

The Slow Arc

Below the Hum

A 12-Night Nervous System Immersion in Bali
April 8-20th, 2027

With Jaime VanDenBrock
Somatic Experiencing Practitioner

The Intention

The Arc

This immersive retreat unfolds like the gentle rhythm of the sun —
from rising light,
to midday warmth,
to quiet evening stillness.

Over 12 nights, we move through connection and exploration,
softening into unwinding and receiving,
and ultimately turning inward toward settling and shared quiet.

Each phase offers space to move, pause, play, connect, or simply be —
inviting you to rediscover what it feels like to live within a healthy, grounded rhythm.

Light-hearted moments, shared connection, and the freedom to receive and rest are woven throughout, creating a balance of ease and depth.

My Role

Throughout the retreat, I'll be alongside you — participating in the experience while holding steady space for the group.

My role is to offer support and grounding, creating a space where your nervous system can settle, your body can soften and your capacity to receive, rest, and go inward can deepen.

Below the Hum

The Slow Arc — Below the Hum — is an invitation to move beyond the constant background buzz many of us carry even in moments of “rest.”

That hum can keep us from truly connecting with ourselves.

Here, we move beneath it — to a quieter, deeper layer where genuine rest and presence live.

Slowing is not passive here.

It is an intentional return.

Who This Is For...

The Slow Arc – Below the Hum is for those who feel a quiet longing to slow down — to be more present and alive, to rest more deeply, connect more honestly, and move beneath the constant hum of daily life.

You come with openness, curiosity, and a willingness to be present with yourself and others.

This retreat is for those who want to:

- Move beyond surface-level rest into a deeper and more nourishing presence.
- Reconnect with their natural rhythm and the intelligence of their body.
- Explore curiosity, playfulness, and light-hearted connection alongside periods of reflection and quiet.
- Receive support, rest fully, and allow the nervous system to settle safely.
- Witness the subtle yet profound shifts that come from intentionally slowing down.

If you are ready to step out of habitual pace and journey below the hum, this retreat offers a space where your openness, presence, and receptivity can meet stillness, depth, and true renewal.

The Arc Overview

The journey of The Slow Arc – Below the Hum unfolds like the arc of the sun – rising, shining, and settling – over 12 nights and 13 days.

Phase 1 – Connection & Exploration

We begin with curiosity, energy, and adventure. Playful experiences and shared adventures help the group connect, creating moments of joy, laughter, and light-hearted engagement.

Phase 2 – Unwinding & Receiving

The pace softens. At an Ayurvedic sanctuary, daily treatments, gentle yoga, and nourishing meals create space for deep restoration – alongside meaningful Balinese cultural experiences and connection to local rhythms.

Phase 3 – Settling & Silence

After days of connection, movement, and nourishment, we naturally turn inward – entering a guided period of shared silence that the first two phases have gently prepared us for. Here, the nervous system can settle more deeply, creating space for reflection and integration. We'll close our time with one final afternoon and evening in connection – gradually returning to words, reflection, and shared presence, and celebrating our time together before departure the next day.

Across the retreat, the arc moves from lively engagement to deep restoration and inward reflection – a space to connect, rest, receive, and move more fully into yourself.

Phase 1 — Connection & Exploration

Ubud Valley Resort | 4 Nights

Intention:

This phase is about arriving — in Bali, in the group, and in yourself.

We'll begin by building connection and ease together, exploring the beauty of the island through shared experiences and gentle adventure.

There will be space to laugh, to move, and to settle — allowing your body to gradually adjust to a slower rhythm.

Included:

- Accommodation at Ubud Valley Resort (shared or private room)
- Daily breakfast and afternoon tea
- Welcome dinner on the first evening, one special rijtafel dinner & one lunch while on excursion
- Transfers from the airport or other hotel
- Guided excursions designed to bring playfulness and connection:
 - A beginner-friendly rafting experience on the Ayung River
 - 8-hour guided VW tour exploring the region
 - Additional optional excursion TBD

All activities are optional. You are always encouraged to choose the level of participation that feels right for your body and comfort.

Not included:

- 3 lunches/2 dinners. To be purchased by participant from an a la carte menu on site at the resort or while off on our explorations.

Phase 2 - Unwinding & Receiving

Zen Resort Bali | 4 Nights

Intention:

This phase is about softening – into your body, into support, into a slower pace.

