

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



(<http://baliashramyoga.com/FlyerBrochure-Web.pdf> Write to BaliAshramYoga@gmail.com for email version with banking details)

BaliAshramYoga Retreats - 2015

In 2015 our 6th year of operation we've continued to innovate and refine our offerings and have added **Hatha2Ashtanga Workshop** to our offerings. We are blessed with a dedicated international group of outstanding teachers committed to bringing *sublime yoga* to its equally *sublime* natural home — a *living, breathing* Gandhi Ashram with its rustic and timeless ambience. A must for the discerning yogi!

1st & 3rd Fri of Mth	H2A Hatha2Ashtanga Workshop : 5-9 Dec '14 19 - 23 Dec '14 2 - 6 Jan 16 - 20 Jan 6 - 10 Feb 20 - 24 Feb 6 - 10 Mar	Ahimsaka	
16-23 Mar	Dynamic Hatha Retreat , 8 Days/7 Nights, incl. Bali's NY Nyepi Day of Silence – no human activities except spiritual allowed	Jennifer Isaacson	
23-27 Mar	Ashtanga Vinyasa Immersion Workshop , 5 Days/4 Nights	Ahimsaka	
1st & 3rd Fri of Mth	H2A Hatha2Ashtanga Workshop : 3 - 7 Apr 17 - 21 Apr 1 - 5 May 15- 19 May 5 - 9 Jun 19 - 23 Jun	Ahimsaka	
27 Jun - 4 July	Dynamic Hatha Retreat's very popular slot, booked out in last 2 years, so early booking is essential, 8 Days/7 Nights	Jennifer Isaacson	
4 - 8 July	Ashtanga Vinyasa Immersion Workshop , 5 Days/4 Nights	Ahimsaka	
8 - 15 July	Dynamic Hatha Retreat , 8 Days/7 Nights, more dates options/for those missing out on earlier Jun - July Retreat	Jennifer Isaacson	
15 - 19 July	Ashtanga Vinyasa Immersion Workshop , 5 Days/4 Nights, more dates/options for those missing out on the earlier workshop	Ahimsaka	
1st & 3rd Fri of Mth	H2A Hatha2Ashtanga Workshop : 7 - 11 Aug 21 - 25 Aug 4 - 8 Sep 18 - 22 Sep 2 - 6 Oct	Ahimsaka	
17 - 24 Oct	Dynamic Hatha Retreat with our inaugural retreat's teacher, 8 Days/7 Nights.	Yvonne Haddleton	
24 - 28 Oct	Ashtanga Vinyasa Immersion Workshop , 5 Days/4 Nights	Ahimsaka	
1st & 3rd Fri of Mth	H2A Hatha2Ashtanga Workshop : 6 - 10 Nov 20 - 24 Nov 5 - 9 Dec 19 - 23 Dec	Ahimsaka	
ALL YEAR	Assisting and back-up to All Retreats/Workshops and Ashram's Resident Yoga Class Teacher	Kawidana	

NOTES: *check-in start-date to check-out end-date. Late 2pm check-out on last day Hatha. 3. Summary:*

- *Dynamic Hatha Retreat: Strategically sched eg hols. Longer hence breaks (eg tours/hikes etc).*
- *Ashtanga Vinyasa Immersion Workshop: Strategically sched. Shorter, more condensed, no tours*
- *Hatha Retreat and Ashtanga Workshop: sequentially paired, promote combined attendance*
- *H2A Hatha2Ashtanga Workshop: 'rolling' workshop, start-dates on 1st and 3rd Friday each month. Offers frequency and a bridge from Hatha to Ashtanga, beginner to advanced, for travellers/yogi*

More Info - Web: BaliAshramYoga.Com Email: BaliAshramYoga@gmail.com

The BaliAshramYoga Retreat/Workshops in Brief

Gedong Gandhi Ashram (aka Ashram Gandhi Çanti Dasa - 'servant of peace') at Candidasa is our partner and venue - the first and oldest Ashram in Bali. 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 sea-view 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*, adjourn to our library or meditation room, or swim in the open sea. Idyllic setting in the auspicious environs yet right at the centre of Candidasa village.

