

Ashram Yoga Retreats

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



with

Yvonne Haddleton

July 1-7 and Oct 20-26, 2012

At Gedong Gandhi Ashram Çanti Dasa.

Candidasa, Bali, Indonesia.



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baliashramyoga.com

Gedong Gandhi Ashram (also known as Ashram Gandhi Çanti Dasa - 'servant of peace') at Candidasa is the first and oldest Ashram in Bali. For more info www.ashramgandhi.com

Our 'sankalpa': *baliashramyoga.com* endeavours to deliver a yoga retreat that gently blends with our Ashram ways. In natural Ashram surroundings which we feel is the best place to do yoga with outstanding visiting and Ashram's in-house teachers. Modest yet comfortable full-meal accommodation - our 'highly popular', sumptuous, wholesome, vegetarian and fish meal is such an example. Value for money - yet still combining a health retreat with a touch of community service (your mere patronage to the Ashram alone helps it finance its Gandhian "Life of Service" ideal with its projects). Access to ashram's facilities and services, such as Gandhi library or *acupuncture* clinic, or to simply interact with ashram members, observe/learn Ashram's cooking, retreat to our meditation room, or swim in the open sea. The Ashram is idyllically located in the auspicious confluence of ocean frontage, spring-fed lake and a sacred temple nestled on the lake-side of the large steep hill overlooking the Ashram. All these contribute to a yoga retreat ambience that is simply peerless.

Daily Schedule:

Legend: Normal Fonts – optional/members' activities, ***Bold Italics*** – Yoga Retreat's programme

Time	Activity
5 - 6 am	Morning Puja (optional but should try at least once - it's reinvigorating!)
7.00 - 7.45 am	<i>Yoga with Yvonne – Sun Salutation Surya Namaskara</i>
7.45 - 8.30 am	<i>Pranayama and Meditation with Yvonne (at the meditation room)</i>
8.30 – 9.00 am	<i>Breakfast with Ashram members</i>
9 – 10 am	<i>Free period</i>
10 – 11.45 am	<i>Yoga with Yvonne – Asana and Nidra Class</i>
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	<i>Lunch with Ashram members</i>
1.30 – 4 pm	<i>Free period</i>
4 – 5 pm	<i>This extra sessions with Yvonne on NON House Yoga days. We propose alternate sessions of breathwork/special pranayama and moving yoga sequences/vinyasa, subject to group consensus</i>
4.30 – 5.30 pm	<i>House Yoga with Kawidana (Tuesday, Thursday and Saturdays only)</i>
5 – 6 pm	Evening Puja (optional)
6 – 6.30 pm	<i>Free period</i>
6.30 – 7.30 pm	<i>Dinner with Ashram members</i>
7.30 – 8.00 pm	Night Puja (optional)
8.00 pm – morning	<i>Free period – or Early to bed, early to rise!</i>

Our key word here is *flexibility*. The above is a guide only and may be changed/added to suit the group's **and** individual's needs. The program is also flexible with options of a 5, 6, or 7 day retreat starting at AUD 600 for a 5 day all-inclusive, twin-share bungalow with 2 or 3 short tours included to break the routine, as needed, excl airfares and transfers. For more info www.baliashramyoga.com and <http://www.elwoodbeachyoga.com.au/> or of previous retreats' <http://ashramgandhi.wordpress.com/category/yoga/> or photo collections of the ashram/accommodation <http://www.flickr.com/photos/ashramgandhi/collections/72157627326482760/> or a blog from previous guests <http://www.travelpod.com/travel-blog-entries/keithandbeth/1/1255756538/tpod.html#>

All these links and more are available from www.baliashramyoga.com