



THE FIRST KOREA-JAPAN-CHINA
WELLNESS MEDITATION CRUISE RETREAT

Ritamville Soul Cruise *Retreat*

A voyage to discover your true self –
five nights at sea, sailing from Busan.

SEPT 2-7, 2026 | 5 NIGHTS, 6 DAYS · AT SEA

Why This Retreat Is Different

Nine reasons this voyage doesn't exist anywhere else.

01

Korea's First

The first Korea–Japan–China Wellness Meditation Cruise Retreat — a category that didn't exist before this.

02

27 Years, Proven

Ritamville's method, refined and proven with tens of thousands of participants since 1999.

03

World-Class Guides

Ritamville's own masters, joined by an internationally recognized guest speaker for this voyage.

04

Luxury Cruise

Costa Serena — 114,500 tons, renewed for 2026, the largest Italian ship sailing from Korea.

05

Three Countries

Korea, Japan and China — one continuous journey, five ports, one voyage.

06

Consciousness Journey

Not relaxation alone — a deliberate, guided passage into consciousness.

07

Limited Experience

A single sailing, once a year — capacity is finite and does not repeat until the next edition.

08

Full-Service Program

Accommodation, meals, sessions and mentor talks — one price, nothing to assemble.

09

Trade-Ready

Group terms, B2B contact and full logistics available on request for travel partners.

Everything you need to know, in fifteen seconds.

DATES	September 2–7, 2026	PROGRAM	Retreat — Ritamville's Holistic Wellness Program
DURATION	6 days, 5 nights — all at sea	HOST	Ritamville · 27 years of heritage
SHIP	Costa Serena — 114,500 tons	WHO IT'S FOR	Anyone, with or without meditation experience
COUNTRIES	Korea · Japan · China	BEGINS IN	Busan — departure & return, included for every guest
ROUTE	Busan → Sasebo → Shanghai → Seogwipo → Busan		

For travel partners and direct guests — full detail on request.

STARTING FROM Rates available on request —
tiered by cabin category

**AIRPORT
TRANSFER** Gimhae Int'l (PUS) → Busan
Terminal — details on request

MIN. GROUP SIZE Group and agency terms
available on request

**LANGUAGE
SUPPORT** All languages available

**BOOKING
DEADLINE** Subject to availability — early
reservation advised

PAYMENT Deposit and balance schedule
provided at booking

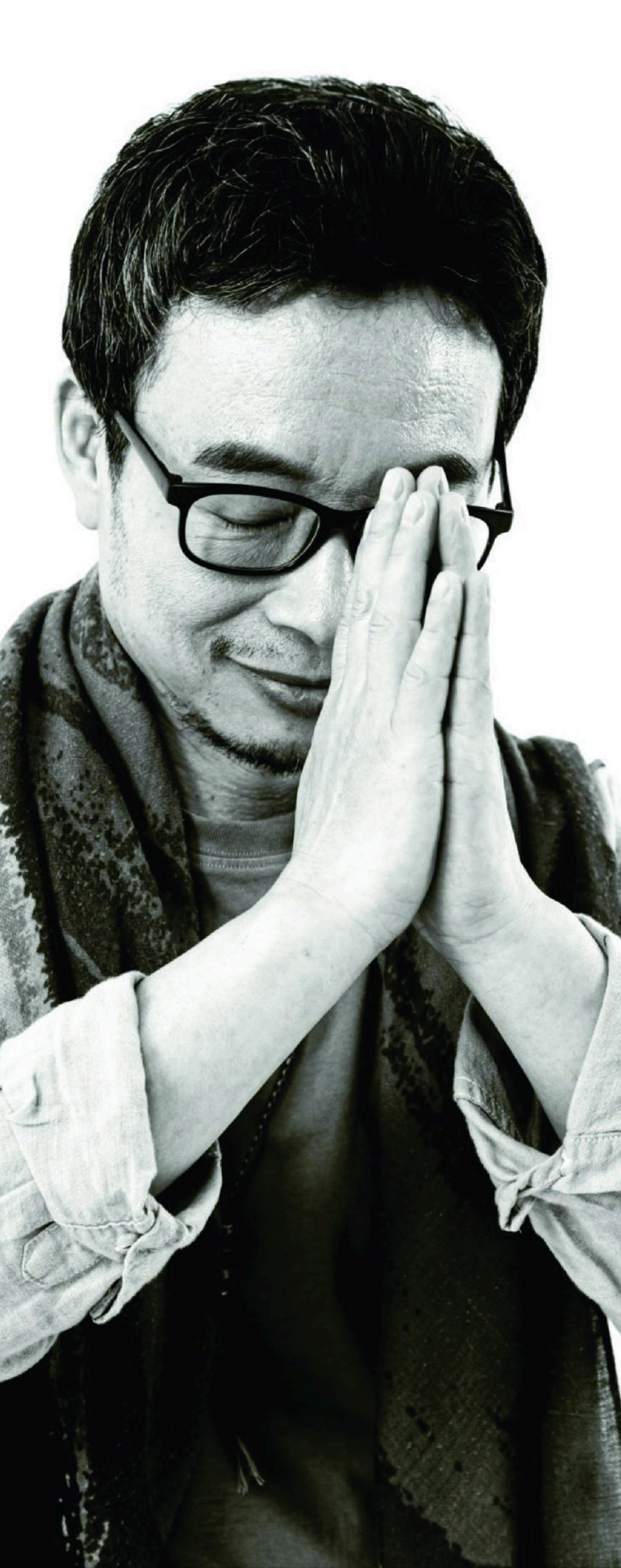
**CANCELLATION
POLICY** Full terms provided at booking
confirmation