Nyepi (Sat 21 Mar 2015): Yoga and the Ashram provide the perfect backdrop to Bali's New Year's Day of Silence which revolves around *individual reflection*, 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 the spirit of *Nyepi (sepi/quiet)*. This auspicious day is incorporated in each March retreat, this time in our 16 – 23 March *Hatha* Retreat

Note: (1)If involving long flight/time zone crossing it's best to arrive a day earlier (2)If daunted remember one quote from a participant "...As a yoga beginner before hand I was a little bit scared the level would be too high for me. However, immediately during the first class I found out that the level did not matter. Since *Ahimsaka* is such a good teacher and the class was small, everyone could do the class at their own 'capacity' "

A. Our Retreats and Workshops

#1 Dynamic *Hatha* Yoga Retreat (8 Days/7 Nights):

Day1 check-in, Ashram progs; Day 2- 7 Retreat Progs; Day8 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 the broader *Hatha* Yoga with a blend of daily sun salutation, *asana*, *vinyasa*, *pranayama*, *nidra* as well as delving into its 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.

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	♣ <i>Yoga – Sun Salutation/Surya Namaskara</i>
♣ 7.45 - 8.30 am	♣ <i>Pranayama and Meditation (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 – Asana/Vinyasa/Nidra Class</i>
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>
♣ 4.00–5.30 pm	♣ <i>House Yoga (Selection of Hatha/Vinyasa/recuperative yoga)</i>
**5.15 – 6 pm	** <i>Sunset Puja (incl. 5.30pm Agni Hotra/Fire Ceremony – Optional but recommended as a natural extension to previous House Yoga)</i>
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)

#2 Astanga Vinyasa Immersion Workshop (5 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 (-vinyasa-) yoga for beginners, the curious and the ashtanga practitioner who wants to explore and deepen their self practice. Inspired on; but not limited to, the ashtanga vinyasa sequence of Sri Patthabi Jois

A full yoga program covering all the 8 limbs (Ashtanga) of yoga according to the yoga sutras. 3 days of exploration and with the focus of establishing, or fine-tuning, your own yoga practice. Not only the yoga asana, but as a whole (holistic) life style. Depending on where you are with your body and mind the sequence can be modified, adding or skipping asana (or vinyasa), and with additional classes specialized 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) to supply you with more technique, information and practice. Early morning classes are built around the "primary ashtanga sequence", sun salutations, the primary asana sequence working the whole body/mind. The late morning classes are more of a workshop based class, which target specific parts of the body and mind and go deeper in some of the hatha/ashtanga yoga technique and asana. The late afternoon classes are "lunar-energy" style asana (3rd limb) classes, based of sense-withdrawal "pratyahara"(5th limb), breath exercises (4th limb), concentration techniques (6th limb), elements of yoga nidra and meditation (7th limb). The afternoon session center around the "sukham" part (ease/joy) of the yoga asana, and to apply that into the morning classes, creating sthira (steady/balanced) and sukha within the asana. Making Self-expression part of the whole.

The ashtanga practice is definitely a more strenuous practice, and meant to be a "purifying" practice, the first guide line is always to work within the limits of your own body. Learning to listening 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 maybe have of your body and mind.

Ashtanga Format: (meals and puja times etc are the same as with the Hatha Retreat)

- 6.30 am to 8.15 am: *Ashtanga primary Led class*
- 10.15 am to 12 noon: *special class*
- 3 pm to 4 pm: *Q&A Discussion*
- 4 pm to 5.30: *Yin-yoga for Ashtangi's - targeting connective tissue, sense-withdrawal, breath-work, meditation. (open to non retreat's participants)*

#1 and #2 - Combined Hatha Retreat and Ashtanga Workshop (12 Days/11 Nights)

Day 1. Check-in; Day 2-8 Hatha Prog; Day 9-11 Ashtanga Prog; Day 12 Check-out (12 D/11N)
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 (12 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.

#3 Hatha2Ashtanga Workshops (5 Days/4 Nights)

Day 1. pm check-in, Ashram progs/yoga; Day 2 – 4 Hatha2Ashtanga 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*.

