

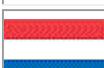
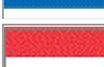
"Sublime yoga - in Bali's timeless oasis by the Lagoon and the Sea"



(Best viewed online to see links. Web version without bank details available on <http://baliashramyoga.com/2014Program-Web.pdf>)

Bali Ashram Yoga Retreats - 2014

In 2014, the 5th year of running yoga retreats at Gedong Gandhi Ashram, Candidasa, Bali, we are thrilled to offer 5 back-to-back 7-Day Dynamic Hatha and 3-Day Ashtanga Hatha Immersion Retreats, the latter for the aficionados wishing to further their yoga horizon. We are very blessed with a highly dedicated international group of outstanding yoga teachers to bring *the gift of yoga* to its natural home — a *living, breathing* Gandhi Ashram with its rustic and timeless ambience. Set on a finger of land flanked by a natural spring lagoon and the ocean - silently watched by a sacred temple, nestled for centuries upon the adjacent hill. Find out why many and *regular/multi-repeat* attendees from distant lands are enchanted by the chemistry of all these!

Dates	Yoga Retreat Type	Retreat's Leader/s	Links
29 Mar-5 Apr*	Dynamic Hatha**/incl. Nyepi***, 7 Days/7 Nights	Jennifer Isaacson	
5 - 9 Apr	Ashtanga Hatha Immersion, 3 Days/4 Nights	Ahimsaka (Edme)	
28 Jun-5 July	Dynamic Hatha/popular slot, booked out in last 2 years, so early booking is essential, 7 Days/7 Nights	Yvonne Haddleton	
5 - 9 July	Ashtanga Hatha Immersion, 3 Days/4 Nights	Ahimsaka	
10 - 17 July	(newly added in March) - Dynamic Hatha, 7 Days/7 Nights, more dates options/for those missed out on earlier Jun - July	Yvonne Haddleton	
17 - 21 July	(newly added in March) More dates options in July for Ashtanga Hatha Immersion, 3 Days/4 Nights	Ahimsaka	
23 - 30 Aug	Dynamic Hatha with popular Ashram duo, 7 Days/7 Nights	Kawi & Ahimsaka	 
30 Aug-3 Sep	Ashtanga Hatha Immersion, 3 Days/4 Nights	Ahimsaka	
25 Oct - Nov 1	Hatha/last for the year, 7 Days/7 Nights	Kawi & Ahimsaka	 
1 - 5 Nov	Ashtanga Hatha Immersion, 3 Days/4 Nights	Ahimsaka	

NOTES:

* start/end dates refer to check-in/check-out dates. Late check-out 2 pm on Day 7 for Hatha Retreat

** Hatha Yoga - asana/vinyasa/pranayama/nidra while also delving into its spiritual context

*** Bali's New Year's 31 March - Bali's Day of Silence - to refrain from man-made 'disturbances' to still the mind

BaliAshramYoga.com

or Email: BaliAshramYoga@gmail.com

Gedong Gandhi Ashram (aka Ashram Gandhi Çanti Dasa - 'servant of peace') at Candidasa is our partner and the first and oldest Ashram in Bali. For more info www.ashramgandhi.com (for its loc click <http://tinyurl.com/npxbx7x> or enter *Gedong Gandhi Ashram* in <https://maps.google.com/>)

Our 'sankalpa': A yoga filled retreat that gently blends with our unique Ashram ambience, with visiting and Ashram's in-house yoga teachers. Comfortable seafront or seaview bungalows, full-meal accommodation with vegetarian and some fish dishes. Good value/community service (being a guest helps finance Ashram's operations). Access to ashram's facilities and services. Or to simply interact with ashram members or join the *puja/prayers*, observe/learn Ashram's cooking, adjourn to our library or meditation room, or swim in the open sea. Idyllically located in the auspicious confluence of ocean and a spring-fed lake with a sacred temple nestled on the slope of the overlooking hill. Accommodation: *when all our bungalows are full* we may offer similar *non-share or couple-only* rooms at *Kelapa Mas* with a shared rear gate to the Ashram, same deal/access to facilities apply.

Nyepi (31 Mar 2014): Yoga and the Ashram provide the perfect backdrop to Bali's New Year's Day of Silence which revolves around *reflections*, refrain from earthly desires/work or man-made *disturbances*, and to engage in spiritual readings/pursuits. Hence, total ban on lights, fire, cars and, indeed, airline flights – a unique experience to live to the spirit of *Nyepi* (from *sepi/quiet*). This auspicious day will be incorporated in our *29 Mar to 5 April Hatha Retreat*.

