

abhayamyoga.com - the Inaugural 'Abhayam' Yoga Workshop at Gedong Gandhi Ashram Candidasa, Bali, Indonesia

(*abhayam/abhay:(sanskrit) fearless, courageous. 'bhay' means fear and 'a' is a negation. abhay is also the name of Lord Shiva; a bestower of safety & security)

A rare opportunity for a discerning few to experience yoga as taught by a simply 'awesome' yoga teacher in the tranquil magic that is Ashram Gandhi Candidasa.

When: 5, 6 or 7 day options, Sat Oct 23 to Fri Oct 29, 2010 (note check in/out the night-before/day-after)

Where: Gedong Gandhi Ashram, Candidasa, Bali, Indonesia

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The Teacher: Yvonne Haddleton

Yvonne is a very highly regarded Melbourne/Elwood based yoga teacher who 'lives and breathes' and genuinely believes that she 'was born to teach' yoga. Yvonne maintains a regular yoga practice of asana, pranayama, nidra and meditation and has 19 years of yoga teaching experience with private and community classes, as well as 'blue chip' Australian corporate clients. She teaches from beginner to advanced classes in Hatha, Dynamic Hatha and Vinyasa.

Yvonne has yoga teaching certificates as well as a BA in dance. Through her disposition and individual style – technically competent yet with easy manner – which make the class fun and rewarding. Her intent is to give excellent classes that have a positive and uplifting impact on people's lives. A great number of loyal followers is testimony to that, and we are very lucky to 'recruit' someone of her calibre to leave her overflowing classes to lead our yoga workshop.

The Venue: Gedong Gandhi Ashram at Candidasa (pls visit www.ashramgandhi.com)

Established in 1976 by the late visionary activist and internationalist Mrs. / 'Ibu' Gedong Bagoes Oka, it has the unrivalled idyllic seaside, spring water pond and tranquil environment conducive to yoga and spiritual pursuit. The program offers the chance for participants to sample living amongst, or participate in, the life of 'simplicity' of a Gandhian Ashram that is focused on service and action. The Ashram was somewhat modeled on the Brahma Vidya Mandir Ashram of Gandhi's follower and Sankrit Scholar ,Vinoba Bhave, that *Ibu* regularly visited till his death in 1982. The Ashram runs a free (donation only) 'Nature Cure' clinic for the patients from the surrounding villages (and for the Ashram guests) and also a kindergarten as part of its direct community service. The young and school age members come from poor families whose expenses and studies are paid for by the Ashram. The Ashram also offers a large library of books on Gandhi and Hinduism for guests to read – but such 'indulgence' perhaps best done during an extended or another stay at the Ashram! Just by being in the program and staying there you are already supporting this worthwhile cause whilst reaping the healing and recuperating nature such unique – perhaps life changing - experience can offer. Please visit the Ashram website www.ashramgandhi.com as for this very unique opportunity, there are restrictions to observe (such as vegetarian meals – but as a concession with fish for guests -; no alcohol, smoking or sharing of bungalow for unmarried couple) that actually will enhance one's pursuit of yoga's *union of body, mind and spirit* (yoga actually means union).

Targeted & Flexible Programme

The programme is specifically designed to be flexible to allow for different flights or travel schedule and therefore offering participants flexibility to construct his/her own 5, 6 or 7 day workshop options anytime between Sat Oct 23 to Fri Oct 30 2010. Yvonne will be available for the full seven days. The weekend Sat/Sun start and Thu/Fri finish was designed for flexibility for those with a typical 2 weekends/10 day stay in Bali with a 'spare' couple of days depending on their flights. Should you require an even shorter programme/stay (which we wouldn't recommend but may be dictated by constraints of travel), please write and we shall endeavour to oblige.

Should you feel inclined, participants can stay a few days prior or after the seven day workshop period at the Ashram at the normal Ashram's rate (www.ashramgandhi.com), subject to room availability. In fact should you plan to stay longer in the island it is highly recommended that you use the Ashram as your base for day trips to anywhere in Bali or short local trips around the regency of Karangasem – perhaps one of the regencies in Bali least 'spoilt' by tourism.