B2B CONTACT Trade enquiries welcomed —
partner rates on request

DEPARTURE PORT Busan International
Passenger Terminal

DOCUMENTS Passport valid 6+ months;
visa guidance provided

Figures marked "on request" are confirmed individually for each travel partner and finalized closer to sailing.



MEET YOUR GUIDES

Master Sunya

FOUNDER · 27 YEARS ·
AUTHOR · GLOBAL RETREAT
LEADER

Creator of "Cradle Meditation" and founder of Ritamville — sought out by CEOs, athletes and performers across two continents for nearly three decades.

- Founder of Ritamville (1999) and the international Super Soul Relay
- Personal meditation guide to MLB's Chan Ho Park and LPGA's Jin Young Ko
- Author, "The Pleasure of Self Awareness Through Awakening" and two other titles; invited lecturer across 6 U.S. cities

MEET YOUR GUIDES

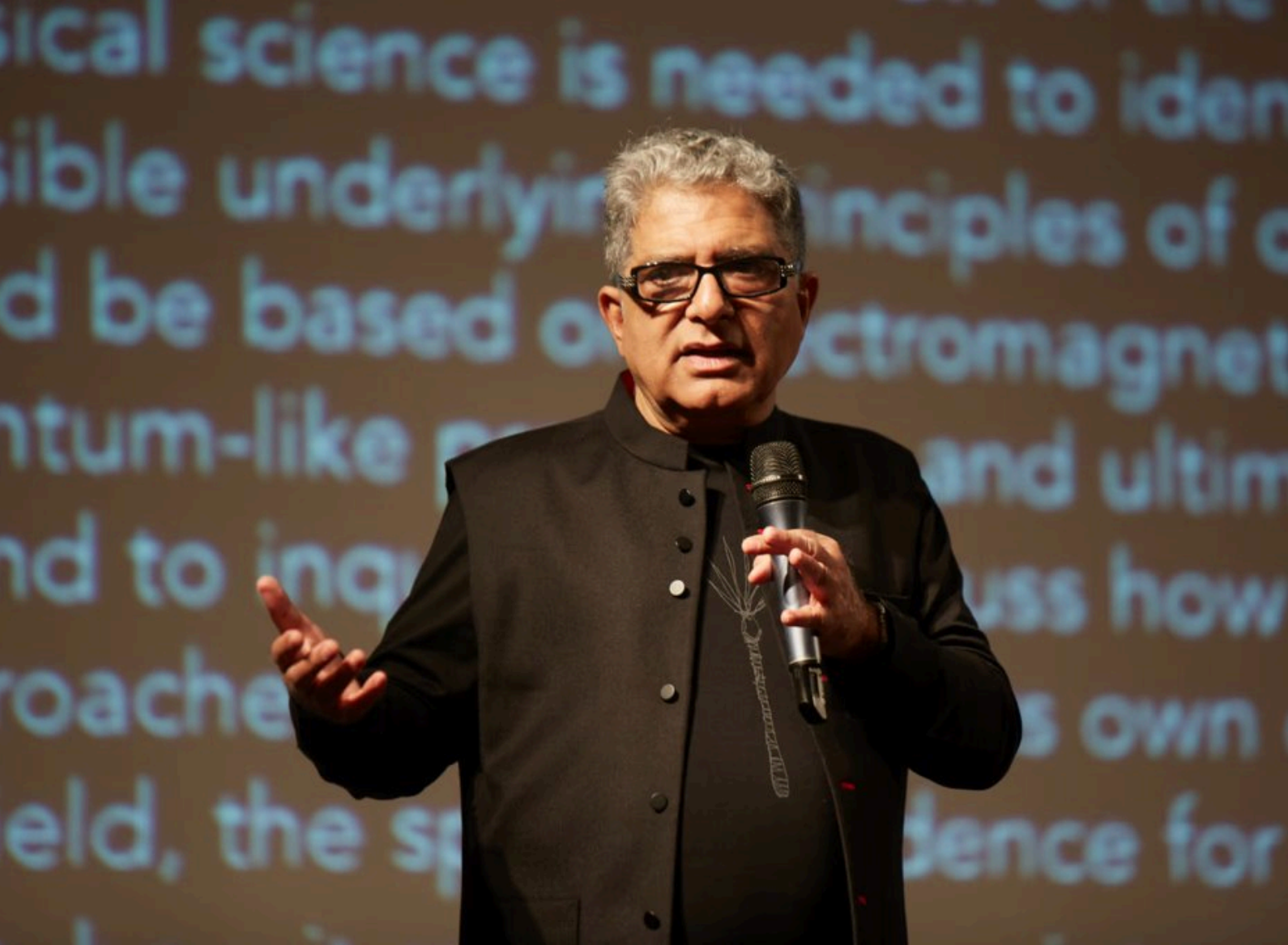
Master Rishi

PROGRAM CREATOR · 27
YEARS · CONSCIOUSNESS
RESEARCH

"How can I pass this on to humanity?" — the question that became her own Spiritual Path, and the research behind Ritamville's program design.

- Lead researcher, Ritamville R&D Meditation & Consciousness Institute
- Architect of Ritamville's consciousness education curriculum, refined over 27 years
- Retreat leadership across corporate, institutional and international programs





INTERNATIONAL GUEST SPEAKER

Deepak Chopra, MD

PHYSICIAN · FOUNDER, THE CHOPRA FOUNDATION · PIONEER OF MIND-BODY
MEDICINE

A global pioneer in mind-body medicine and one of the most widely
read voices in consciousness and wellbeing — joining this voyage
with an exclusive recorded session and live Q&A.

95+

BOOKS PUBLISHED

Millions

OF READERS WORLDWIDE

TIME

TOP 100 ICONS & HEROES

A special session and live Q&A, recorded exclusively for this retreat.



THE JOURNEY

Only by leaving
completely,
can you *truly return.*

Busan to Shanghai and back — six days of
open water between who you were and who
you're becoming.

Three Ports. Three States of Mind.

Departing from Busan · then three ports, three states of mind.

Busan

Sasebo

Shanghai

Seogwipo

day at sea

Sasebo

EMPTYING

Sasebo

JAPAN

A harbor cradled by 99 islands — the gateway to setting down daily roles and noise, and stilling the mind like a calm sea.

Shanghai

CENTER

Shanghai

CHINA

Splendor and motion without end. At our most dynamic port, we meet the center that holds steady amid outer noise.

