

"Sublime Chemistry - Yoga in Bali's timeless Ashram by the Sea"



Dates	2016 CALENDAR BaliAshramYoga.com	Teacher/ Name/ Link/ Event1	Teacher /Event2
19-23 Feb 2016	H2A Hatha2Ashtanga <b>Workshop</b> : 5 days/4 nights for yoga novice and old hands alike, from Hatha to Ashtanga	 Ahimsaka	
5-12 Mar 2016	Dynamic Hatha <b>Retreat</b> : 8 Day/7 Night, incl. Bali's New Year's Nyepi Day of Silence. One day of no fire, no sound and no work activities except spiritual pursuits - yoga, scriptures reading, fasting or no-talking meditation if practising.	 Ahimsaka	
14-18 Mar 2016	Ashtanga Vinyasa Immersion <b>Workshop</b> : 5 Day/4 Night of exploring to Ashtanga self practice	 Ahimsaka	
5-18 Mar 2016	<b>Combined</b> Dynamic Hatha Retreat and Ashtanga Vinyasa Immersion Workshop: 14 Day/ 13 Night For yoga aficionados, 2 nights extra accom incl b/n retreat and w/shop	 Ahimsaka	 Ahimsa
25 Jun - 2 Jul 2016	Dynamic Hatha Retreat's very popular time slot, booked out in last 2 years, so early booking is essential, 8 Day/7 Night	 Sian Pascale	
4 - 8 July	Ashtanga Vinyasa Immersion Workshop: 5 Day/4 Night of exploring to Ashtanga self practice	 Ahimsaka	
25 Jun - 8 July	<b>Combined</b> Dynamic Hatha Retreat (Sian Pascale) and Ashtanga Vinyasa Immersion Workshop (Ahimsaka): 14 Day/ 13 Night, 2 nights extra accom incl b/n retreat and w/shop	 Sian Pascale	 Ahimsa
17 - 24 Sep 2016	Ayurveda, Yoga and Meditation for Self-Healing / Wellbeing / Vitality <b>Retreat</b> - weaving the wisdom of Ayurveda with Yoga and Meditation routines in daily practice ( 8 Day/7 Night with Claire James)	 Claire James	
19 - 26 Nov 2016	Dynamic Hatha <b>Retreat</b> : 8 Day/7 Night, with temple tour (included), hike or snorkeling breaks	 TBA	
ALL EVENTS	Resident Ashram Yoga teacher who takes the Ashram House Yoga 4pm classes/kirtan sessions – often part of Retreats	Kawidana	

**ADDITIONAL NOTES/LEGEND:**

1. Dates: **check-in start-date** to **check-out end-date**. Late 2pm check-out on last day Hatha
2. If a long flight/time zone crossing, it's best to arrive a day earlier to start your retreat afresh
3. Bali's New Year's 9 March - Bali's Day of Silence - to refrain from man-made 'disturbances'
4. Other dates to be mindful: Indonesia's Idul Fitri 6 and 7 July 2016 (peak holidays/travel)

**Pricing PP(Per Person):** Ashram Twin-share | Non-share | Homestay \* Non-share next door:  
 Workshops (5 days/4 nights) AUD 550 | AUD 650 | AUD 600  
 Retreats (8 days/7 nights) AUD 900 | AUD 1100 | AUD 1000

Combined \*\* (14 days/13 nights) AUD 1300 | AUD 1550 | AUD 1450

Pricing Notes:

(1)Homestay \* (next door): Ocean front Ashram's like room with shared rear gate to Ashram and meals/ facilities, no twin-share except for couples, available only if Ashram accommodation is fully booked

(2)Combined \*\*: two more extra nights added to allow sufficient break between retreat and workshop. The pairing of a Hatha Retreat with an Ashtanga Workshop was to highlight the possibility of doing both

## EASY STEPS to familiarise and book a BaliAshramYoga Retreat/Workshop

(or do this from [www.BaliAshramYoga.com](http://www.BaliAshramYoga.com) )

