

BALI, TEJAKULA RETREAT

GRAEME & LEONIE

ASHTANGA YOGA CHIKITSA

AUGUST 25 - SEPTEMBER 8, 2018

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.

Yoga Fee Only

1-Week Retreat \$550 (7 Nights)

2-Week Retreat \$1000 (14 nights)

50% deposit with balance due July 25

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

Cancellation Fee: \$100 up to July 1
No return deposit after July 1

Booking & Banking

Contact Leonie

ashtangayogachikitsa@gmail.com

www.AshtangaYogaChikitsa.com

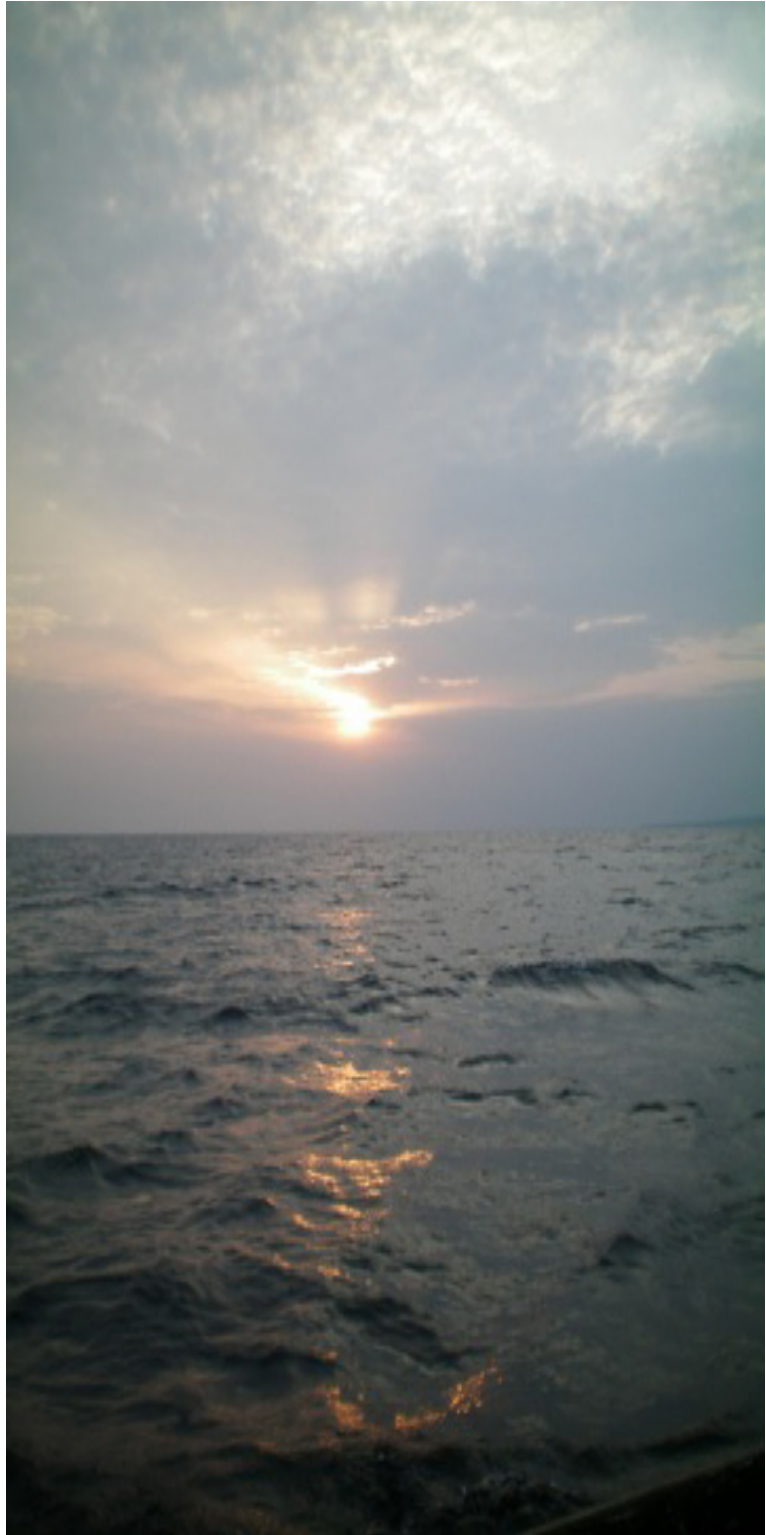
Accommodation, Meals & Facilities

Contact Gaia-Oasis Resort

www.gaia-oasis.com

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.

'Breath of the Sea' Regaining Balance, Sensing Space & Time, Breathing Deeply, Rhythm of the Waves

Arrival Saturday August 25 - Departure Saturday September 8

Commences Saturday 4pm with Gaia's Welcome Ceremony, followed by the group introduction. Practice begins Sunday am. 1-week retreat completes Friday pm August 31, with departure Sat September 1.

Mornings: 2 hr Ashtanga self-practice with the occasional Informative Led Class

Afternoons: 1-1/2hr sessions on alternate days, to deepen awareness and understanding in physical asana practice and relaxation practices for body/mind/spirit.

The Resort

"Gaia Oasis Pantai"



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 Rates per night: Single Occupancy IDR 750,000 / Twin-Share IDR 500,000 p.p.

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.

1/2 Board Recommended: IDR 220,000 (buffet breakfast/dinner) Optional a la Carte lunch from menu