

# BALI, TEJAKULA RETREATS 2016

WITH GRAEME & LEONIE & ASHTANGA YOGA CHIKITSA

AUGUST 27 - SEPTEMBER 17

## Tejakula, 'Place of Light'

*There is a legend that a miracle once took place in Tejakula. A bright light with a yellowish glow began shining from the village and could be seen from all over Bali and beyond.*

*Tejakula is a place where the magic of Bali still exists. May its light and peace touch the heart of your practice and life.*

Breath of the Sea: August 27 - September 9

Heart of the Mountain: September 10 - 17

## Yoga Fee Only

**1-Week Retreat \$550** (7 Nights)

**2-Week Retreat \$1000** (14 nights)

**3-Week Retreat \$1400** (21 nights)

50% deposit on booking. Balance due July 30.

Cancellation: \$100 non-refundable deposit.

## Booking & Banking

Contact Leonie

[ashtangayogachikitsa@gmail.com](mailto:ashtangayogachikitsa@gmail.com)

[www.AshtangaYogaChikitsa.com](http://www.AshtangaYogaChikitsa.com)

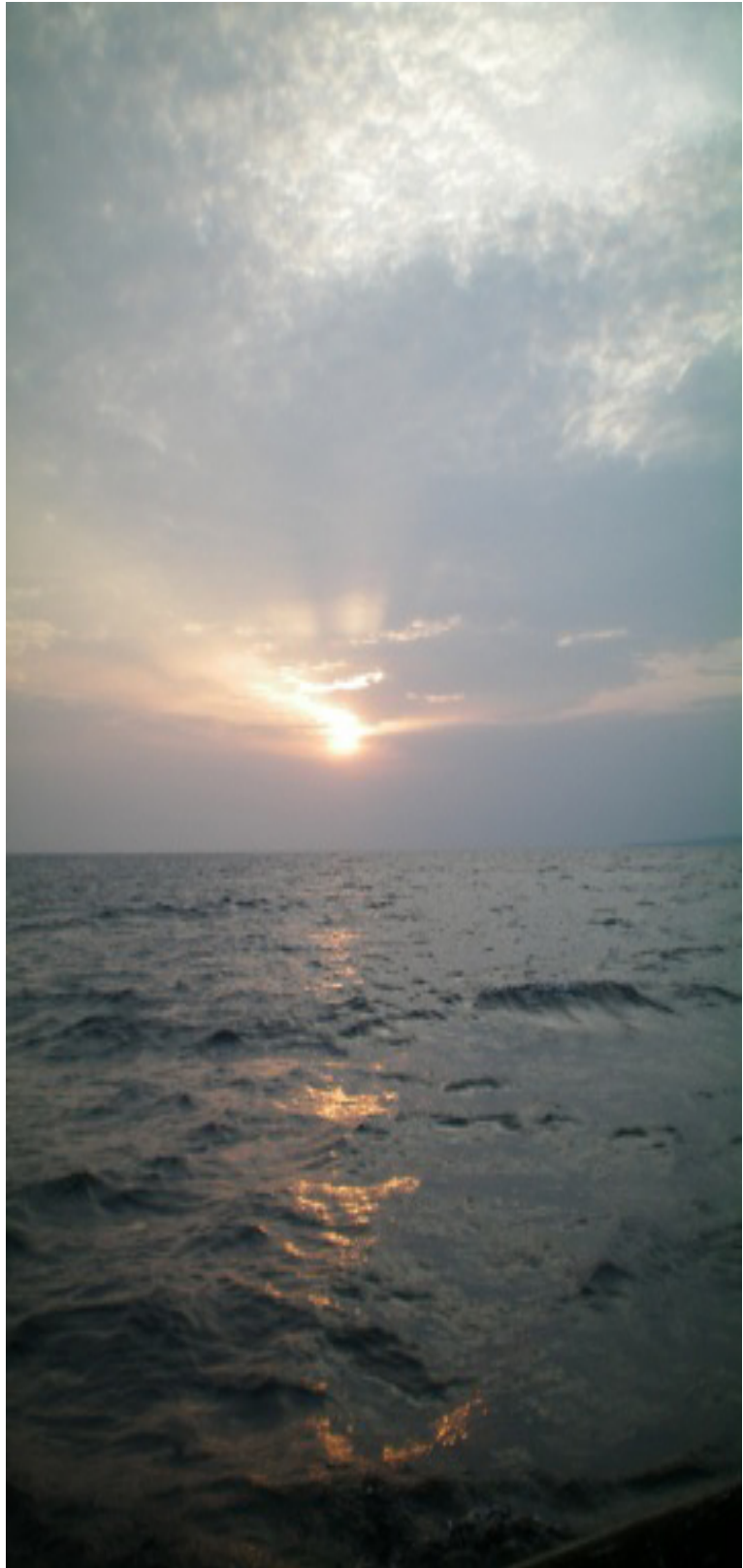
## Accommodation & Meals

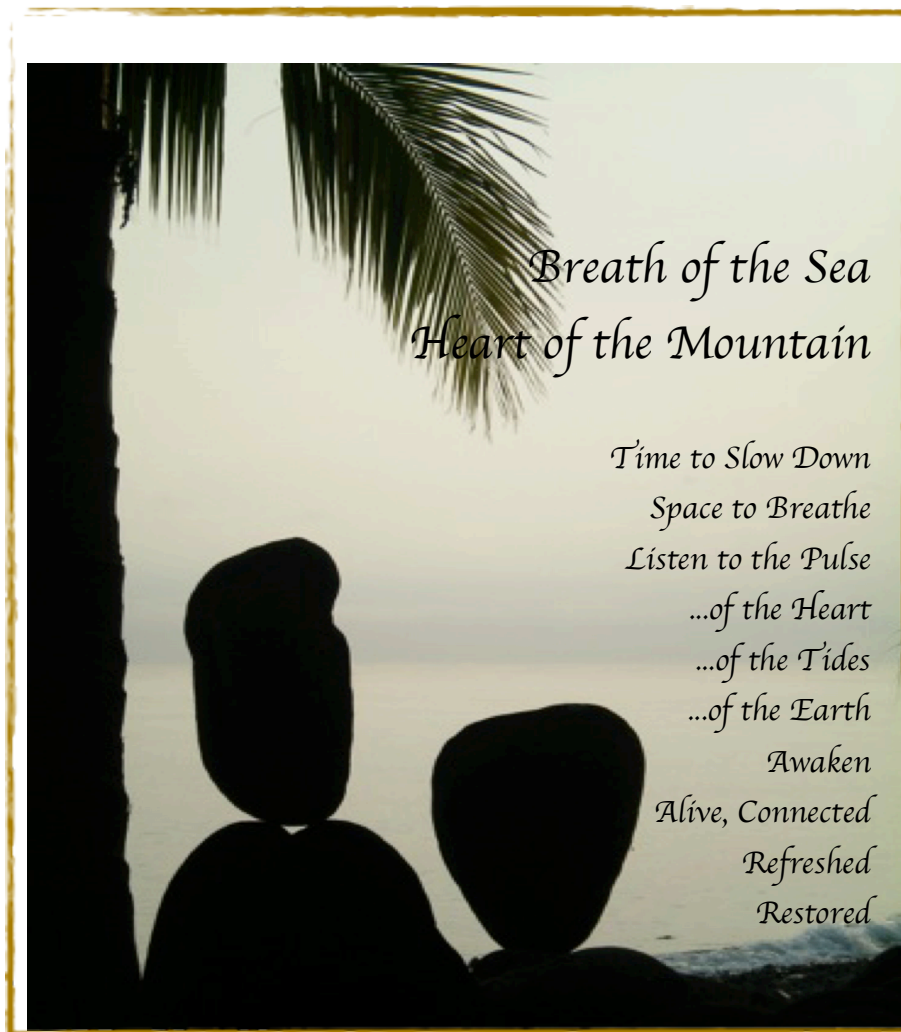
Contact Gaia-Oasis Resort

[www.gaia-oasis.com](http://www.gaia-oasis.com)

[eta@gaia-oasis.com](mailto:eta@gaia-oasis.com)

+62 362 3436304





**The Retreat** Graeme and Leonie direct their teaching towards connecting students to the powerful healing potential of Ashtanga Yoga through body-mind awareness, increasing fitness, promoting relaxation and the pure enjoyment of practice. Especially for those wishing to deepen and explore their practice in a place of light and tranquil beauty far from tourist crowds and distractions.

**Weeks 1 & 2 'Breath of the Sea'** Regaining Balance, Sense of Space & Time, Breathing Deeply, Rhythm of the Waves

Arrival Saturday 27 August - Departure Saturday 10 September

Commences with Gaia's Welcome Ceremony at 4pm, followed by the group introduction. Opening practice Sunday morning. One-week retreat completes Friday evening 2 September, with departure Saturday 3.

**Week 3 'Heart of the Mountain'** Time to Sink a Little Deeper, Mountain Silence, Meditation, Breathing into the Heart

Arrival Saturday 10 September - Departure Saturday 17