Dynamic Hatha Yoga Retreat (7 Days/7 Nights):

Day1 check-in, *Ashram progs*; Day 2- 6 Retreat Progs; Day7 Morn prog/lunch, 2 pm check-out. Costs AUD 850 twin-share; AUD 200 non-share surcharge; (if avail) AUD 950 non-share *Kelapa Mas*.

Primarily Hatha Yoga with a blend of daily sun salutation, asana, vinyasa, pranayama, nidra as well as delving into the philosophical and spiritual context. The classes cater the full range of yoga proficiencies, as our experienced teachers tune in to the individuals and the week's narrative. Program Format below should give an idea, and more about the teachers background/style can be gleaned from their individual links at the end of this document.

One afternoon/night temple puja group tour with members is included; consensus on additional tours at extra costs vs yoga time. Tours also available pre or post retreat subject to rooms vacancy.

Hatha Yoga Format* ● Bold/Italics – ♣ Retreat's Yoga Activities; **Strongly recommended
● * may differ slightly due to teacher's 'call' or style or tours by the group

Time	Activity
5 - 6 am	Optional/Sunrise Puja (incl. Agni Hotra/fire ceremony)
♣ 7.00 - 7.45 am	♣ Yoga – Sun Salutation/Surya Namaskara
♣ 7.45 - 8.30 am	♣ Pranayama and Meditation (meditation room)
8.30 – 9.00 am	<i>Breakfast with Ashram members</i>
9 – 10 am	<i>Free period</i>
♣ 10 – 11.45 am	♣ Yoga – Asana/Vinyasa/Nidra Class
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	<i>Lunch with Ashram members</i>
1.30 – 4.00 pm	<i>Free period / Group or Private Tours / Activities</i>
♣ 4.00–5.00 pm	♣ House Yoga (Selection of Hatha/Vinyasa/recuperative yoga)
**5.15 – 6 pm	** Sunset Puja (incl. Agni Hotra/Fire Ceremony – Optional but recommended as a natural extension to previous House Yoga)
6 – 6.30 pm	<i>Free period</i>
6.30 – 7.30 pm	<i>Dinner with Ashram members</i>
7.30 – 8 pm	Night Puja (optional)
8 pm	Free Period
♣ TBA	♣ Additional/breathwork sessions, as needed (TBA during retreat)

Ashtanga Hatha Immersion/Extension Retreat (3 Days/4 Nights)

Day 1. pm check-in, Ashram progs/yoga; Day 2 – 4 Ashtanga full prog; Day 5 noon check-out
Costs AUD 450 twin-share; AUD 100 non-share surcharge; (if avail) AUD 500 non-share *Kelapa Mas*.

An immersion into ashtanga hatha yoga for beginners, for the curious and also for the ashtanga practitioners who wish to explore and deepen their self practice. Inspired by, but not limited to, the ashtanga vinyasa sequence of Sri Patthabi Jois. Small class allows those new to yoga/ashtanga.

Focus of these 3 days is to establish or finetune your own practice based on the ashtanga primary sequence. Depending on where you are with your body and mind the sequence can be modified, adding or skipping asana's (or vinyassa's), and with additional classes especially in hip-opening, back-bending, vinyasa, and **yin-yoga for ashtangi's** (weaving the limbs of the 8 astau/limbs of the yoga practice into the physical asana practice). There will be self practice classes (working on your own pace and asana's, the so called **mysore style**) and classes practicing together with the group (**Led classes**). The special classes are to help you further in your practice, supply you with additional information and asana's, and a better understanding of the ashtanga yoga, and going beyond the merely physical aspect. The ashtanga practice is definitely a more *strenuous* and *intensive* practice, as it is meant to be a **purifying** practice. However, the first guideline is always to work within the limits of your own body. Learning to *listen* to your own body (and breath). From there we *explore* these limits, taking them as frontiers rather than limitations, and going *beyond the set expectations* you have of your body and mind.

Ashtanga Format*:

**for this immersion course you can decide which classes you wish to attend, depending on what you want or think would work best for you. This can be discussed in advance or at the retreat.*

1. *Pre Breakfast Class:* mysore style or Led class
2. *Post Breakfast Class:* mysore style or Led class
3. *Early Afternoon Class:* Special class. Hip-opening, back-bending, vinyasa
4. *Late Afternoon Class:* **Yin-yoga for Ashtangi's:** targeting connective tissue, sense-withdrawal, breath-work, meditation.

Combined Hatha and Ashtanga Retreats

Day 1. Check-in; Day 2-7 Hatha Prog; Day 8-10 Ashtanga Prog; Day 11 Check-out (10 D, 11 N's)
Costs AUD 1200 twin-share; AUD 250 non-share surcharge;(If avail) AUD 1350 non-share *Kelapa Mas*

Depending on your yoga journey this Ashtanga Immersion/Extension is available as a stand alone, esp. for the advanced practitioners; or 'Combined' Hatha followed by Ashtanga (10 days days / 11 nights, more cost effective/discount) for the less experienced, the little bit rusty, or for those wishing for a gentler Hatha start before the more intensive/demanding Ashtanga.