- View [Details on Retreats](#) and/or read from this 2016 FlyerBrochure you are reading now
- [EasyView 2016 BaliAshramYoga Calendar from our blog](#) or in table below
- [Inquire/Book](#) by [Email to BaliAshramYoga@gmail.com](mailto:Email to BaliAshramYoga@gmail.com)
- [Include](#) in email your preferred event, share/non-share bungalow, additional nights, country of residence for PayPal invoice else, for International Bank Transfer, ask for cost estimate/invoice
- [Make Payment](#) by PayPal/CreditCard or Bank Transfer as per PAYMENT PROCESS section
- [Check](#) our [Travel Tips](#) to plan for your Trip, or just to browse for ideas
- [Check](#) (once at the Ashram, or for pre-planning) our [Ashram Facilities](#) and Ashram's [Supplementary Services](#)

## BRIEF OVERVIEW BaliAshramYoga Retreat/Workshop

**Gedong Gandhi Ashram**, aka Ashram Gandhi Çanti Dasa (*servant of peace*), **Ashram Gandhi** ([ashramgandhi.com](http://ashramgandhi.com) or [AshramGandhi@gmail.com](mailto:AshramGandhi@gmail.com)) or simply **Ashram**, at Candidasa (<http://tinyurl.com/npxbx7x>) runs the first and oldest Ashram in Bali. **BaliAshramYoga** (.com or @gmail.com) runs the yoga retreat/workshop activities at, and in partnership with, the Ashram.

**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 auspicious environs yet right at the lively centre of Candidasa village.

**Nyepi (Wed 9 Mar 2016):** Yoga and the Ashram provide the perfect backdrop to Bali's New Year's Day of Silence which revolves around *individual reflection*, to 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, in 2016 in our 5 - 12 March *Hatha* Retreat

**A quote from past attendee:** "*..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" .*

## DETAILS BaliAshramYoga Retreat/Workshop

### **#1 Dynamic Hatha Yoga Retreat (8 Day/7 Night –with Ayurveda variant):**

Day1 check-in, Ashram progs; Day 2- 7 Retreat Progs; Day8 Morn prog/lunch, 2 pm check-out.

Costs AUD 900 / 1100 (twin-share / non-share); (if avail) AUD 1000 non-share *Homestay(next door)*.

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. There are links at the end of this document to our teachers, testimonials, blog and previous retreats.

**Ayurveda, Yoga and Meditation for Self-Healing/Wellbeing/Vitality:** This is a variant of the Hatha Retreat we will be offering in September 2016... a 7 day retreat combining the benefits of Yoga and Ayurveda in daily practice. Discover the bliss of being in balance as we establish a daily routine of healthy habits according to your personal constitution and the rhythms of nature. See #4

**Hatha Yoga Format\*** (Bold/Italics – ♣ Retreat's Yoga Activities; \*\*Strongly recommended; \* this is the 'base' format in our flexible retreat - adjusted and modified to suit teacher and group.

Time	Activity
5 - 6 am	Optional/Sunrise Puja (incl. Agni Hotra/fire ceremony)
♣ <b>7.00 - 7.45 am</b>	♣ <b>Yoga – Sun Salutation/Surya Namaskara</b>
♣ <b>7.45 - 8.30 am</b>	♣ <b>Pranayama and Meditation (meditation room)</b>
8.30 – 9.00 am	Breakfast with Ashram members
9 – 10 am	Free period
♣ <b>10 – 11.45 am</b>	♣ <b>Yoga – Asana/Vinyasa/Nidra Class</b>
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	Lunch with Ashram members
1.30 – 4.00 pm	Free period / Group or Private Tours / Activities
♣ <b>4.00–5.30 pm</b>	♣ <b>House Yoga (Selection of Hatha/Vinyasa/recuperative yoga)</b>
<b>**5.15 – 6 pm</b>	<b>** Sunset Puja (incl. 5.30pm Agni Hotra/Fire Ceremony – Optional but recommended as a natural extension to previous House Yoga)</b>
6 – 6.30 pm	Free period
6.30 – 7.30 pm	Dinner with Ashram members
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 550 / 650 (share / non-share); (if avail) AUD 600 non-share Homestay next door.

