



RELAX REJUVINATE REJOICE!

A Spiritual Immersion with some Serious You Time





RELAX, REJUVENATE, REJOICE!

2-9 MAY 2020 IN BALI, INDONESIA

Are you yearning for YOU time? Do you need to step away from stress so that you can feel calm and blissful again?

This retreat into wellness is for you.

Learn ancient yoga and meditation practices with the support of a passionate teacher, in a peaceful resort — it's nothing short of paradise. Experience the rituals and cuisine of a unique culture. Fall in love with life again.

DO YOU NEED TO CULTIVATE BALANCE IN YOUR DAILY LIFE?

COME TO BALI AND COME BACK TO YOURSELF.

DAYS FILLED WITH

DISCOVERY AND DEEP RELAXATION

A Sample Day on Retreat — an itinerary rich with inspiration!

- 06:30 - 08:00** Nourishing and energising Yoga and Meditation class
- 08:00 - 09:00** Breakfast
- 09:15 - 12:30** A visit to the stunning Les Waterfall or the local orphanage
- 12:30 - 1300** Yoga Nidra Meditation and Relaxation practice
- 13:00 - 14:00** Lunch buffet
- 14:00 - 17:30** Free time for reflection, relaxation or a spa treatment
- 17:30 - 18:30** Restorative Yoga and Meditation class
- 19:00 - 21:00** Dinner, and a free evening to enjoy the company of your new found friends or have some you time.

Sweet Dreams!



YOGA AND MEDITATION



"THE CAREFULLY SEQUENCED CLASSES BY CHETANA WERE READILY ACCESSIBLE PHYSICALLY BUT SO BEAUTIFULLY GROUNDBREAKING ON AN EXPERIENTIAL LEVEL."

Immerse yourself in two or three classes a day, that will restore you from the inside out. You'll stretch and strengthen your body and relax your mind — bringing clarity and calm to your whole being.

This isn't hot and sweaty yoga. This is an authentic practice grounded in the classical teachings of yoga, meditation and more... You will learn to work with your body, moving with sensitivity and grace. And you will discover the power of thoughtful movement to alter your state of mind.

This moving meditation leads into a seated meditation, or Pranayama practice, in which you'll learn breathing practices to eliminate stress that will support you in life.

YOUR MIDDAY PICK ME UP OF YOGA NIDRA - THAT SUPINE RELAXATION MEDITATION PRACTICE - WILL CERTAINLY RESTORE AND REJUVENATE YOUR BODY, MIND AND SOUL.

All will be enjoyed with traditional Indian instruments woven throughout the teachings which get you out of the head and into your heart....

TRANSFORMATIVE EXPERIENCES TO MAKE YOUR SOUL REJOICE



Watch sunrises over the shimmering ocean before you make your way to your yoga shala.



Close your eyes and be transported by the sounds of live sacred Indian instruments.



Move effortlessly, naturally and peacefully through guided yoga and meditation practices.



Sink into the deepest relaxation during Yoga Nidra.



Gather a toolbox of yogic practice to manage the business of mind leaving you calm and centred



Relax on your daybed, sipping fresh lemongrass tea while you settle into self-reflection.



Be cleansed and rejuvenated by a traditional Balinese water ritual.



Rub shoulders with the locals and play music with the children of Tejakula village.



Luxuriate in natural and authentic spa treatments, available on site.



Tantalise your tastebuds with mouth-watering local cuisine prepared by Gaia's talented chefs.



Feel nourished by wholesome, healthy and fresh food grown in the resort's garden.



Enjoy a dip in the ocean, a good book in a comfy hammock, or a quiet meditation on the beach.



Share your journey with likeminded people — you'll become friends for life.



DO YOU WANT TO
LEARN HOW TO GET
MORE OUT OF LIFE?