The yoga teaching will be tailored according to the proficiency and wants of the individuals and the group. Yvonne will be spending the first session assessing and talking to the group to come up with the right blend of routines drawn from different aspects of Sun salutations, Asana (Hatha and Vinyasa), Guided Relaxation, Pranayama, Meditation, Chakra practices and Chanting. Some things such as the chanting may be reduced to avoid duplication for it is also used a lot at the Ashram as part of the *puja*.

The 'Promoter'

My name is Rudi Oka, I am Melbourne based and the fourth of the founder's six sons. Although I do yoga as much as I can whilst at the Ashram, (to my shame) I am not the regular yoga practitioner that I would like to be. My interest in here is firstly my commitment to do whatever I can to support the Ashram and its ideals and for it to reach its self sustaining potential. My admiration for Yvonne's skills and disposition made me 'dream' about the good chemistry of combining the two – and share this 'magic' with the greater discerning public out there (and as a 'bonus' we have the resident and the very competent yoga teacher, Kawi, to assist and mix during some of the sessions). A number of our friends have been going to Yvonne's classes for a number of years and all speak glowingly of her *simply fantastic* classes. I think she is 'perfect' for the workshop at the Ashram and I'm hoping that this will be just the beginning of many future regular workshops. The emphasis will be to make these workshops self sustaining so that we can help bring continued 'traffic' to the Ashram and expose our little known 'jewel' more to the world, therefore in turn helping the Ashram itself to become more self sustaining in delivering its community service. I will be at the Ashram from a few days prior and after the seven day timeframe of the workshop.

Daily Schedule

The key here is also flexibility - to try to tailor the programme to suit the group best. The Ashram hours and meals time are fixed, however, should we find the meal time too restrictive, we can arrange our own time or even slightly shift the Ashram's scheduled meal times to accommodate the group's meals (all communal and with Ashram members). The same goes with the yoga sessions. If the group finds it too much of a 'push' and less 'fun' then we can modify the content or reduce the hours with other activities (believe me, there are plenty!) or just more free periods. Note for those 'horrified' at the early start of morning pujas (5 am, and optional – but try at least once!) or even to start the day with a morning sun salutation yoga at 6.30 – 7.30am but, for your information, in Bali it is quite light by 6 am in the morning. Another thing is why not make your stay at the Ashram as an *opportunity* to reset your body clock to be 'in tune' with the way nature's designed it - an early to bed and early to rise? (I'm a bit of a night owl in Melbourne but I find early rise for the morning puja very invigorating).

Below is the schedule with the group's specific program written in *italics* and the normal font denoting shared program with the Ashram members, such as the meals, or part of the Ashram's routine where our workshop participants are welcome to join.

- 5 – 6 am Morning Puja (optional for workshop participants)
- 6 – 6.30 am *Free period*
- 6.30 – 7.30 am *Yoga with Yvonne – Sun Salutation Surya Namaskara*
- 7.30 – 8.30 am *Free period*
- 8.30 – 9.00 am Breakfast with Ashram members
- 9 – 10 am *Free period*
- 10.00 – 11.30 am *Yoga with Yvonne – Asana Class*
- 11.30 – 12 noon Midday Puja (optional for workshop participants)
- 12.30 noon – 1.30 pm Lunch with Ashram members
- 1 – 3 pm *Free period*
- 3 – 3.30 pm *Yoga with Yvonne – Guided Relaxation*
- 3.30 – 4 pm *Free period*
- 4 – 5 pm House Yoga with Kawidana (Tuesday, Thursday and Saturday only)
- 5 – 6 pm Evening Puja (optional for workshop participants)
- 6 – 6.30 pm *Free period*
- 6.30 – 7.30 pm Dinner with Ashram members
- 8 – 9 pm Night Puja
- 9 pm – morning *Early to bed, early to rise!*

A couple of trekking/village/community project/local event of interest visits will be organised in place of the morning or afternoon program, or more yoga sessions added depending on how the group feels. A split group activity is also an option so there'd be flexibility and a scope to cater better for individual's needs which will be discussed on site.