Seogwipo

INTEGRATION

Seogwipo

JEJU, KOREA

Wholly embraced by sea and Hallasan. Everything awakened during the voyage comes together, whole, before the return home.

PROGRAM CONTENT

The Voyage, Day by Day

A general shape of how the days unfold — from departure in Busan to the final morning at sea. Individual session times are set closer to sailing.

DAY 1

Busan

Sept 2 · Departure

Boarding and a guide orientation in the afternoon, followed by dinner together as Costa Serena departs Busan into the evening.

DAY 2

Sasebo, Japan

Sept 3

Arrival in the tranquil harbor of Sasebo. Time ashore to explore at your own pace, and the voyage's first Retreat sessions — one on land, one at sea after we set sail again in the evening.

DAY 3

Day at Sea

Sept 4 · Toward Shanghai

A full day devoted to the practice. Dawn practice at sunrise, two Retreat sessions through the day, and a shared gathering in the ship's main hall as evening falls.

DAY 4

Shanghai, China

Sept 5

Dawn practice before we arrive in Shanghai. A full day ashore at your own pace through the city's energy, then a Retreat session once we're back aboard for the evening.

DAY 5

Seogwipo, Jeju

Sept 6

Dawn practice and a morning Retreat session, then our final port of call — Jeju's Seogwipo — with an afternoon ashore and one more session together before the evening's return to the ship.

DAY 6

Busan

Sept 7 · Return

A closing Retreat session at sunrise, then arrival back in Busan by midday — the voyage complete.

This sequence outlines the general shape of the voyage. Exact session timing and order may change with weather, port schedules, or operational needs — full details are confirmed closer to departure.

*An evening that feels
like the ocean is
applauding with you.*

SOLARIUM



*Sun on skin, wind on
water.*

POOL DECK



Wake to open water.

SPA



Let the water hold you.

RESTAURANT



Dine as the sea goes by.

BAR



Conversation, deepened.

27 YEARS, PROVEN

Not a Schedule. A Practice.

Ritamville's Holistic Wellness Program — the same method refined since 1999, now carried onto Costa Serena. Six pillars carry you from arrival to return.

<i>I</i>	<i>II</i>	<i>III</i>	<i>IV</i>	<i>V</i>	<i>VI</i>
Meditation	Mindfulness	Movement	Consciousness	Community	Integration

Consciousness Talks

Cradle Meditation

Mabasoul (Mind-Body-Soul)

Moving Meditation

Mindful Eating

Ritam Namaskara

Soul Gathering Party

WHAT YOU'LL GAIN

More Than a Holiday. A Measurable Shift.

Six days without email, schedules, or noise changes something. Here is what guests consistently report carrying home.

01

Deep, Uninterrupted Rest

Away from devices and deadlines, sleep and nervous-system recovery happen on their own. Many guests report their first genuinely restful night in years by day three.

03

Mental Clarity

Away from constant stimulation, the mind naturally quiets. Guests consistently describe a clarity of thought that outlasts the voyage itself, into decisions made months later.

02

Emotional Release

Guided sessions create a safe space for feelings long held back to surface and move through you — without judgment, and without needing to explain them to anyone.

04

A Practice You Keep

Meditation, breath work and movement techniques you can carry home — not just a memory of the trip, but a daily practice that keeps giving after you disembark.

WHAT YOU'LL GAIN

A Method You Won't Find Anywhere Else.

For guests who want the feeling — and for guests who want to
understand the mechanics behind it.

05

Genuine Connection

A small community of guests moving through the same experience together — often the start of friendships, and sometimes professional relationships, that outlast the sailing.

06

A Renewed Sense of Self

Space to hear your own voice again, apart from roles and expectations. Guests return not just rested, but changed — with a clearer sense of who they are choosing to become.

07

K-Meditation & K-Yoga — Found Only in Korea

"Cradle Meditation," Ritamville's Mabasoul (Mind-Body-Soul) K-Yoga practice, and its Mindful Eating protocol are proprietary methods developed in Korea over 27 years — not generic wellness routines, and not available at any retreat outside the country. You leave having learned a specific, documented system.