This twenty hours workshop is a middle path between the dynamic hatha yoga retreats and the ashtanga vinyasa yoga workshop. It follows the same structure as the ashtanga vinyasa workshop but allows for more openness and diversity in the classes. Depending on the participant preference and needs it can be individually catered towards a more strengthening ashtanga vinyasa practice (set out by Sri Patthabi Jois), or personal designed sequence to (re-) establish a yoga self-practice for in depth exploration of the practice. Ashtanga vinyasa yoga has it roots in hatha yoga, and both share the same source, the 8 (astau) folded path of yoga written down in the yoga sutras by Patanjali. This exploration will cover all the limbs of the 8 folded path of hatha yoga. The yoga practice has been designed to awaken the inner fire of yoga, which is the thread that weaves through the classes of yoga offered in this workshop. To bring out positive changes in our body, mind

and life we must enkindle our inner fire. The workshop is hosted at the Gedong Gandhi Ashram and offers a sublime space for self-reflection and self-realization. This exploration workshop is for anyone who likes to move a bit deeper within, to build a foundation for a yoga self-practice or just wants to immerse into three full days of yoga to balance body/mind.

Hatha yoga creates an understanding of our solar (ha), and lunar (tha) energy in our body and mind and to use both in our (asana) yoga practice and beyond. The Ashtanga Vinyasa sequence has an equal focus on lengthening and strengthening the body. In the hatha into ashtanga workshop we take both angles and join them together as a starting point into our own personal practice. The Ashtanga Primary sequence is used as inspiration for the on going journey into yoga and working our complete body/mind.

The early morning classes will establish a set sequence of yoga asana for you to take up as a self practice. This sequence will have the same structure as the primary series and can be used as a preliminary into the primary sequence, it could also be used as a therapeutic alternative depending on the current body/mind needs, or as a complimentary sequence targeting specific areas of the body/mind that need more attention and development to help facilitate the primary sequence. The mid morning classes will target specific area's of yoga asana as back bending, inversions, hip-opening, core-strengthening and vinyasa. The mid afternoon session is questions and answers and could cover more the theoretical aspects of yoga. The late afternoon session will be focused on pratyahara yoga; sense-withdrawal, concentration and meditation techniques integrated with the breath and yoga asana. This workshop can be used as in introduction, preparation or exploration into the ashtanga vinyasa yoga as well.

Ashtanga vinyasa is a more strenuous yoga practice, and meant to be heating and purifying the body/mind. Both hatha and vinyasa yoga have many therapeutical aspects in them and are meant to be a (w)holistic practice, targeting the complete body and mental body. The first guide line is always to move 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 any set expectations you maybe have of your body/mind.

B. Restrictions, Costs & Contacts

• RESTRICTIONS:

1. To best experience the Ashram environs 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* (consider Kelapa Mas next door, speak to us) . 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/workshop

• INCLUDED:

1. All meals, wifi (own devices/ be mindful of small quota), 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 and one off-site yoga tour (only for Hatha).
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 400,000 (abt 1.5 hrs travel) each way, to be paid direct to the driver to allow flexibility/adjustment such as when car sharing etc.
2. Visa On Arrival (VOA) is USD 35 (for most countries but check consulate's sites, and valid passport of at least 6 months) and airport tax on departure is IDR 200,000.

• OPTIONAL COSTS: Tours/snorkelling etc can be organised as a group or individual, acupuncture IDR 50,000/session or massages (outside providers) IDR 60,000/70,000 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/>

C. Registration: Calculation and Payment/Bank Transfer

- a. **Write** to BaliAshramYoga@gmail.com , advise 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. If one retreat **add** AUD 850 (+200 non-share) *or* *Ashtanga* AUD 450 (+100 non-share)
c. If combined Hatha & Ashtanga **add** AUD 1200 (+250 non-share)
d. If Ashram accom full and *non-share only at Kelapa Mas* accom (next door with shared rear gate), **add** *Hatha* AUD 950 or *Ashtanga* AUD 500 or AUD 1350
e. **Deduct** AUD 50 *early bird* (ie pay 3 month in advance) **or** '*repeat offender*' discounts
f. **Add** additional nights (if applic) by IDR 350,000 per night (convert to AUD in www.xe.com)
g. **Total** (b, c, d, e, f) **in AUD** (conversion at www.xe.com), and bank transfer to our Bank AC in full or deposit (AUD 300 pp) and balance a month prior to retreat. With International Transfer charges payment in full may be cheaper. Please advise us with each transfer.

Banking details for money transfer: (this section not visible on the web version)

For security reasons the banking details have been removed from the web version of our 2015 FlyerBrochure. Please write to us at BaliAshramYoga@gmail.com for a copy of the email version to allow you to progress your retreat/workshop registration, naturally along with queries you may have.

D. Important Links:

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