*An immersion into ashtanga (-vinyasa-) yoga for beginners, the curious and the ashtanga practitioner who want 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 (14 Day/13 Night)**

Day 1. Check-in; Day 2-8 Hatha Prog; Day 9 Free Day; Day 10 Free Day/Ashtanga Check-in; Day 11-13 Ashtanga Prog; Day 14 Check-out

Costs AUD 1300 / 1550 (twin-share / non-share); (If avail) AUD 1400 non-share *Homestay* next door.

Depending on your yoga journey this Ashtanga Immersion is available as a stand alone, esp. for the advanced practitioners; or 'Combined' Hatha Retreat followed by Ashtanga Workshop (14 days / 13 nights, incl. 2 days recovery in between; 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 Ashtanga.

### **#3 Hatha2Ashtanga Workshops (5 Day/4 Night)**

Day 1. pm check-in, Ashram progs/yoga; Day 2 – 4 Hatha2Ashtanga full prog; Day 5 noon check-out

Costs AUD 550 / 650 (twin-share / non-share); (if avail) AUD 600 non-share *Homestay* next door.

This twenty hours workshop is a middle path between the dynamic hatha yoga retreats and the ashtanga vinyasa yoga workshop. It follows the same daily time structure as the ashtanga vinyasa workshop (#2 ie the four sessions of pre breakfast, morning, mid afternoon and late afternoon sessions) 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 its 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 to just 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 Hatha2Ashtanga 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.

#### **#4 Ayurveda, Yoga and Meditation Retreat:**

Day1 check-in, Ashram progs; Day 2- 7 Retreat Progs; Day8 Morn prog/lunch, 2 pm check-out.

Costs AUD 900 / 1100 (twin-share / non-share); (if avail) AUD 1000 non-share Homestay(next door).

This retreat endeavours to bring Ayurveda to everyday life - as a tool to connect us with the wisdom of our bodies, our intuition, our truth, our nature our pathway to greater awareness and understanding. Blending with its natural complementary affiliate, yoga and meditation routines, the retreat will offer individual/private consultations for each participant to determine their ayurvedic constitution/prakriti and vikriti/presenting concern/current state of balance, and health goals. Individualised prescription of daily, seasonal and cosmic rituals, along with personally tailored purification and rejuvenation practices to optimise wellness and vitality will be included.

There will be daily group discussion on topics of interest such as: What is Ayurveda and how can it help me? Ayurveda's meaning, origins, history, branches, evolution to modernity, relevance to spiritual practice and purpose in present times will be explained. We will consider Ayurvedic perspectives on health and disease, becoming familiar with the foundational concepts of bhuta, dosha, and guna that comprise the intelligence of nature from which we have arisen.

We will investigate the power of sankalpa and purusartha to transform the various realms of our existence, and how we may best align the body, mind and spirit in cooperation with these pursuits. The subtle energies of prana, tejas and ojas will be examined as we discuss their value and manifestation in the body and beyond. We'll also explore the subtle energies of sattva, rajas, and tamas and their implications on our consciousness.

The importance of diet and digestion will be revealed, along with how to manage agni and ama, treat common ailments with kitchen herbs and revitalise the entire organism with elemental medicine, cleansing processes and simple lifestyle modifications. This retreat will offer an Ayurvedic approach to asana, pranayama and meditation practice, encouraging balance through awareness, movement, stillness, breath, mantra, mudra, and the senses of sight, smell, touch, taste and sound.