Arrive, settle in, group meets at 4pm. Gaia will assist any of the group transferring to Abasan on Saturday morning.

**Mornings:** 2 hr Ashtanga self-practice classes, with the intuitive guidance and practical support of Graeme & Leonie. **Afternoons:** 1-1/2hr sessions on alternate days, designed to deepen awareness and understanding in physical asana practice and relaxation of body/mind/spirit.

**Optional Offerings:** Tejakula is a very special place, connecting with Yoga, Light and Nature. We invite you to join us for exploration of the yoga body through free movement and Sumarah meditation. These sessions are offered without charge or obligation, in the service of Love and Light.

## The Resorts

### *Gaia Oasis Pantai & Abasan*



**Pantai:** On the beach, time is measured by the turning of the tides. Enjoy quiet beaches, swimming in a clean clear ocean or snorkelling the colourful offshore reefs. Plenty of time for hammock hanging, pool lounging, and great massages and body treatments at the Wellness Spas.

Bungalow Rate per room/night: Single Occupancy 45 € / Double Occupancy 60 € / Extra Bed 20 €

**Abasan:** In Bali, mountains symbolize humanity's relationship with Creation. Abasan represents Gaia's spiritual core. Here, the earth elements of nature combine with the vitality of rural Bali, to create an environment where you can truly reconnect and rejuvenate.

Bungalow Rate per room/night: Single Occupancy 38€ / Double Occupancy 53€

Single Frangipani 48€ / Double Frangipani 66€

Guest Rooms Rate per room/night (no cooking facilities): Single Occupancy 25€ / Double Occupancy 35€

**Daily Menu:** Wholesome vegetarian meals from homegrown organic produce, fresh fish caught daily, tropical fruit juices, lassis, specialty coffees and complimentary afternoon teas served daily.

Buffet Meals: Full Board (breakfast/lunch/dinner) 20€, Breakfast 5€, Lunch 9€, Dinner 9€

1/2 Board (buffet breakfast and dinner): 14€ with additional daily lunch choice from the a la Carte menu.

*Visit [www.gaia-oasis.com](http://www.gaia-oasis.com) for a more detailed insight into accommodation, pricing and facilities.*

*Please register for the Retreat with Leonie and the room & meal bookings direct to Gaia-Oasis.*

*- THANK YOU -*