

RETREAT at Gedong Gandhi Ashram Candidasa, Bali, Indonesia

A chance for a discerning few to experience yoga as taught by qualified and dedicated yoga teachers, in the tranquil and Bali's very few remaining unspoilt and timeless 'oasis' that is the Gedong Gandhi Ashram at Candidasa.

For the dates of the retreats please check our website <http://baliashramyoga.com/>

The Venue: Gedong Gandhi Ashram at Candidasa, Bali (www.ashramgandhi.com/)

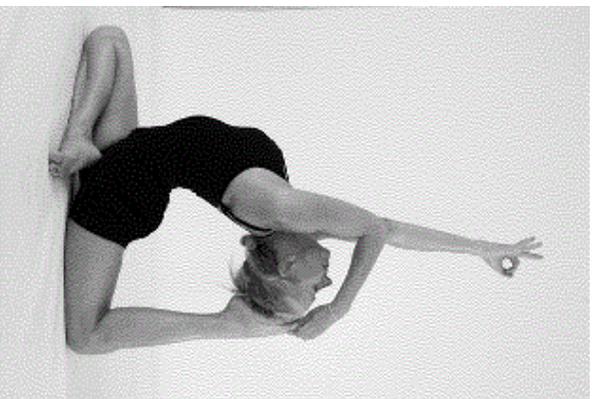
Established in 1976 by the late visionary activist and internationalist Mrs. 'Ibu' Gedong Bagoes Oka (1921-2002), it has the unrivalled idyllic seaside, spring water lake and tranquil environment conducive to yoga and spiritual pursuits. The program offers the chance for participants to sample living amongst, or participate in, the life of 'simplicity' of a Gandhian Ashram that is focused on service and action. The Ashram was modeled on the Brahma Vidya Mandir Ashram of Gandhi's follower and Sankrit Scholar, [Vinooba Bhava](#), that *Ibu* regularly visited till his death in 1982. The Ashram runs a free 'Nature Cure' acupuncture clinic for the locals, and by donation of AUD 50,000 for the expats and Ashram guests, as well as a kindergarten as part of its community service at grassroot level.

The young and school age members come from poor families whose livingexpenses and studies are paid for by the Ashram and they in turn help with the Ashram/accommodation chores. The Ashram also offers a large library of books on Gandhi/Eastern Philosophies for guests to read – but such 'indulgence' perhaps require an extended or another stay at the Ashram! Please visit the Ashram website www.ashramgandhi.com as there are restrictions to observe such as vegetarian meals (but with fish as a concession to our guests and our fishing village); no alcohol, smoking or sharing of bungalow for unmarried couple (as respect to the young members' vows) that actually will enhance one's pursuit of yoga's union of body, mind and spirit (yoga actually means union).

Our Yoga & Program

We have our primary and visiting yoga teacher as well as the teacher/s who runs the daily Ashram's house yoga. Our intent is to include the very good Ashram's daily house yoga in our program to provide variety as well as a taste of one of the Ashram's daily activities. The yoga is a blend of routines drawn from different aspects of Sun salutations, Asana (Hatha and Vinyasa), Guided Relaxation, Pranayama, Meditation, Chakra practices and Chanting.

Visiting Teacher: Yvonne Haddleton



Yvonne <http://www.elwoodbeachyoga.com.au/> is a very highly regarded Elwood Beach/Melbourne based yoga teacher who 'lives and breathes' and simply knows that she was 'born to teach' yoga. Yvonne maintains a regular yoga practice of asana, pranayama, nidra and meditation and has 20 years of yoga teaching experience with private and community classes, as well as 'blue chip' Australian corporate clients.

She teaches from beginner to advanced classes in Hatha, Dynamic Hatha and Vinyasa. Her yoga style has the strength and precision of stronger styles with the spirituality and heart of the gentler yogas.

Yvonne has yoga teaching certificates as well as a BA in dance. Her disposition and individual style – technically competent yet with easy manner – make her classes fun and rewarding. Her intent is to give excellent classes that have a positive and uplifting impact on people's lives. A great number of loyal followers is testimony to this accomplished teacher we are very lucky to have.

Daily Ashram Yoga Teacher/s

The daily yoga is taught and coordinated by senior Ashram member **Kawidana** who has received his yoga trainings in India, and who has been the primary hatha yoga teacher at the Ashram for the past decade. The Ashram with our share of visits from notable yoga practitioners/ teachers have also broadened his outlook to develop his own style of hatha yoga. Ashram yoga classes are very popular with local expats or guests, and for the daily classes he will be supported by qualified volunteer yoga teachers who do their few months *sewa* or service at the Ashram.

Flexibility

The program is designed to be reasonably *flexible* with the 5/6/7 full-day options within the 7 full-day timeframe, and also with it's choice of tours or shifting of timeslots to suit the group or particular tours/activities. Our teachers are all experienced in teaching to a group with different level of yoga skills which is perhaps best exemplified by the visiting and daily yoga teachers often attending each other's classes at the Ashram. We try to accommodate changes to suit group and participants.

