

# Bali Retreat



Luna Yoga

ਕਠੇਨ Kumara Sakti - Ubud, Bali

ਕਠੇਦਾਣ Sun 16th - Fri 21st October, 2011

ਟਰਫਟ \$1400 per person, twin share - single occupancy extra \$300

ਿੰਦੀਪਦੇਣਡ 5 morning & 5 afternoon yoga classes  
6 days & 5 nights accommodation & 13 healthy organic meals  
Mandi spa treatment & cultural activities

ਿੰਲਣ ਠਪਟ

Take time out! Come and enjoy a unique and relaxing Balinese holiday. Kumara Sakti is set in lush gardens surrounded by amazing views. Its peaceful ambience allows your yoga practice to be a priority. With two sessions each day you have a chance to explore and deepen your practice. Take time out to discover your possibilities for transformation. Return home rejuvenated, refreshed and inspired.

ਿੰਰਕਿੰਗ

\$200 deposit will secure your space. There are limited spaces. Please feel free to ring or email Vivienne  
Ph: 0409 489 006 Email: info@lunayoga.com.au

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## ਕੁਮਾਰਾ ਸਕਤੀ

Kumara Sakti is a ten bedroom holistic retreat centre. It is located 1.5km from the heart of Ubud in Bali. Bordered to the west by a small creek, the eco-friendly retreat is surrounded by jungle and rice fields. The centre offers: 2 swimming pools, dining room, spa and spacious yoga studio open to nature. Each room is air-conditioned, has its own terrace with garden views, mini-bar, bath and shower, comfortable yet unpretentious. Meals are well balanced to nourish both body and soul: vegetarian and non-vegetarian.

## ਕੁਮਾਰਾ ਸਕਤੀ ਗਤੀਵਿਧੀ

The activities help to gain an insight into the Balinese culture:

**Tirta Empul** - Monday evening we visit Bali's most sacred spring pools for a purification ritual. This mystical place is visited by Balinese from all over the island.

**Gunung Batur Volcano** - Wednesday we rise early to witness the sunrise behind Volcano Batur during our yoga session - an incredible experience.

**Cycling** downhill from the Volcano - a magical way of seeing the countryside of Bali. During the descent we will stop at traditional villages and meet the locals.

**Guided walk** - Thursday we walk through the rice fields and arrive at a small organic restaurant for lunch.

**Bali offering class** - Our final get together is Friday morning for the ritual of presenting offerings to the gods.

## ਕੋਮਲਾ

I joined the May 2009 Bali yoga trip and it was the best week away I've had for years and I was aware that the benefits of it stayed with me for months. Starting each day with yoga was great and I could see improvements in my practice as the week went on. It was good to be able to be pampered on site with massages and treatment to relax and restore our bodies. The hotel was beautiful and peaceful with staff who took care of us all very well. I will be going again.

Annie Keely

## ਲਿੰਕ

To view the retreat centre visit [www.oneworldretreats.com](http://www.oneworldretreats.com) the pictures give you a wonderful feel for the week. On the One World web site the retreat is called Pure Iyengar Retreat. The direct link is [http://www.oneworldretreats.com/ubud\\_bali\\_yoga\\_retreat\\_vivienne\\_obrien.php](http://www.oneworldretreats.com/ubud_bali_yoga_retreat_vivienne_obrien.php)

## ਫਲਾਈਟ



The flight is not included in the price. My flight details below are with Jet Star. It was just under \$900 return. Usually the earlier you book the cheaper the flight.

**FL JQ 35** Departs Melbourne Sat 15th Oct 18:30 (6:30 pm) arrives Denpasar 21:40 (9:40 pm)

**FL JQ 36** Departs Denpasar Sat 22nd Oct 22:50 (10:50 pm) arrives Melb Sun 23rd Oct 7:25 am

You can book these same flights with Qantas frequent flyer points via the Qantas website.

## ਗੈਸਟ ਟਰੈਵਲ

**Visa** On arrival at Denpasar airport you are required to pay a visa - \$US25 for 7 days, if you stay longer it will be more.

**Transport** We can organise transport to and from the airport. It is an hour trip at \$US35 one way, per car - 4 people per car.

**Extra Nights Accommodation** You are welcome to stay nights before and/or after the retreat dates. It is \$US53 per person twin share or \$US94 single room, per night this price includes breakfast. If you book the flights as above you will need extra nights accommodation.

**Travel Insurance** We recommend travel insurance.