The retreat will be led by the much respected Claire James, a practitioner of 20 year standing with a thriving Ayurvedic Wellness studio in Melbourne, with the Ashram's own yoga teachers and *nature cure* practitioner thrown in for the relevant sessions. There will be a session on Ayurvedic cooking class, a yoga session at the Water Palace, a temple praying/pilgrim tour or optional excursions. We can recommend some Ayurvedic treatment, massage or other services at Candidasa village for those wishing to have more, or simply for a 'time out' which is the beauty of being right in the middle of the village centre. Or try the Ashram's own popular acupuncture sessions at the clinic, or join the four daily puja/prayer sessions or some karma yoga chores, or simply relish its ambience!

## **RESTRICTIONS/EXCLUSIONS**

### **• RESTRICTIONS:**

1. To best experience the Ashram environs read its restrictions in [www.ashramgandhi.com](http://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); for Retreat only: one temple prayer tour with members and one off-site yoga tour.
2. Yoga mats, cushions and straps are provided. However, perhaps bring your own and donate to the Ashram 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 for flexibility/adjustment, such as when car sharing etc.
2. Visa On Arrival (VOA) is USD 35 (most OECD/EU countries are now free but check consulate's sites, valid passport of at least 6 months), airport tax IDR 200,000 is now built-in in air ticket.

- **AIRPORT MEETING WITH OUR DRIVER**

Walk till end of passenger exit corridor, past the glass partitioned area on your right where a sea of family/friends/drivers try to make 'sight contact' with arriving passengers (ignore, as quite hard to meet an unknown driver with many carrying signs) through a duty free shop to a 'double back' walkway till the passenger area exit. Your driver should be there with a sign with your name and flight no (this is your ID of him so do not volunteer it). If not there go to nearby Info Desk and wait there as our drivers keep an eye on Info Desk as well. Any problem please call or sms the contact number supplied with the pickup advice, or see 'OUR CONTACTS' below.

- **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 to non-roaming mode phone* i.e. in Bali +62 (0)8123 7444 388 or in Australia +61 (0)409 505 344. SMS and [BaliAshramYoga@gmail.com](mailto: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/>

## PAYMENT PROCESS

1. **Write to [BaliAshramYoga@gmail.com](mailto:BaliAshramYoga@gmail.com)** , advise us on twin-share/non-share and yoga event 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) and estimate of costs incurred (or work out the maths from 'Pricing' above).
- 2 **Methods of Payment** (In AUD to our AUD account. Full payment or deposit of AUD 300 PP secures your booking but beware of fixed transfer charge component with each staged payment).

### 2.1 Bank Transfer (in AUD and Net amount received ie excl. bank and conversion charges)

#### For Payment within Australia:

#### For International Transfer:

BSB and Acct No become Acct No  
Acct Name: Abhayam Pty. Ltd. B  
Retreat's Mail Address: PO Box 2  
measures in some countries requ

Our banking details are deliberately blanked out from the web version of this FlyerBrochure, but will be included in the email version which is available on request to [BaliAshramYoga@gmail.com](mailto:BaliAshramYoga@gmail.com)

### 2.2 PayPal (in AUD)

Upon request we will send **PayPal** invoice (for internet payment through your bank account or credit card) to your email address (pls also supply the country of residence/banking if not obvious from email). We will add 4% *PayPal surcharge* to the payable amount to help defray charges by Paypal.

### 2.3 International Bank Transfer vs PayPal

PayPal cost of transfer/conversion is fixed 4%, it's convenient and quick. The International Bank Transfer costs vary. Our banks charge a fixed AUD 22 per transaction plus currency conversion rates which is abt 8% worse off than PayPal's (same as the wholesale exchange [www.xe.com](http://www.xe.com) we use). Research your own banks plus the convenience factor to you, and choose bank transfer or PayPal.

## IMPORTANT Links:

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

PRIMARY [www.BaliAshramYoga.com](http://www.BaliAshramYoga.com) [www.ashramgandhi.com](http://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/>