

Ashtaram Yoga Retreats

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



with

Yvonne Haddleton

October 20 - 26, 2012

At Gedong Gandhi Ashram
Candidasa, Bali, Indonesia



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baliashramyoga.com

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

Our 'sankalpa': A yoga filled week of retreat that gently blends with our Ashram ways and natural surroundings, with visiting and Ashram's in-house, accomplished yoga teachers. Modest yet comfortable seafront or seaview outlook bungalows, full-meal accommodation with our highly popular, sumptuous, wholesome, vegetarian and fish meals. 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 or join the *puja/prayers*, 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 tailor made for a good yoga week!

Schedule. October 2012: Fri 19th Arrivals, 20th – 26th Retreat, and Sat 27th Check-outs

Daily Schedule:

Legend: Normal Fonts – members, *Italics* – Retreats and ♣ **Bold Italics** – Yoga Activities

Time	Activity
5 - 6 am	Optional/Morning Puja (incl. Agni Hotra/fire ceremony)
♣ 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 (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	Lunch with Ashram members
1.30 – 4.30 pm	<i>Free period / Group or Private Tours/Activities</i>
♣ 4.30–5.30 pm	♣ <i>Daily House Yoga with Kawidana/Edme</i>
5 – 6 pm	Optional/Dusk Puja (incl. Agni Hotra)
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>
♣ TBA	♣ A couple of sessions (breathing/chakra workshops) with Yvonne

Our key word here is flexibility and programs may change to suit the group's or individual's needs; 5, 6, or 7 full-day retreat (incl an extra night for eve of full-day start) at AUD 600, 650 and 700 respectively for **all-inclusive not a penny more** all vegetarian & fish meals twin-share bungalow, 2 or 3 small tours, **excluding** airfares/transfers but **add** AUD 200 for non shared accommodation. Deposit of AUD 200 pp with booking and the balance a month prior to Retreat.

More Info: www.balishashramyoga.com and <http://www.elwoodbeachyoga.com.au/> or prev retreats's <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/11255756538/ypod.html#>

Additional Info/Queries/Bookings please email : balishashramyoga@gmail.com

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