


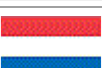
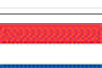
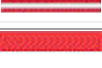
"Sublime yoga - in Bali's timeless oasis by the Lagoon and the Sea"



( <http://baliashramyoga.com/FlyerBrochure-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 8D/7N Dynamic Hatha and 5D/4N 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 under the watch of a sacred temple - nestled on the adjacent hill for centuries. Find out why many and *repeat* attendees from distant lands are *enchanted* by the chemistry of all the above..

Dates	Scheduled Yoga Retreat / Workshop Brief Desc	Leading Teacher/s	Links
29 Mar-5 Apr*	Dynamic Hatha**/incl. Nyepi***, 8 Days/7 Nights	Jennifer Isaacson	
5 - 9 Apr	Ashtanga**** Hatha Immersion, 5 Days/4 Nights	Ahimsaka (Edme)	
28 Jun-5 July	Dynamic Hatha/popular slot, booked out in last 2 years, so early booking is essential, 8 Days/7 Nights	Yvonne Haddleton	
5 - 9 July	Ashtanga Hatha Immersion, 5 Days/4 Nights	Ahimsaka	
10 - 17 July	(newly added in March) - Dynamic Hatha, 8 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 <b>Retreat</b> with popular Ashram duo, 8 Days/7 Nights	Kawi & Ahimsaka	
30 Aug-3 Sep	Ashtanga/Vinyasa Immersion <b>Workshop</b> , 5 Days/4 Nights	Ahimsaka	
25 Oct - Nov 1	Dynamic Hatha <b>Retreat</b> /last for the year, 8 Days/7 Nights	Jennifer Isaacson	
1 - 5 Nov	Ashtanga/Vinyasa Immersion <b>Workshop</b> , 5 Days/4 Nights	Ahimsaka	

### NOTES:

- \* start/end dates refer to check-in/check-out dates. Late check-out 2 pm on Day 8 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 one's mind
- \*\*\*\***Ashtanga** is a shorter duration but more intensive and more yoga/ashtanga-sequence focus workshop, with no tours. **Hatha Retreat** allows related 'time-outs' such as temple tours(some included)/trekking/snorkelling without straying from its yoga core. Ashram prayer/chanting, acupuncture, massages (+ open sea swimming) avail all time.

BaliAshramYoga.com

or Email: [BaliAshramYoga@gmail.com](mailto: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](http://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 (31 Mar 2014):** 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 *29 Mar to 5 April Hatha Retreat*

**Note:** While we refer Day 1 as an event's check-in day, if arriving after a long, time zone crossing, flights, perhaps arrive at 'Day 0' (a day earlier) to allow for recovery time to *max* your yoga. *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.

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

## **Ashtanga 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 build up 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)

## **Combined Hatha and Ashtanga Retreats**

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.

## **Restrictions, Included & Optional Costs:**

### • **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

### • **INCLUDED:**

1. All meals, wifi (own devices/small quota be mindful), 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 350,000 (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](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/>

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

- a. **Write** to [BaliAshramYoga@gmail.com](mailto:BaliAshramYoga@gmail.com) , with 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](http://www.xe.com))
- g. **Total** (b, c, d, e, f) **in AUD** (conversion at [www.xe.com](http://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)

Banking details have been blocked from the FlyerBrochure Web Version. To obtain the Email version please write to us at [BaliAshramYoga@gmail.com](mailto:BaliAshramYoga@gmail.com) Thank You!

**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/>