

# 2019 TEJAKULA RETREAT

WITH GRAEME & LEONIE  
ASHTANGA YOGA CHIKITSA  
AUGUST 31 - SEPTEMBER 14

## 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 31

Cancellation Fee: \$100 up to July 31

No return deposit after August 1

### Retreat Booking & Banking

Contact Leonie

ashtangayogachikitsa@gmail.com

www.AshtangaYogaChikitsa.com

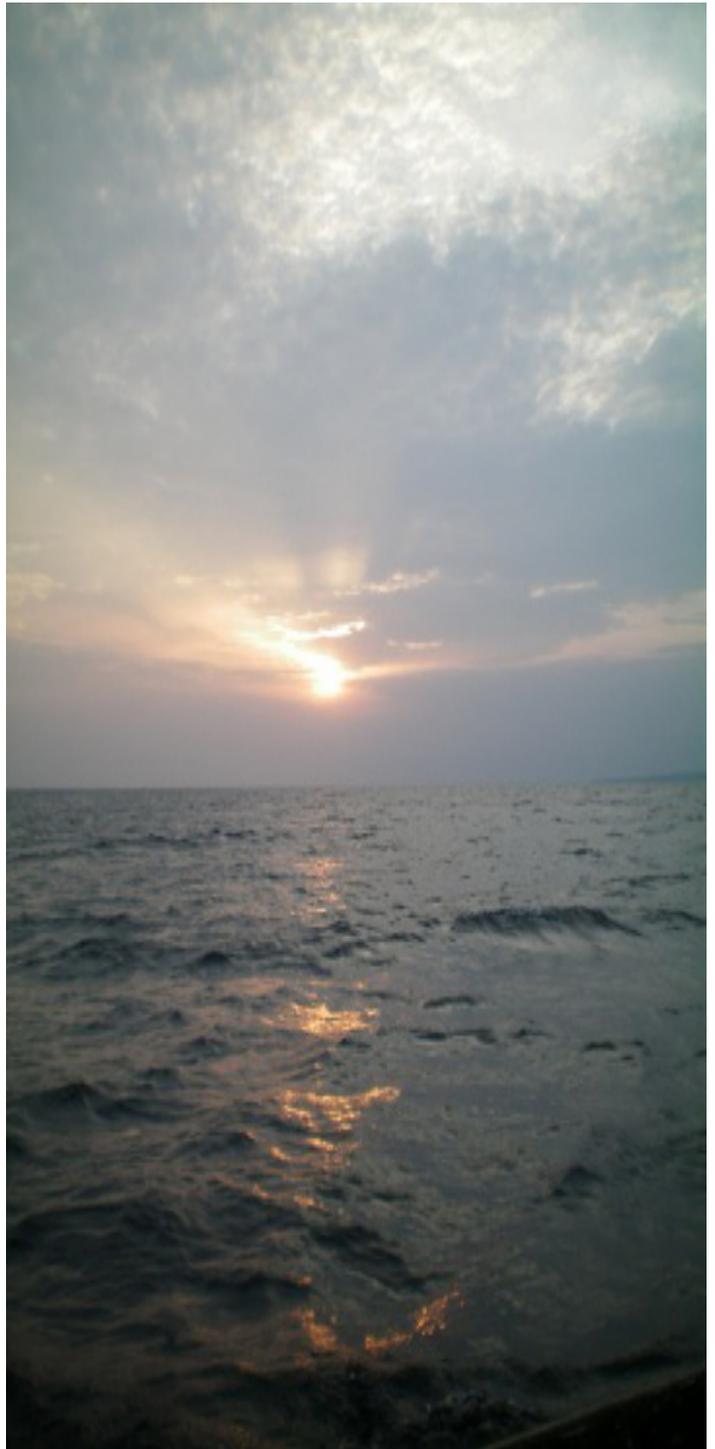
### Accommodation, Meals & Facilities

Contact Gaia-Oasis Resort

eta@gaia-oasis.com

www.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 31 - Departure Saturday September 14.

Retreat commences Saturday 4.30pm with Gaia's Welcome Ceremony followed by the group introduction. Please organise your travel arrangements to be present for the opening ceremony and retreat closure.

**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.

Leonie offers rhythm meditation afternoons, introducing TaKeTiNa and Mantras in Motion.

## 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