



IYENGAR YOGA CENTRE OF WELLINGTON

# Bali Retreat

## 14 – 20 JUNE 2019

**Rejuvenate and revitalise yourself deeply—physically, emotionally and mentally.**

Explore and develop your yoga practice in the magical oasis of Bali. Escape our winter into a place often described as paradise, and into a culture that is completely different from our own.

A retreat in Bali offers conditions that are beautifully supportive and conducive for practice, allowing the benefits of daily yoga to be truly felt. My intention for this retreat is to teach in a way that develops understanding in the hope that your practice can be experienced on a new, deeper level.

We will have exclusive use of a secluded, picturesque and serene venue in a lush jungle setting.



### **Alam Indah, Ubud**

> [www.alamindahbali.com/accommodations](http://www.alamindahbali.com/accommodations)  
> [Trip Advisor reviews](#)

Alam Indah is a beautiful Balinese hotel hidden behind the Monkey Forest in the tranquil village of Nyuh Kuning. Set amidst lush gardens and with idyllic jungle views, where elegant comfort is combined with traditional Balinese architecture and family hospitality.

The rooms and houses are all beautifully appointed each with their own individual style and have either jungle views or are set in delightful secluded gardens. The pool also overlooks the jungle and while Alam Indah feels like it exists in a world of its own, the thriving arts, crafts and culture capital of Bali, Ubud, is just a short walk away (or a free shuttle service is available).



After an early morning fresh juice enjoy a 2.5 hour yoga session followed by a full breakfast buffet.

We will meet again for the afternoon yoga session which will be quieter, focusing on inversions, hip openers and forward bends.

There is plenty of time to relax, spend time by the pool or explore during the day. You can enjoy the beautiful spa available at their sister hotel Alam Shanti, a short 5 minutes' walk away, or a massage therapist can come to your room.

The evening is free, allowing those who wish to dine out in one of the many incredible local restaurants to do so, or those who want to stay quiet or retire early to follow that need. Meals can be ordered in from Alam Indah's local family restaurant if you prefer not to venture out.

## Prices:

- Twin share: \$1595.00
- Twin share: \$1795.00 (same building separate space)
- Single: \$1995.00
- Single deluxe: \$2095.00

*Deposit to secure your place: \$400.00*

This retreat is suitable for students who have been practising Iyengar yoga a minimum of one year and are interested in developing their practice.



## Included:

- 7 days/6 nights accommodation.
- All yoga (including hire of a basic yoga prop kit. You will need to bring a few props of your own or I can hire extra for you at a small cost).
- Morning juice, delicious full buffet breakfast and afternoon tea.
- First night special group dinner at one of Ubud's amazing vegetarian restaurants.

Arrival 14 June 2pm, departure 20 June 12pm. Transport to and from the airport can be arranged for you (at your own cost). It is however ideal if you can arrive in Bali a day or so before we start, to acclimatise to the heat.

*"I love going on Tessa's retreats because they give me something I can't get in my busy life. It's not just the time for yoga - although that's always amazing - it's the time to be with myself and reflect in a way that just isn't possible back home."* — Stephanie

To reserve your place, register interest or for further enquiries, please email: [tessa@wellingtonyoga.co.nz](mailto:tessa@wellingtonyoga.co.nz)

**Terms and conditions of booking:** Deposits are non refundable and expressing an interest cannot hold your place without a deposit. Please note the balance of the retreat is due in full at least 8 weeks before the retreat starts. Cancellations cannot be refunded within 8 weeks of the retreat. Cancellations prior to that will receive a 50% refund, less the deposit. Individual holiday insurance is recommended to be taken out at the time of booking. The retreat price does not include flights, additional meals, spa treatments or airport transfers. Rooms are shared unless stated otherwise and will be allocated by Tessa. Booking is taken as acceptance of these conditions.