08

For Every Kind of Mind

Structured Mabasoul sequences for those who want method and technique, free-form Moving Meditation for those who want release without a script — both grounded in research at the Ritamville R&D Meditation & Consciousness Institute. Whether you learn by understanding the mechanics or by simply feeling your way through, this goes beyond yoga into something built to meet you either way.

One glance. Everything is covered.



Accommodation

Your chosen cabin,
5 nights at sea



All Main Meals

Throughout the voyage



Meditation

Full program of sessions



Mentor Talks

The full global speaker program



Yoga

Daily movement practice



Onboard Facilities

Pool, spa, solarium, theatre



Ritamville Guidance

Leaders with you throughout



The Cruise

All five ports, Costa Serena



Itinerary Transit

All movement within the program

NOT INCLUDED

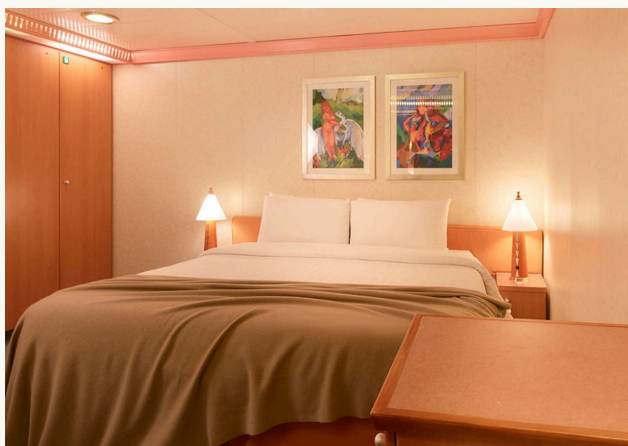
International flights · Travel insurance · Personal expenses · Optional
shore activities · Visa fees where applicable

Your Room at Sea

Four ways to experience the voyage.

Inside	Ocean View	Balcony	Suite
Quiet & enclosed	Natural light	Private open air	Full dedicated service

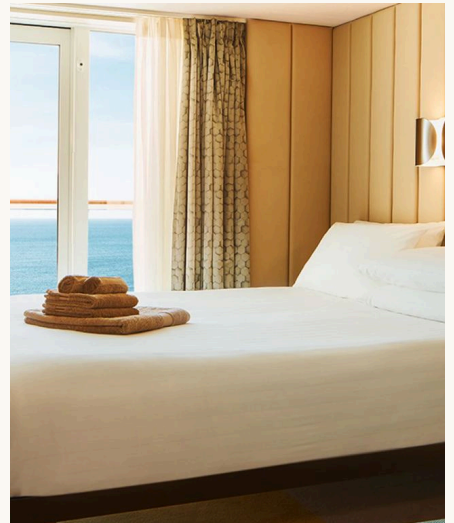
Inside *A quiet, enclosed room fully focused on rest*



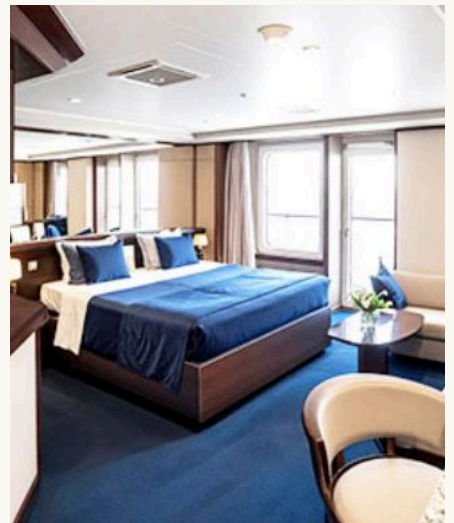
Ocean View *The richness of waking to the sea, right outside your window*



Balcony *Your own private outdoor space, open to the sea air*



Suite *The most spacious way to experience the voyage, with dedicated service*



A large cruise ship, the Costa Serena, is shown sailing on the ocean. The ship is white with a yellow and black funnel. It has multiple decks with balconies and lifeboats. The name "Costa Serena" is visible on the side of the ship. The ship is moving towards the right, leaving a white wake in the blue water. The sky is blue with some clouds.

