

Ashram Yoga Retreats

"The magic of yoga.. in Bali's timeless oasis"



with

Yvonne Haddleton

Sept 25 – Oct 1, 2011

At Gedong Ashram Gandhi Çanti Dasa.

Candidasa (*by the sea!*), Bali, Indonesia.

DETAILS: ☎ +61 (0) 409 505 344

baliashramyoga.com

Gedong Gandhi Ashram (also known as Ashram Gandhi Çanti Dasa - 'servant of peace') at Candidasa is the first and oldest Ashram in Bali. The Ashram is idyllically located in the auspicious confluence of ocean frontage, spring-fed lake and a sacred temple nestled on the lake-side of the large steep hill overlooking the Ashram. www.ashramgandhi.com

Our 'sankalpa': *baliashramyoga.com* endeavours to deliver each yoga retreat that gently blends with our Ashram ways. In natural Ashram surroundings - the best place to practise yoga. Outstanding yoga, both from visiting and Ashram's in-house, teachers. Modest yet comfortable full-meal accommodation - our 'highly popular', sumptuous, wholesome, vegetarian and fish meal is but one example. Value for money - yet still combining a health retreat with a touch of community service, as your patronage helps the Ashram finance its Gandhian "Life of Service" ideal with its projects. Access to ashram's facilities and services, such as Gandhi library or *acupuncture* clinic, or to simply interact with ashram members or to retreat to our meditation room, or swim in the open sea. www.baliashramyoga.com

Our Visiting Teacher: Yvonne Haddleton's yoga classes cater for all levels, whether you are Beginner, General or Advanced in your practice. They are a blend of styles cultivated and developed over her thirty year yoga journey. Classes have a strong physical technical base which sometimes flow in a vinyasa style, but also encompass the breathing and meditation which are the heart and spirit of Satyananda yoga. <http://www.elwoodbeachyoga.com.au/>

All these contribute to a yoga retreat ambience that is simply peerless - and priceless.

Typical Ashram Retreat's Daily Schedule:

Time	Activity
5 - 6 am	Morning Puja (optional but should try at least once - it's reinvigorating!)
6 - 7.00 am	Free period
7.00 - 7.45 am	Yoga with Yvonne – Sun Salutation Surya Namaskara
7.45 - 8.30 am	Pranayama and Meditation with Yvonne (at the meditation room)
8.30 – 9.00 am	Breakfast with Ashram members
9 – 10 am	Free period
10.00 – 12.00 am	Yoga with Yvonne – Asana and Nidra Class
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	Lunch with Ashram members
1.30 – 4 pm	Free period
4 – 5 pm	Yoga with Yvonne – Vinyasa (moving yoga sequences) and/or special Pranayama. This 'extra' session is dependent on group's consensus and on days when the House Yoga is not on
4 – 5 pm	House Yoga with Kawidana (Tuesday, Thursday and Saturdays only)
5 – 6 pm	Evening Puja (optional)
6 – 6.30 pm	Free period
6.30 – 7.30 pm	Dinner with Ashram members
7.30 – 8.00 pm	Night Puja (optional)
7.30 – 8.30 pm	Chanting plus Yoga Philosophy with Yvonne
8 pm – morning	Early to bed, early to rise! (but watch out for those addictive after dinner, late night, chats)

The program is a flexible 5, 6, or 7 day retreat starting at AUD 600 for a 5 day all-inclusive, twin-share bungalow with 2 or 3 short tours included to break the routine, as needed. More info <http://ashramgandhi.wordpress.com/category/yoga/> or photo collections of the ashram/accommodation <http://www.flickr.com/photos/ashramgandhi/collections/72157627326482760/> or a guest's blog <http://www.travelpod.com/travel-blog-entries/keithandbeth/1/1255756538/tpod.html#>

All these links plus more are all available from www.baliashramyoga.com (doc ref : 2011SepTwoPage Flyer)