

PRICE

\$2,390 Single \$2,090 Shared

Early bird 15% discount;

\$2,030 Single \$1,775 Shared
(full payment by 29th Feb)

Includes:

- ◆ 10 days yoga tuition
- ◆ 6 nights accommodation with breakfast
- ◆ 6 nights accommodation with all meals
- ◆ 1 group vegetarian buffet
- ◆ Land and sea transfers

A non-refundable deposit of \$450 is required to reserve your space. This will form part of the final payment due by 1st May (29th Feb for early bird), Please contact the Yoga Room to arrange for payment.

NB: accommodation is charming and attractive. Upgrades can be organized for an extra fee

REGISTRATION

Name:

Address:

Suburb:

Phone:

Mobile:

Email:

Amount enclosed:

Accommodation Single Shared

Signature:

Date:

Bali Yoga Retreat

Lembongan Island & Sideman Village

13th to 25th June

2017

Yoga Room



www.yogaroom.com.au
Unit 26/50 James St, Burleigh Heads, Qld 4220
info@yogaroom.com.au 0438 837 244

Maurice McCann
Certified Iyengar Yoga Teacher



Bali Yoga Retreat

Retreat practice gives you the time to rest and to let go of your normal day to day routine. It gives you an opportunity to nurture yourself, restore a sense of balance and well-being.

This retreat takes part in two locations. It starts on a pristine tropical island, and finishes in a small mountain village in the midst of rice paddy fields.

Mushroom Bay, Lembongan Island

The first half of the retreat is held on a tropical island off the coast of Bali. The white sandy beaches are complimented with spectacular cliffs and a magnificent blue ocean. The small fishing village has a natural and quiet atmosphere.

Sideman Village

Hosted at the Nirarta Centre, the second half of the retreat is set in the cool mountain air village of Sideman. You can look forward to spectacular sunsets and stunning panoramas of the rice fields and the soothing sounds of the Unda River.



ACCOMMODATION

Situated on the beach, far away from hustle and bustle of crowded city streets, the **Tanis** is a delightful resort set amidst lush green tropical garden surroundings, the resort hotel is the perfect place to restore energy. www.tanisvilla.com/

Only a half hour from both magnificent mountains and seashores, the **Nirarta Centre** has lush gardens and is nestled in terraced rice fields. Overlooking the Unda river, Nirarta is surrounded by a ring of green hills. Here, Nature's unfolding presence sustains the natural unfolding of your own renewal. www.awareness-bali.com/

Schedule

- 6.30—7.30am Pranayama & Meditation
- 7.30—8.00am Tea
- 8.00—10.00am Asana
- 4.00—6.00pm Yoga Philosophy & Restorative Yoga



TEACHER

Maurice McCann

Maurice has been leading retreats and workshops in Bali and Australia for 10 years. He is a certified Iyengar teacher. He started practicing yoga in the early 1980's, and teaching in 2000. He regularly attends classes at the Institute in Pune, where he continues to study, and expand his knowledge.