In Their Own Words

Handwritten, unedited, straight from the page.

25. 5. 25

움직이는 명상

처음 경험해보는 명상이었습니다.

이런 명상도 있구나! 너무 신기했구요.

처음 노래가 나오면서 터져 나오는 눈물을 참을 수도 없어서

지금도 눈물이 납니다.

자유로움 · 몸놀림 · 너무나도 놀라웠어요.

말로 표현하지 못하고, 행동으로 표현하지 못한 내 자신이

이 자유로운 움직임에 감정이 자유로움이 북받쳐 오르네요.

그 동안 억눌리며 사회에서 본인에게 눈치보며 참아왔다

내 자신에게 감사하며 미안하며 또 너무 고맙네요.

그 동안 알아봐 주지 못해서 미안하고, 마음고생한 내 자신

고생했어요.

앞으로는 많이 알아보고 알려주고, 사랑할게.

좋은 시간 너무 감사합니다.

MOVING MEDITATION · MAY 2025

"This was the first meditation I had ever experienced — it amazed me. From the moment the first song began, **I couldn't hold back my tears,** and I'm still tearing up now just remembering it.

The self I could never express in words rose up through this free movement, and with it came a flood of feeling. **I'm grateful to — and sorry for — the self who spent so long suppressed.** From now on, I will see you, cherish you, and love you."

— Ritamville Retreat Participant

깊은 내면이 열렸다.

내면을 열도록 내가 나를 허락했다.

내가 나를 용서했고

내가 나를 위로했다.

괜찮다. 그러든 된다. 그러는 중이다. 그래야 했다.

내가 나를 허락한 만큼 열린다는 것은 언제나 알고 있었다.

하지만 그렇게 알아왔다.

이제는 허락한다. 고생했으니 되었다.

행복해도 되고, 중립이로 되고, 건강해도 된다.

그때도 된다. 원하는것은 언제나 되고.

가능함으로 헤쳐나갈 수 있다.

무엇이든 허락하니라. 가까이 있다가 충분히 두리 안다.

내가 나를 자기에 새롭게 드러나.

본든 나를 인정하라. 내가 나를 치유하라.

ON SELF-FORGIVENESS

"A deep place inside me opened — because I allowed myself to. **I forgave myself. I comforted myself.** It's alright. It can be this way.

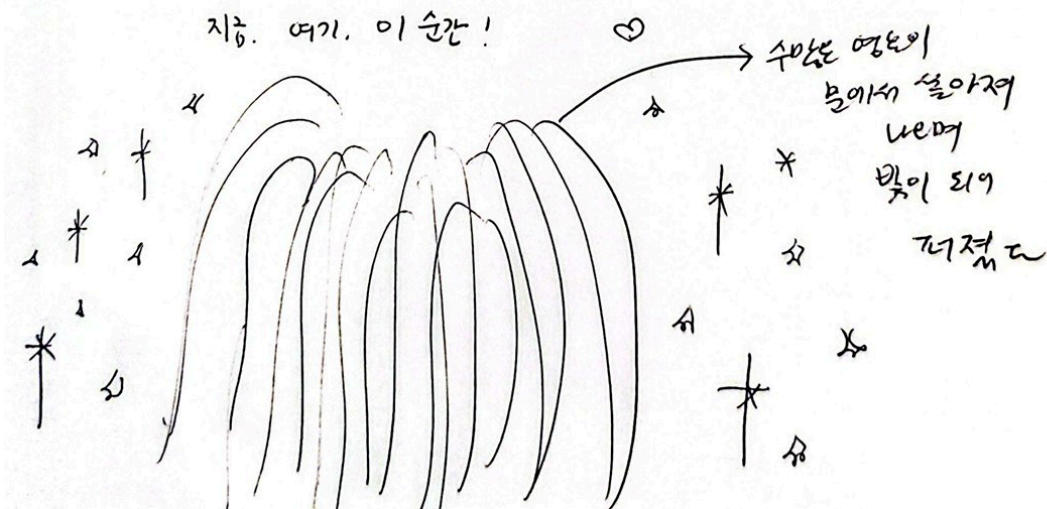
I always knew I would open exactly as much as I allowed myself to — but I never had. **It's alright to be happy, worthy, healthy** — to get what I want, without losing myself to longing. I will heal myself."