Morning and afternoon teas will be served at the bungalows.

Cost

AUD 550.00 / 600.00 / 650.00 for 5 / 6 / 7 day programs respectively. Please note that we provide 6/7/8 nights accommodation and check-in is a day prior to your nominated Yoga Workshop start date and check-out a day after your last day at the Yoga Workshop. Please ensure that these match your travel itinerary or flights.

Included:

The cost covers full bungalow accommodation (either single or twin occupancy, depending on availability but you can state your preference, with daily 3 meals, morning and afternoon teas provided), two trekking/village/sightseeing tours (additional tours may be offered and covered and if it was to incur additional cost you would be advised prior for your agreement). While each bungalows has all the necessary comforts with full amenities and running water, mobile cooling fan etc as a concession to our full paying guests (which prompted a respected visiting Gandhian scholar to remark of it being 'the most luxurious Gandhian Ashram he had ever stayed', which I think was also a reference to its majestic seaside/pond/hill/nearby sacred temple location), in general the tone still reflects the life of simplicity that the Ashram embraces.

Not included:

Airfare or transport to and from the Ashram. Airlines – From Australia I found budget airlines Jetstar www.jetstar.com offers very competitive prices with direct flights from and to Melbourne or Sydney, even slightly cheaper if willing to stopover in Darwin. AirAsia www.airasia.com offers slightly cheaper flights but through the KL hub which often necessitated the need to get overnight accommodation there. Also beware that all their prices start with no baggage allowance comparable to JetStar Light. However, AirAsia may be a better option for participants from other countries/via Singapore or KL.

We can organise airport pick-up or drop-off for AUD 40.00 and if we are aware of other participants or Ashram guests arriving on same flight or flights with close arrival times, we will advise car sharing which would help defray the costs (which helps the environment too). Candidasa is approximately two hour drive from the airport, depending on time of day and traffic.

Group Size:

The Ashram with its six full functioning bungalows – if all available for the group's use – places a strict limit on the size of the group which is probably in line with what we consider manageable for quality/individual care and tuition. Strictly, first come first serve.

Booking/Inquiry/Payment

Please write to abhayamyoga@gmail.com or phone/sms +61 409 505 344 or skype *rudioka* for any inquiries or to apply to book a place. With each booking we will send you our banking details which, for security reasons, we won't publish them online. Payment is by cheque or money transfer to our bank, just email us and we will email back the banking details or alternative payment methods.

We have decided to deal in AUD to simplify our accounting and costs. We need 25% payment to secure your booking and the remainder, at the latest, a week prior to the start of the workshop (effectively ***full payment needs to be received by Friday October 15, 2010***). Some participants who are already in the island who may wish to pay in cash in Indonesian IDR or any major currency (but preference is still AUD) may contact us via email or phone to arrange method of payments.

To help plan the best for you please supply us with other relevant information, so here is the Check List that we seek for you to supply us with:

- Nominate your 5, 6 or 7 day option and your start date (remember check-in is the night before)
- Nominate if airport pickup is required (additional IDR 300,000 or about AUD 40.00 and if or when known flight details. Apart from pickup it's to see the possibility of sharing with others)
- If additional nights are required outside the workshop period, if yes provide detail
- If known, nominate your yoga level - beginner, intermediate or advance
- Anything specific you would like to pursue in our Yoga Workshop
- Preference on shared or non-shared/own (only if an option with no. of booking) bungalow
- Age (optional)
- Pre-existing injuries
- Medical Conditions/Illness
- Any other info that we may have overlooked but relevant to us catering for your needs

The dates may seem like a long time away but in terms of planning, believe me it is not. So please get on to it promptly and book now/at your earliest opportunity!