2 in a double latex futon bed. Discover its large open air bathroom, with a small deck, ideal for sunbathing or Yoga...

Bamboo floors and large Japanese-style sliding doors lend this space a gracious simplicity

Minimalist furniture, clean lines and privacy make the Bamboo House an ideal retreat with a retreat.

Fresh water shipped from the neighbor island of Lombok is provided.

1-4 Pax.



Blue House

The Blue House is our newest offering at maoMeno resort. It sleeps 3 people on individual latex beds.

Blue washed walls, clean lines and a stunning sunset view over the fields are some of its highlights.

With carved wooden panels imported from Bali and high ceilings, this house is spacious and fresh.

1-3 Pax.



Garden Bungalow

The Garden Bungalow employs traditional lumbung-style architecture and is secluded in the inner garden surrounded by trees and lemongrass. The top floor offers a romantic double bed beneath the thatched roof (with the option of twin beds). The lower chillout platform is a sweet and private space to relax or can be equipped with a single futon for a third guest. and an attached bathroom. Additionally, Enjoy the pleasure of waking up to the sound of the birds, the waves and the breeze.

Fresh water for showers provided (shipped from the neighbouring island of Lombok).

1-3 Pax.



Terrace Bungalow

Enjoy golden sunsets over the green fields from the terrace of this traditional Lombok 'Sasak style' construction. Made completely from wood with high ceilings and featuring a recycled teak Balinese bed.

We invite you to shower under a rain of stars -one of the pleasures of island life -in the private open air private bathroom.

Our most popular bungalow.



1-2 Pax.

Eco Stay

Our two 'bales' are open platforms, which are very popular in Indonesia.

Traditionally used as an open lounge to receive guests and enjoy relaxation, we have adapted the concept for sleeping.

With a latex futton, lamp, mosquito net and electrical outlet, simple needs are met.

Both are located beside our natural pond, surrounded by fields with cows and coconut trees.

Perfect for guests on a budget or with an adventurous spirit.

1-2 Pax.



4. FACILITIES

maoMeno occupies a total of 4.800 m2.

There are 6 main houses and 2 bales (open platforms for sleeping and contemplation).

Our facilities include the Yoga Shala, dining area, shop & reception, pond sanctuary and massage room.

The dining area is made up of 3 rustic wooden tables that seat up to 25 guests. Wifi is provided in this area (15pax at a time).

The new shop and reception area offers unique pieces of art and handicrafts as well as yoga wear and equipment, food supplements and skincare.

The pond sanctuary is located at the far corner of our garden. Surrounded by fields and coconut trees, guests can soak up the peaceful and nurturing atmosphere of this island.

The massage room is a delicate bamboo shingle construction where guests can advance book treatments.

For longer trainings we may be able to arrange alternative body work modalities such as thai massage, cranial-sacral, kineology and acupuncture.



4.1. The Shala

The main Yoga Shala occupies 63 m sq. measuring 9 metres by 7 metres. It can accommodate 25 people comfortably.

The thatched roof (alang-alang), wooden recycled floor and three open walls provide a breezy and natural environment for the practice. The fourth back wall is ideal for supporting inversions.

We provide the following equipment:

- 15 yoga mats
- 40 thick yoga blankets
- 20 belts
- 30 soft blocks
- 10 bolsters
- 4 yoga swings

The shala has speakers for playing music and a projector.



5. CATERING SERVICES

Our catering services are tailored made according to your group's needs and schedule.

We put great thought and effort towards providing wholesome menus with both indonesian and european options.

Standard catering option

Freeflow of water, infusions, tea & coffee available for guests.

Full buffet breakfast including: 2 types of fruit salad, smoothies, homemade raw muesli, eggs, brown toast, butter, jam & seed spread options.

Afternoon snack.

Full vegetarian buffet dinner, including: salads, dips, cooked vegetables, tofu and tempeh, brown or red rice, desserts.

This is the most popular catering service during retreats & trainings. To maintain the quality of our dishes we limit our offering to a maximum of 2 main meals a day. Non vegetarian meals are also available upon request.

Please feel free to ask for a menu sample.

Standard Catering Option 25 EUR / Day / Pax.



6. RATES & CALENDAR

2018 Rates

Availability for 2017

MONTH/ WEEK	1	2	3	4
January 2016	●	●		
February				
March				
April				●
May	●	●	●	●
June	●	●	●	●
July	●	●	●	●
August	●	●	●	●
September	●	●	●	●
October	●	●	●	●
November	●	●	●	●
December	●	●	●	●

● Week not available for whole space rental

Availability for 2018

MONTH/ WEEK	1	2	3	4
January 2017				
February				●
March		●	●	●
April			●	●
May	●			
June				●
July	●	●	●	●
August	●	●	●	●
September				
October				
November				
December	●	●	●	●

THIS CALENDAR IS ONLY APPROXIMATE, PLEASE
SEND US AN ENQUIRY TO CHECK DETAILED
AVAILABILITY

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HOUSE	No. Pax.	Price/Night EUR
THE JOGLO	1-4	105-120
ARTISTS HOUSE	1-4	105-120
BAMBOO HOUSE	1-4	57-70
BLUE HOUSE	1-3	57-64
GARDEN BUNGALOW	1-3	43-57
TERRACE BUNGALOW	1-2	43
ECO STAY x2	1	18

YOGA SHALA	Price EUR
WHOLE DAY	120
HALF DAY	70

Price includes the use of our mats and props.

RETREATS	Price/Day EUR
WHOLE SPACE RENTAL	680

Price includes all the houses, shala, equipment such as
movie projector and special decorations with flowers.

ALL RATES ARE NET INCLUSIVE OF 15% TAX

RATES MAY VARY DEPENDING ON THE SEASON.
PLEASE CONTACT US FOR A DETAILED QUOTATION.