— Ritamville Retreat Participant

강연은 너무 너무 좋았다. 강론도 해도 좋구나. 허사야 따라 온걸 다르게 받아들여진다. 통합을 위한 강연이 너무 너무 속 시원하군 웃기다..
책 몇 십권 읽은 것보다 귀했다..

이 강연을 깊게 들은 것만으로도.. 강론비용은... 다 차려졌다.

깊게 라달라.. 또 쥐고 있던 것을 속 내려놓는 시간이었다.



ON THE INTEGRATION TALK

"The lecture was so, so good — I'd sit through it again and again. The talk on integration was such a relief, and so funny — **more valuable than reading dozens of books.**

It was a time to finally set down what I had been holding onto for so long. **Now. Here. This moment!** Countless words dissolved in the water and became light."

— Ritamville Retreat Participant

언어의 틀에서 벗어난 삶
 눈빛으로 파장으로 서로를 느끼며 살아
 누군가 내 언어를 이해하지 못해도 괜찮다.
 지금은 상대가 나를 이해하거나 음해하거나 공격해도 괜찮아
 내 진실된 파장은 언젠가 분명 느껴질 거야.
 하여 끝까지 진실이 전해지지 않아도 괜찮다.
 각자의 속제와 개성들의 여정을 가만 봐.
 수많은 사랑쯤에 나와 많은 사람이 분명있어.
 곁이 맞고 통하는 사랑과 소통하면 돼.
 소통되는 이가 없다면 침묵하면 돼.
 내가 느끼는 대로 연주하고 지휘하듯.
 삶의 주인공 결국 나야.
 누가 뭐든 해도 나는 나를 사랑하고
 나를 사랑하듯 다른 존재들도 사랑하며 존중하고.
 우리는 그렇게 살아가면 된다.

ON LIFE BEYOND LANGUAGE

"A life freed from the confines of language. Let's live, feeling one another through gaze and vibration. **My true frequency will be felt, someday, without question.**

I am, in the end, **the protagonist of my own life.** No matter what anyone says, I love myself — and just as I love myself, I love and respect all other beings."

— Ritamville Retreat Participant

BY THE NUMBERS

A Method Already Proven,
at Scale.

61,000+

RITAMVILLE PARTICIPANTS TO DATE

20,000+

AUTHENTIC REVIEWS

27

YEARS OF RITAMVILLE

6

SUPER SOUL RELAY EDITIONS

UK Lux Life

BEST RETREAT AWARD

A Few Essentials

Who is this retreat for?

Anyone drawn to travel and inner growth — solo travelers, couples, and small groups alike. **No prior experience required.**

Is it okay to come alone?

Many guests do. The onboard community feels like traveling with friends from the first day.

Any medical considerations?

Please share any conditions at booking. Costa Serena carries an **onboard medical center** for the full voyage.

Do I need a visa or passport?

A passport **valid 6+ months** is required. Visa needs vary by nationality — guidance is provided after booking.

What about airport transfer?

Transfer from Gimhae International (PUS) to the Busan terminal can be arranged — details on request.

I've never meditated before — can I keep up?

Absolutely. This program is built for every level, guided by **27 years of proven practice.**

Is there an age recommendation?

The program suits adults of all ages. Guests with specific concerns are welcome to check with us before booking.

I'm worried about seasickness.

