

BALI IMMERSION 19-25 AUGUST 2018

stillness-warmth-yoga-dance-qigong-seva-connection



AUGUST 19-25 2018
\$1200 TWIN SHARE
\$1450 SINGLE
6 NIGHTS ACCOM
ALL MEALS
TRANSFERS
\$200 DEPOSIT
Contact Michelle
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Farewell winter and welcome spring with a 6 day and night invigorating retreat connecting you to your body mind and spirit.

In the lush forest, on the hilltops at Abasan Mountain Retreat you can rest, swim, eat delicious organic vegetarian food. Be guided through various movement and stillness practices to vitalise, energise and calm, have the time to assess and find pleasure in your whole being.

Every morning and evening we will deepen our movement practices, immersing into the sensation of our bodies and calming the mind from the benefit of a daily practice .

Over 3 mornings you have to the opportunity to participate in workshops to create your own Sankulpa.

Sankulpa- an intention formed by the heart and mind; a solemn vow, with determination or will. A sankalpa is a tool to harness, focus and harmonise the mind and body. Finding purpose, freedom, prosperity and joy. Inspired by Rod Stryker's "The 4 Desires".



We will continue our community connection with the Tejakula villages water project and the school scholarships program.

Each retreat student will raise \$200 min to give back to the community that serves and cares for us on our retreat.

Bali Immersion Retreat
19-25 August 2018
6 days and nights
\$1200 twin share
\$1450 Single (limited options)
All vegetarian organic meals
1 x massage
2-4 x daily classes
Ceremonial dinner
Balinese dance
Workshops
Mountain top swimming pool
Beach access
Waterfall trek
Pick up at Ubud
Return to Ubud or airport
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Stepping into a more untouched Bali, not in the tourist areas; no shopping, bars or crowds. Meet local people and connect to their community.

A day of adventure and exploration, trekking to and swimming at waterfalls, relaxing spending time immersing ourselves in the beauty of the land of Bali.

Daily classes x4

Connecting to each other, sharing and exploring your creativity.

What is left for you to pay-

- *Air flight and insurance*
- *Fund raise \$200*
- *Non itinerarised meals*
- *\$200 deposit is non refundable.*