

PRICE

\$1,690 Single Early bird \$1,590*

\$1,490 Shared Early bird \$1,390*

Includes:

- ◆ 5 days yoga tuition
- ◆ 6 nights accommodation
- ◆ All meals (fresh and organic)
- ◆ Airport transfers

A non-refundable deposit of \$200 is required to reserve your space. This will form part of the final payment due by 1st August 2019 (or *1st July, 2019 for early bird), Please contact the Yoga Room to arrange for payment.

REGISTRATION

Name:

Address:

Suburb:

Phone:

Mobile:

Email:

Amount enclosed:

Accommodation Single Shared

Signature:

Date:

Bali Yoga Retreat

Sideman Village

1st to 7th September

2019

Yoga Room



www.yogaroom.com.au
Unit 37/50 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 a small mountain village in the midst of rice paddy fields.

Sideman Village

Hosted at the Nirarta Centre, the retreat is set in the pristine mountain air near the 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

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 14 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.

