

"Sublime Chemistry - Yoga in Bali's timeless Ashram by the Sea"



#2012 BaliAshramYoga.com

Dates	2018 CALENDAR BaliAshramYoga.com	Lead Teacher	House Yoga Sessions
15 – 22 Mar 2018	Dynamic Hatha Retreat's Nyepi Bali Day of Silence 8 Day/7 Night	 Sian Pascale	 Kadek et al
29 Jun- 6 Jul 18	Dynamic Hatha Retreat and Meditation	 Yvonne Haddleton	TBA
17 – 24 Aug 18	Dynamic Hatha Retreat's and Meditation	 Lesley Mckaig	TBA
Nov 2018	Dynamic Hatha Retreat: dates to be advised		TBA

NOTES:

1. Dates: are **check-in start-date** to **check-out end-date**. Late 2pm check-out on last day
2. If a long flight/time zone crossing, it's best to arrive a day earlier to start your retreat afresh
3. The prices per person for twin-share and non-share bungalow (with own shower/ toilet/ mobile cooling fan and running cold water for the tropics) are AUD 900 and AUD 1100 respectively for the 8 days / 7 nights' retreat which includes all accommodation and meals and excursions (or an additional fee after the group's agreement if additional tour/s are contemplated) but excluding transfer from airport. Accommodation is at the Gedong Gandhi Ashram's bungalows but if full we will offer alternative accommodation at our next door homestay (of similar standard to us, ocean front if available, a shared rear access gate between the two properties, use of facilities/join activities @Ashram for same prices).

EASY STEPS to familiarise and book a BaliAshramYoga Retreat

- Browse [Images of past retreats](#)
- Read about [our teachers](#) and links
- Read this FlyerBrochure
- [Inquire/Book](#) by [Email to BaliAshramYoga@gmail.com](mailto:BaliAshramYoga@gmail.com)
- [Include](#) in email your preferred event, share/non-share bungalow, additional nights (check-in and out dates). We recommend payment by TransferWise for efficiency and costs all round, PayPal will incur about 3% surcharge and for International Bank Transfer, bank fees borne by sender.
- [Make Payment](#) by PayPal/CreditCard or Bank Transfer as per PAYMENT PROCESS section
- [Check](#) our [Travel Tips](#) to plan and once there [Ashram Facilities](#) and Ashram's [Supplementary Services](#)

BRIEF OVERVIEW BaliAshramYoga Retreat

BaliAshramYoga (www.BaliAshramYoga.com or BaliAshramYoga@gmail.com) runs the yoga retreat/workshop activities (therefore deals with all inquiries/correspondence) at, and in partnership with, Gedong Gandhi Ashram, which it supports and helps promote.

Gedong Gandhi Ashram, aka Ashram Gandhi Çanti Dasa (*servant of peace*) or **Ashram Gandhi** (www.ashramgandhi.com or AshramGandhi@gmail.com) or simply **Ashram**, at Candidasa, Bali (<http://tinyurl.com/npxbx7x>) which runs the first and oldest Ashram in Bali since 1974.

Our 'sankalpa': A yoga filled retreat with visiting and Ashram's in-house yoga teachers that gently blends with, and allow the attendees the opportunity to experience and *immerse* in, our unique Ashram lifestyle and ambience. Mostly seafront or sea-view bungalows, some backing onto the village's spring fed pond . Full-meal accommodation with vegetarian and fish dishes. Good value yet with community service orientation (simply being a guest helps finance Ashram's operations). Access to ashram's facilities and services. Or to simply interact with ashram members or join the *puja/prayers*, adjourn to our library or meditation room, or swim in the open sea. Idyllic setting in auspicious environs yet right at the lively centre of Candidasa village for a 'time out' if needed!

A quote from past attendee: "*..As a yoga beginner before hand I was a little bit scared the level would be too high for me. However, immediately during the first class I found out that the level did not matter. Since the teacher is such a good teacher and the class was small, everyone could do the class at their own "capacity" .*"

DETAILS BaliAshramYoga Retreat

Dynamic Hatha Yoga Retreat (8 Day/7 Night):

Day1 check-in, Ashram progs; Day 2- 7 Retreat Progs; Day8 Morn prog/lunch, 2 pm check-out.

Costs per person AUD 900 / 1100 (twin-share / non-share); if Ashram is full we will advise you for a similar room in our next door homestay with shared rear gate to the Ashram, ocean front if available.

Primarily the broader Hatha Yoga with a blend of daily sun salutation, *asana*, *vinyasa*, *pranayama*, *nidra* as well as delving into its philosophical and spiritual context. The classes cater the full range of yoga proficiencies, as our experienced teachers tune in to the individuals and the week's narrative. There are links at the end of this document to our teachers, testimonials, blog and previous retreats.

Below is the broad format of the daily program which may vary slightly with each teacher to suit his / her own style or narrative (Legend: ♣ for retreat's attendees, *advised to attend to complement previous session and the remainders are Ashram's general daily routine).