We'll shift gently from exploration toward nourishment, allowing space for rest, Ayurvedic treatments, gentle movement and delicious, healthy meals. There will be room to receive care without needing to do or perform.

You'll be gently held in this slower rhythm. With quiet support woven throughout, your body can soften naturally and at a pace that feels right.

Included:

- Accommodation in deluxe sunrise or sunset sea-view villa (shared or private)
- Daily breakfast, lunch, and dinner, plus daily mineral water, fresh flowers, and a fruit basket
- Daily Ayurvedic treatments including Four Hands massage, Abhyangam, Shirodhara, wellness consultations and more
- Gentle yoga and meditation sessions (sunrise and sunset)
- Balinese cultural experiences, including a welcome blessing ceremony (Melukat) and one special dinner with Balinese dance
- Guided excursions: eco-forest walks, visit to tranquil hot springs and peaceful temple
- Access to Shinrin Yuko Forest Therapy: walking, stretching, and reconnecting in nature
- Return transfers by private car to Zen Resort

Phase 3 - Settling & Silence

The Yogi's Garden | 4 Nights

This phase turns inward, entering a quieter space we've been gently preparing together.

After days of connection and nourishment, we transition into a guided 2 and a half days of shared silence, allowing the nervous system to settle into greater simplicity and ease.

For some, the idea of silence can feel unfamiliar or even a little intimidating at first. By the time we arrive here, your system will have moved through days of exploration, care, and connection. The quiet becomes less something to “do” and more something to rest into — together.

Silence will begin in the late afternoon of our arrival and continue through the morning after our third night together at Yogi's Garden. Our days will include meditation, gentle yoga, time in nature, nourishing meals and simple rhythms to support inward focus.

Though we won't be speaking, we remain in shared presence — moving, practicing, dining and resting alongside one another. You are not alone in the silence.

This portion of the retreat is held by experienced facilitators within a clear and steady structure. If at any point you need support, private guidance is available from the retreat leaders or me — allowing your system to fully settle and absorb what has unfolded.

Settling & Silence continued...

Included:

- Accommodation (private, shared double, or dorm-style)
- Daily brunch and dinner, plus two nourishing snacks each day
- Facilitation of the guided silent retreat
- Transfers to airport or other Bali hotel

We'll close our time with one final afternoon and evening in connection — gradually returning to words, reflection, and shared presence. Having moved through this rhythm together, there is often a natural sense of ease and cohesion. This final night is a chance to savor, share, and celebrate our time together before departure the next day.

The Slow Arc – Below the Hum

12 nights | 13 days | Bali

Your retreat investment includes:

- Accommodations (Deluxe single or shared occupancy)
- Meals (all but 3 lunches/2 dinners at the first resort)
- Excursions
- Ayurvedic treatments
- Meaningful Balinese cultural experiences
- All transfers between resorts and included activities
- Access to all retreat phases: Connection & Exploration, Unwinding & Receiving, Settling & Silence
- Full facilitation and guidance throughout the journey

Note: It is highly recommended to arrive at least one day in advance to gently settle in and attune to the local rhythm. This additional evening is booked separately and allows you to begin the retreat grounded, present, and well-rested.

Investment & Registration

Retreat Investment (excluding flights):

Private accommodation: \$6,200 CAD/person

Shared accommodation: \$5,500 CAD/person

Space is intentionally limited to 10 participants to maintain depth and connection.

To secure your spot:

Email me with your intent to register at info@prioritymassageandhealth.com

Participants may indicate their preferred accommodation option. Allocations will be made in the order of registration.

A deposit of \$1,500 CAD is required at registration (non-refundable)

Remaining balance is due February 8th, 2027

Payment Method:

E-transfer to info@prioritymassageandhealth.com

Once your deposit is received, you'll get confirmation, detailed accommodation info and guidance to prepare for the retreat.

Perhaps something stirred as you read this —

a sense of calm,

a spark of excitement,

a quiet knowing,

a simple curiosity,

or even a hint of discomfort

(a gentle reminder that growth often comes from the edges of our comfort).

Whatever arose — or didn't — is welcome.

If there is even the smallest sense of curiosity or pull toward slowing down, toward stepping beneath the constant hum, you are warmly invited to join us.

The Slow Arc – Below the Hum

12 nights | 13 days

April 8th-20th, 2027 | Bali, Indonesia

To register, simply email your intent to join and deposit to: info@prioritymassageandhealth.com

Below the hum is where you can return to yourself — rested, present, and renewed.