Should you feel inclined, participants can stay a few days prior or after the retreat period at the Ashram at the normal Ashram's rate (www.ashramgandhi.com), subject to room availability. In fact should you plan to stay longer in the island we recommend that you use the Ashram as your base for day trips to anywhere in Bali or short local trips around the regency of Karangasem – perhaps one of the regencies in Bali least 'spoilt' by mass tourism. Yet other parts of Bali are still reachable on a longer daytrips. As of August 2012 our guests have free **daily** yoga in the late afternoons (as opposed to IDR 50,000 for guests from other hotels) which suits many guests after doing their day trip. As a sample of things to do read this fantastic travel blog written by a guest

<http://www.travelpod.com/travel-blog-entries/keithandbeth/1/1255756538/tpod.html#>

The Organiser

My name is Rudi Oka, I am Melbourne based and the fourth of *Ibu's* six sons. Naturally I was introduced to a version of yoga in the family as a young child, then during my visits in the early days of the Ashram and has been doing it on and off with different teachers. But the desire was always there to bring a yoga retreat to yoga's natural home - the Ashram! I was fortunate to meet up with Yvonne to bring the first few retreats to the Ashram and I hope to be able to do it for a long time. I love doing it as a way of both supporting and showcasing the Ashram, which also triggers a few changes and development of the Ashram and its yoga practice. My ultimate goal is to see the Ashram, and yoga at the ashram, prosper.

Program Schedule

Timeline.

| **Day 1:** Check-in | **Day 2 to Day 8:** 5, 6 or 7 **full-day** program | **Day 9:** Check out |

(note that 5, 6 or 7 full-day program provides 5, 6 or 7 **plus** 1 nights accommodation and the shorter program attendees may be arriving on Day 2 or Day 3)

Daily Schedule

Legend: Normal Fonts – members, *Italics* – Retreats and ♣ **Bold Italics** – Yoga Retreats' Activities

Time	Activity
5 - 6 am	Morning Puja (optional but should try at least once - it's reinvigorating!)
♣ 7.00 - 7.45 am	♣ <i>Yoga with Yvonne – Sun Salutation Surya Namaskara</i>
♣ 7.45 - 8.30am	♣ <i>Pranayama and Meditation with Yvonne (meditation room)</i>
8.30 – 9.00 am	<i>Breakfast with Ashram members</i>
9 – 10 am	<i>Free period</i>
♣ 10 – 11.45 am	♣ <i>Yoga with Yvonne – Asana and Nidra Class</i>
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	<i>Lunch with Ashram members</i>
1.30 – 4.30 pm	<i>Free period / Group or Private Tours/Activities</i>
♣ 4.30–5.30 pm	♣ <i>Daily House Yoga with Kawidana/Edme</i>
5 – 6 pm	<i>Evening Puja (optional)</i>
6 – 6.30 pm	<i>Free period</i>
6.30 – 7.30 pm	<i>Dinner with Ashram members</i>
7.30 – 8.00 pm	Night Puja (optional)
8.00 pm–morning	<i>Free period – or Early to bed, early to rise!</i>
♣ TBA	♣ A couple of sessions (breathing/chakra workshops) with Yvonne

Group Size:

The Ashram with its seven full functioning bungalows, depending on share/non-share bungalow permutations, placing a natural limit on the size of the group which is probably in line with what we consider manageable for quality/individual care and tuition. Strictly, first come first serve so reserve your spot early!

Costs:

For simplicity and efficiency costs are primarily quoted in AUD, with some with direct Indonesian market prices in IDR. To convert between the two or to other currencies <http://www.xe.com/>

Each retreat (check dates from <http://baliashramyoga.com/>) is offered with a 5, 6 or 7 **full-day** options within a 7 full-day timeframe (normally Saturday to Friday or Sunday to Saturday) at a cost of AUD 600, 650 or 700 respectively. The cost is **inclusive** of twin share bungalow, three vegetarian and fish meals plus morning and afternoon snacks, 2 or 3 trekking/tours (<http://baliashramyoga.com/pg-gen-tours.html>) around Eastern tip of Bali but **excluding** airfares and airport transfers (we can arrange the transfer from/to airport which is IDR 300,000, and when possible we'll arrange the car sharing too). **Add** AUD 200 if you require your own, non-share bungalow. Candidasa is approximately two hour drive from the airport, depending on time of day and traffic.

The full 7 day program is highly advisable but if one must cut the stay short, if at all possible, try to finish off on the normal last day/night for wrap up of the classes and the last night's dinner and performances by the Ashram members - and the Retreat group!

Booking/Inquiry/Payment

Please write to baliashramyoga@gmail.com or phone/sms +61 409 505 344 or skype *rudioka* for any inquiries or to apply to book a place. With each request we will send you our banking details which we won't publish online for security reasons, for deposit or the whole retreat payment. Payment is by cheque or money transfer to our bank, just email us and we will email back the banking details or for alternative payment methods.

We have decided to deal in AUD to simplify our accounting and costs. We need **AUD 200 per person deposit** when you make the booking (we will refund less bank transfer fees, for genuine unforeseeable event/hardship cancellation) and the remaining **the non-refundable balance in full a fortnight prior to the start of the Retreat** (so travel insurance is **strongly** recommended).

Participants who are already in the island who wish to pay in cash in Indonesian IDR or any major currency (but preference is still AUD) may contact us via email or phone to arrange method of payments.

Check List: To cater your needs better pls supply what you can the following info when booking:

♣ Nominate your 5, 6 or 7 day Retreat Option ♣ Airport pickup/drop-off IDR 300,000 each, if required one or both ways, and if to be included in booking ♣ Flight arrivals if known – or provide later ♣ Additional night/s and dates if required ♣ Yoga level beginner, intermediate, advance? ♣ Special Dietary requirements? ♣ Own Bungalow? (add AUD 200) ♣ Age (optional) ♣ Pre-existing injury or Medical conditions ♣ Any other thing we may need to know to better cater you?

Some of these, of course, can be discussed once you are on site at the Ashram.

The dates may seem like a long time away but in terms of planning, believe me it is not. So please get on to it promptly and book now/at your earliest opportunity!

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