Restrictions, Included & Optional Costs:

• **RESTRICTIONS:**

1. To best experience the Ashram environs please read its restrictions in www.ashramgandhi.com of which the important ones are no smoking, no alcohol consumption or sharing of bungalow for unmarried couples. Dress modestly around the Ashram, bathing suit only for around the beach, no nude bathing, or ask at the Ashram
2. Full medical and travel insurance is a must to join the retreat

• **INCLUDED:**

1. All meals, wifi (but own devices and small quota, so *please* no movie downloads!), refill of drink water bottle (from our large 'Aqua' containers, ie less plastic waste), ashram's facilities (Gandhi library, puja/prayers), one temple prayer tour with members (for Hatha retreat) ie no extra costs once at Ashram lest you go on extra tours, massages etc
2. Yoga mats, cushions and straps are provided. However, perhaps bring your own and donate at end of your stay to make space for presents to take back from Bali?

- **NOT-INCLUDED:**

1. Airport transfer to and from Ashram is IDR 350,000 (abt 1.5 hrs travel) each way, to be paid direct to the driver to allow flexibility/reduced fare pp if car pooling etc.
2. Visa On Arrival (VOA) is USD 25 (for most countries but check consulate's sites, and valid passport of at least 6 months) and airport tax on departure is IDR 150,000.

- **OPTIONAL COSTS:** Tours or snorkelling trips can be organised through us as a retreat group or individually, acupuncture IDR 50,000 per sessions or massages at your bungalow

- **OUR CONTACTS:** Voice calls answered *only when on non-roaming mode* either in Bali +62 (0)8123 7444 388 or in Australia +61 (0)409 505 344. SMS and BaliAshramYoga@gmail.com mailbox are always active. Ashram Address: Jalan Raya Candidasa, Candidasa, Bali ph +62 363 41108 or search *Gedong Gandhi Ashram* in Google Maps <https://maps.google.com/>

Costs/Currencies/Exchange Rates and Payment steps (pp - per person)

- a. **Write** to BaliAshramYoga@gmail.com , nominate twin-share/non share and retreat of your choice and any queries. With the reply we'll post the *email version* of this Flyer-Brochure which includes our Bank details (not published on the web version for security reasons).

CALCULATE AMOUNTS:

- b. **Add** retreat's fee: *Hatha* AUD 850 or *Ashtanga* AUD 450. If attending both jump to (d)
- c. **Add** (if applicable) non-share accom surcharge, *Hatha* AUD 200 or *Ashtanga* AUD 100
- d. **Add**, if joining both *Hatha* & *Ashtanga*, AUD 1200 plus AUD 250 surcharge for non-share
- e. **Add** (if Ashram accom is full) *non-share only Kelapa Mas* accom (next door with shared rear gate), *Hatha* AUD 950 or *Ashtanga* AUD 500 or AUD 1350 for both ie *skip* b, c and d
- f. **Deduct** AUD 50 early bird discount (fully paid 3 month ahead) **or** 'repeat-offender' discount
- g. **Add** additional nights (if applicable) times @IDR 350,000 per night, then convert to AUD (www.xe.com) to arrive at sub-total of additional nights in AUD (alternatively pay this direct to the Ashram during retreat but beware of local ATM's withdrawal limits)

Total (b, c, d, e, f and g) **in AUD** (conversion at www.xe.com), and bank transfer to our Bank AC in full or deposit (AUD 300 pp) or in part payments. Advise/email us with each payment.

Banking details for money transfer: (if blank, you are on web version, write for email version)

(Please write to us BaliAshramYoga@gmail.com and ask for the email version of this Flyer-Brochure which includes our Banking Details and Method of Payment so you can progress your booking.)

LINKS:

PRIMARY www.BaliAshramYoga.com www.ashramgandhi.com <http://ashramgandhi.wordpress.com/>

TESTIMONIALS <http://ashramgandhi.wordpress.com/testimonials/bali-ashram-yoga-retreats/>

TEACHERS <http://jenniferisaacson.com/> <http://www.elwoodbeachyoga.com.au/>

<http://ahimsakasatya.wordpress.com/>

Collection of photos of the ashram/accommodation/previous retreats

<http://www.flickr.com/photos/ashramgandhi/collections/72157627326482760/>

Previous retreat's reports <http://ashramgandhi.wordpress.com/category/yoga/>

'Olden Time' guest's blog <http://www.travelpod.com/travel-blog-entries/keithandbeth/1/1255756538/tpod.html#>