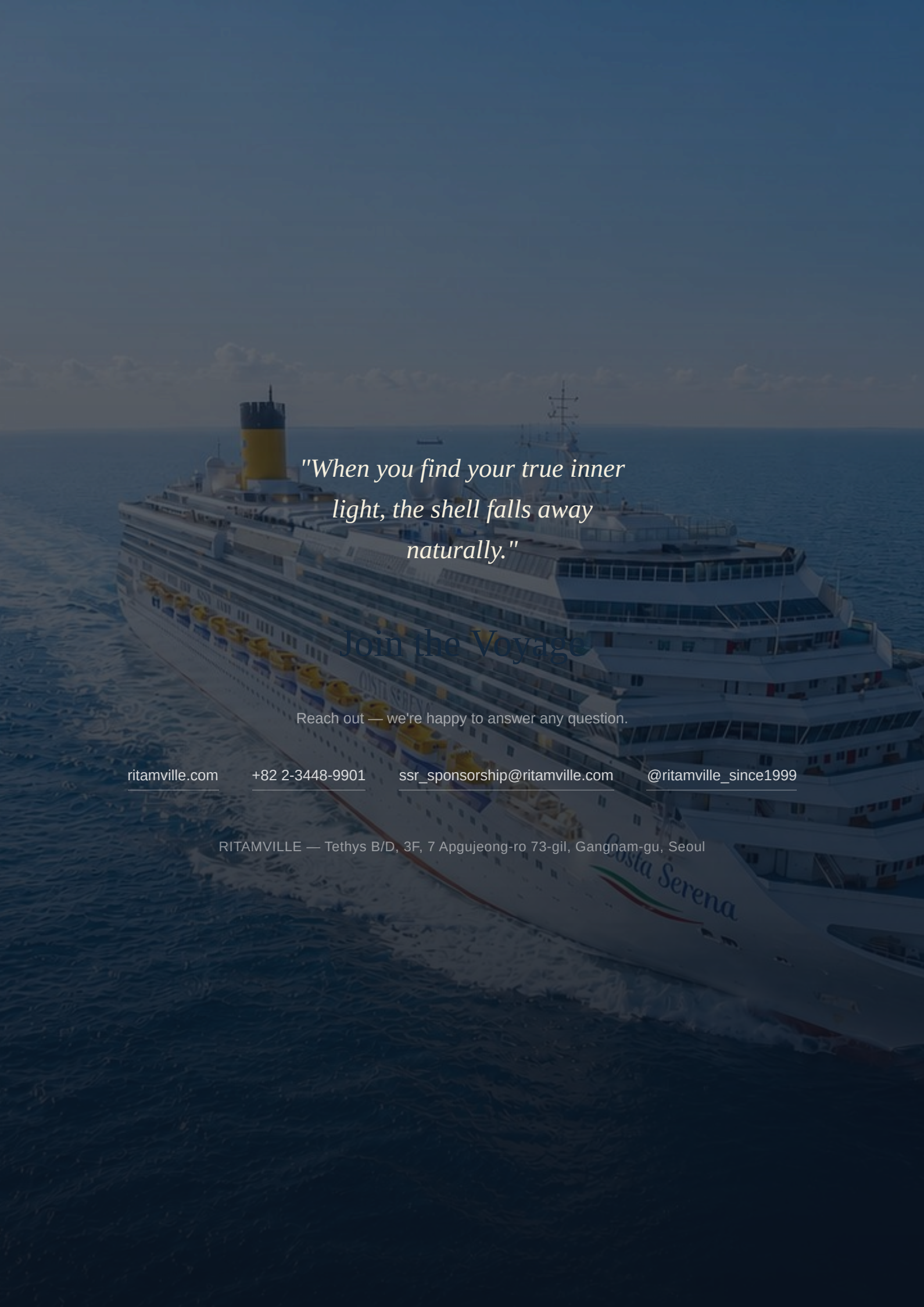
At **114,500 tons**, Costa Serena moves very little — a comfortable sail even for first-time cruisers.

Is travel insurance required?

Strongly recommended though not included. We can suggest suitable providers on request.

What's the cancellation policy?

Full terms are provided at booking confirmation, with clear deposit and balance milestones.



*"When you find your true inner
light, the shell falls away
naturally."*

Join the Voyage

Reach out — we're happy to answer any question.

ritamville.com

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