

A serene sunset over the ocean with the sun low on the horizon, casting a golden glow and a shimmering reflection on the water's surface.

Revitalise Your Essence

with a
9 Day Yoga Retreat in North-East Bali

17th- 25th November 2018



Far from the chaotic tourist regions, the village of Tejakula awaits to nourish your Soul.

Looking out across the ocean, the beautiful beachside resort of Gaia Oasis Pantai has a serenity of traditional Bali from yesteryear. I invite you to come and revitalise your essence on a progressive journey through the gross and subtle energies of your being, with an intention of renewal.

Using ancient yogic practices, specific to the design of this retreat, the natural world and our innate knowledge, we journey into a deeper connection with our physical, mental, emotional and spiritual self. We will explore the natural flow of our life force as it is lived through us, helping realign to that which is ever present – our essential nature.

This retreat is open to both men and women and is accessible for beginners to advanced students. Come and explore yoga beyond the postures. There will also be plenty of free time daily; to journal, enjoy the pool, beach and massages.

Facilitated by Emma James

Emma is a certified and registered Level 2 Yoga Instructor and Yoga Therapist. Emma is a Level 2 iRest® Teacher in Training and registered with Yoga Australia and Meditation Australia



Day 1 Check in opens at 4pm. Welcome Circle: Dinner: Yoga Nidra

Days 2-8 (times may vary with program's content) Full program given on arrival.

6.00am-7.30am Sunrise Meditation and Sun Salutations (optional)

8.00am Breakfast

9.30am-11.30am Yoga and morning tea

11.30am-1.00pm Specific daily content

1.00pm Lunch

2.00pm -5.00pm Free to relax, have your massage, journal

5.00pm-6.45pm Yin/Restorative Yoga and iRest Yoga Nidra

7.00pm Dinner

8.30pm Integration of the day

9.00pm Bedtime

Day 9 Retreat finishes after breakfast. Check out at 11 am.

(Time of closing circle confirmed pending flight/travel information of all participants.)

Price Includes:

- 8 nights twin share or single accommodation in beachside bungalows
- Breakfast Lunch and Dinner on each full day of the retreat: Meals are prepared with local, organic vegetarian ingredients. (Fish or chicken may be offered occasionally).
- 2 x 1hr Traditional Balinese Massages
- Daily Meditation, Asana, Pranayama, and Yoga Nidra
- Daily specific teachings aligning to the program's content
- 2 ceremonial excursions also aligning to the program's content
- 1 x private session with Emma at her studio/ skype/phone; before the commencement of the retreat. This is to establish your "Inner Resource" for your deeper experience of Yoga Nidra and also to alert Emma to any injuries/illness that you may be working with on retreat.
- Group return transfers to Denpasar Airport in shared taxis
- Welcome pack to enhance the experience of your retreat

Price Excludes:

- All travel arrangements and airfares to and from Bali
- Travel and or Health Insurance

Please check your passport is valid, with at least 6 months before expiry on return back into Australia.

Bali is visa free up to 30 days. If you plan to stay for a total of more than 30 days, please make sure you access the extendable visa on arrival. Go to www.indonesia.travel for all visa information.

Your Investment

AU\$1900 per person Twin Share OR \$AU2100 Single Occupancy

Deposit AU\$250 per person at time of booking. Final Payment due by 17th September 2018.

Cancellation fee of AU\$100 if you cancel your booking up to 5th May 2018.

Cancellation fee of AU\$250 if you cancel your booking as of 6th May – 5th October 2018.

Full Fee Non Refundable if you cancel your booking as of 6th October 2018 onwards.

Please Note: These requirements are aligned with the resort's cancellation policy.

All payments to be made by direct transfer to **Emma James BSB 082 401 ACC 287 384 848.**



For bookings contact Emma

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🌐 www.yogayarrajunction.com.au



Registered Meditation Teacher