INCLUSIONS/EXCLUSIONS

ORGANISED FOR YOU: WHAT'S INCLUDED

- Accommodation for 7 nights at Gaia Oasis, Pantai Beach Resort - twin share (single rooms also available).
- Welcome Mocktail party while you enjoy a traditional Balinese dance performance by the children of Tejakula village.
- Delicious vegetarian and seafood meals at Gaia Oasis, from lunch on Day 1 to breakfast on Day 8.
- Free drinks with herbal Indian teas, Balinese coffee, cocoa and water.
- Luscious Balinese desserts and fruit for afternoon tea.
- Airport transfers to and from Gaia Oasis. Designated pick-up point in Sanur.
- An exquisite pampering spa treatment.
- Sunrise dolphin cruise in a traditional junkung
- Balinese fishing boat.
- All spiritual rituals.
- Half day trip to Lez Waterfall.
- Transportation and guides for our half day trips.
- Entry fees to temples and other sites we visit.
- All yoga and meditation classes.
- A few surprises and other delightful extras!

A MIND AND SOUL ENRICHING EXPERIENCE. THE ENTIRE RETREAT PACKAGE WAS WONDERFULLY NURTURING.



WHAT YOU'LL NEED TO COVER

- Your international flights
- Balinese visa
- Pre and post-retreat accommodation
- Breakfast on Day 1, lunch and dinner on Day 8
- Additional beverages, spa services, laundry, incidentals, personal phone calls or other activities not already mentioned
- Tips for drivers, porters, housekeeping, spa, resort and restaurant staff
- Travel insurance including medical, loss and trip cancellation or interruption insurance
- Airport transfer from Sanur to airport on day 8.

BOOKING AND PAYMENT INFORMATION

Prices are in Australian dollars and based on a twin share room. Want a private room? Not a problem! A bungalow is available just for you with our Single Supplement.

Be one of the first EIGHT to book and make fabulous savings!

First eight bookings by **31 December 2019** qualify for the *SUPER SAVER* of \$300 off. So, book and pay now and pay only:

\$2195

TWIN SHARE:
\$2195 PER PERSON

\$260

SINGLE
SUPPLEMENT: \$260

After 31 December until **2 March** qualify for **\$200** off (or after the first eight bookings — whichever comes first), then your investment will be:

\$2,495

TWIN SHARE

\$260

SINGLE SUPPLEMENT



Are you ready to give yourself a break?

[Click Here](#) to Register and Book or email Chetana if you have any questions.

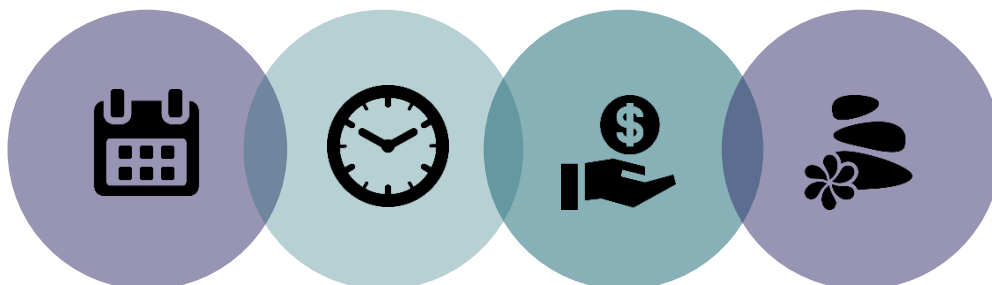
Please note that schedule and specific experiences are subject to change — but a nourishing and life changing experience is guaranteed!

chetana@yogaforthesoulretreats.com.au

SEARCHING FOR THE PERFECT WAY TO INVEST IN YOUR WELLBEING?

RELAX, REJUVENATE, REJOICE!

A Spiritual Immersion with some Serious You Time



Sat, May 2 2020
9:30 am

Sat, May 9 2020
16:30 pm

Early-bird Saving
\$300* off

BONUS MASSAGE
Invite a friend

SAT, MAY 2, 2020 9:30AM

SAT, MAY 9, 2020 16:30AM

EARLY-BIRD SAVING

\$300* off for the **first 8 people** paid by **31 December 2019**.

BONUS MASSAGE

Invite a friend and you'll enjoy another luxurious spa treatment.*



BOOKINGS & ENQUIRIES:
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