

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



A S H R A M

YOGA  
R E T R E A T



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with

**Jennifer Isaacson**

+ Ashram's daily yoga with **Kawidana**  
+ Bali's New Year **Nyepi** Day of Silence

**March 9-16, 2013**

at Gedong Gandhi Ashram  
Candidasa, Bali, Indonesia

**[www.baliashramyoga.com](http://www.baliashramyoga.com)**

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**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](http://www.ashramgandhi.com)

**Our 'sankalpa'**: A yoga filled week of retreat that gently blends with our Ashram ways and natural surroundings, with accomplished visiting and Ashram's in-house yoga teachers. Modest yet comfortable seafloor or seawind 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!

**Myepi**: Bali's New Year Day of Silence & Reflections through spiritual readings and pursuits which yoga and the Ashram provide a good starting combination. Total ban on lights, fire, cars and, indeed, airline flights – a unique experience to live to the spirit of *Myepi* (from *sepi/quiet*).

**Schedule. March 2013**: Sat 9th Arrivals, 10th – 16th Retreat, and Sun 17th Check-outs

**Daily/Legend**: Normal Fonts – members, *Italics* - Retreats and 🚩 *Italics* – Yoga's programs.

| Time             | Activity   |
|------------------|--|
| 5 - 6 am         | Optional/Morning Puja (incl. Agni Hotra/fire ceremony)                   |
| 🚩 7.00 - 7.45 am | 🚩 <i>Yoga with Jennifer – Sun Salutation Surya Namaskara</i>             |
| 🚩 7.45 - 8.30 am | 🚩 <i>Pranayama and Meditation with Jennifer (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 Jennifer – Asana and Nidra Class</i>                      |
| 11.30 - 12 noon  | Optional/Midday Puja   |
| 12.30-1.30 pm    | <i>Lunch with Ashram members</i>   |
| 1.30 - 4.30 pm   | <i>Free period – Group/Private Tours/Activities</i>                      |
| 🚩 4.30-5.45 pm   | 🚩 <i>Daily House Yoga with Kawidana or other resident teachers</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   | Optional/Night Puja  |
| 8 pm-morning     | <i>Free period – or Early to bed, early to rise!</i>                     |

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 650, 700 and 750 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 abt us: [www.balishramyoga.com](http://www.balishramyoga.com) and <http://jenniferisacson.com/> or of previous 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/1/1255756538/tpod.html#>

**Additional** Info/Queries/Bookings please email: [balishramyoga@gmail.com](mailto:balishramyoga@gmail.com)

All these links and more are available from [www.balishramyoga.com](http://www.balishramyoga.com)