

Luna Yoga Bali Retreat

Take your time to read and dream

The ten bedroom holistic retreat 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.

The price is inclusive of everything described in the itinerary below.

Day 1 Sunday

- Retreat Debriefing
- Afternoon Restorative Yoga Class
- Dinner
- Purification Ceremony at Tirta Empul - *Tirta Empul are Bali's most sacred spring pools. This mystical place is visited by Balinese from all over the island, a local manghu (priest) will carry out the prayers it is an exceptional way to begin the retreat.*

Day 2 Monday

- Morning Yoga Class
- Breakfast
- Free time to relax & familiarize yourself with the area - *swim in one of the two pools, stroll around the rice fields surrounding the retreat centre.*
- Lunch
- Mandi Spa Treatment - *massage, exfoliation, bath. The spa treatments are spread over the 5 days so it may or may not be on Monday.*
- Afternoon Inversion & Pranayama Class
- Dinner

Day 3 Tuesday

- Morning Yoga Class
- Breakfast
- Free time to discover the town Ubud - *shops and markets.*
- Afternoon Inversion & Pranayama Class
- Dinner

Luna Yoga Bali Retreat

Take your time to read and dream

Day 4 Wednesday

- Sunrise at the Gunung Batur Volcano in Kintamani - *to witness the sunrise at the Volcano Batur during a yoga session is an incredible experience.*
- Cycling from Kintamani to Ubud - *a magical way of seeing the countryside of Bali, during the descent we will stop at a traditional village to see the local way of life.*
- Afternoon Inversion & Pranayama Class
- Dinner

Day 5 Thursday

- Morning Yoga Class
- Breakfast
- Guided walk and lunch at the Ubud Botanical Gardens
- Afternoon Inversion & Pranayama Class
- Dinner

Day 6 Friday

- Morning Yoga Class
- Breakfast
- Bali Offering Class - *the ritual of presenting offerings to the Gods is an integral part of the daily life for every Balinese.*
- Lunch

The above outline gives you an idea of each day, times and details shall be finalised closer to the time. Transport to and from the airport is \$25 US per car, one way.

I would like the retreat to offer you the opportunity to immerse yourself in your yoga practice and at the same time explore mystical Bali, returning home relaxed and rejuvenated.

Please phone or email or chat after class if or have any questions.

I look forward to seeing you in Bali.

**Namaste,
Vivienne**