Time	Activity
5 - 6 am	Optional/Sunrise Puja (incl. Agni Hotra/fire ceremony)
6 - 7 am	Members yard duties working bee (optional for attendees)
♣ 7.00 - 7.45 am	♣ Yoga – Sun Salutation/Surya Namaskara
♣ 7.45 - 8.30 am	♣ Pranayama and Meditation (meditation room)
8.30 – 9.00 am	Breakfast with Ashram members
9 – 10 am	Free period
♣ 10 – 11.45 am	♣ Yoga – Asana/Vinyasa/Nidra Class
11.30 – 12 noon	Midday Puja (optional)
12.30 – 1.30 pm	Lunch with Ashram members
1.30 – 4.00 pm	Free period / Group or Private Tours or Activities
♣ 4.00–5.30 pm	♣ House or Retreat Yoga (Selection of Hatha/Vinyasa/recuperative yoga)
*5.15 – 6 pm	* Sunset Puja (incl. 5.30pm Agni Hotra/Fire Ceremony – Optional but recommended as a natural extension to previous House Yoga)

6 – 6.30 pm	<i>Free period</i>
6.30 – 7.30 pm	<i>Dinner with Ashram members</i>
8 – 8.30 pm	Night Puja (optional)

Normally the retreat will include some excursions, such as a morning offsite/water palace yoga session, an evening temple prayer followed by temple style meal with the Ashram members, a session of boat snorkelling off the small islands off our Ashram coast with local fishermen (naturally we often swap things around to suit the tempo of the retreat or friendly weather forecast). Or other tour/activities depending on the mix wished of the group. Also there will be a number of individual activities in around the Ashram that will compete for a portion of the 'free time' such as acupuncture session at the Ashram's 'Nature Cure' clinic, there's an excellent and popular masseuse barely a stone's throw from the Ashram (or have one come to your bungalow), which will impact on the 'mix' of yoga/excursion/free time each individual group wishes to do. Check these on <https://ashramgandhi.wordpress.com/ashram-facilities/supplementary-services/>

A teacher may also provide additional information about a particular forthcoming retreat to suit his or her plan or narrative.

RESTRICTIONS/EXCLUSIONS

• RESTRICTIONS:

1. To best experience the Ashram environs read its restrictions in www.ashramgandhi.com of which the important ones are *no smoking, no alcohol consumption or sharing of bungalow for unmarried couples* (consider Kelapa Mas accommodation next door, or speak to us) . Dress modestly around the Ashram, bathing suit only for around the beach, no nude bathing, or ask at the Ashram.
2. **Full medical and travel insurance is a compulsory** to join the retreat/workshop

• INCLUDED:

1. All meals, wifi, refill of drink water bottle (from our large 'Aqua' containers, ie less plastic waste), ashram's facilities (Gandhi library, puja/ prayers); for Retreat only: one temple prayer tour with members, one off-site yoga tour, one snorkelling or/and boat trip to White Sand Beach with beach cafes and umbrellas for swim/ sunbathing about half hour boat ride from Candidasa.
2. Yoga mats, cushions and straps are provided. However, perhaps bring your own and donate to the Ashram at end of your stay to make space for presents to take back from Bali?

• NOT-INCLUDED:

1. Airport transfer to and from Ashram is IDR 400,000 (abt 1.5 hrs travel – ask for quote if from elsewhere in Bali) each way, to be paid direct to our contract driver to allow for flexibility/adjustment, such as when car sharing etc.
2. Visa On Arrival (VOA) is now free for most OECD/EU countries but please check with consulate's sites, and you require a passport which is valid for at least 6 months.

• AIRPORT MEETING WITH OUR DRIVER

Walk till end of passenger exit corridor, **past** the glass partitioned area on your right (where a sea of family/friends/drivers try to make 'sight contact' with arriving passengers - ignore, as quite hard to pick a driver from many sign carrying drivers) through a duty free shop to a 'double back' walkway till the passenger area exit.

Your driver will meet you up at the passenger exit holding a sign with your name and flight no (this is your ID of him, so do not volunteer it). If not there, go to nearby Info Desk and ask them to page for the Gedong Gandhi Ashram driver (and verify that they have your name and flight number). For emergency our Bali phone number is 081237444388 when retreat is on.

- **OPTIONAL COSTS:** Additional tours/snorkelling etc can be organised as a group or individual, acupuncture IDR 50,000/session or massages at the salon across the road or call to your bungalow (details in our Ashram blog under [Ashram Facilities / Supplementary Services](#))

- **OUR CONTACTS:** Voice calls answered *only to non-roaming phone* i.e. in Bali +62 (0)8123 7444 388 or in Australia +61 (0)409 505 344 or SMS to the latter and BaliAshramYoga@gmail.com mailbox is always active. Ashram Address: Jalan Raya Candidasa, Candidasa, Bali ph +62 363 41108 or search *Gedong Gandhi Ashram* in Google Maps <https://maps.google.com/>

PAYMENT PROCESS

1. **Write** to BaliAshramYoga@gmail.com , advise us on twin-share/non-share and yoga event of your choice and any queries. With the reply we'll post the *email version* of this Flyer-Brochure *which includes our Bank details* (not published on the web version for security reasons) and estimate of costs incurred (or work out the maths from 'Pricing" above).
- 2 **Payment** (In AUD to our AUD account. *Full payment at least 4 weeks prior to retreat or deposit of AUD 300 per person* to secure your booking (Please read the Terms and Conditions as listed at the end of this brochure).

2.1 Payment Options

Payment option are TransferWise, PayPal or normal International Bank Transfer. Both TransferWise and PayPal is also payable by credit card at a fee (we add 4% to PayPal invoice to cover their charges) but we found that TransferWise from your own bank account as the fastest, most efficient, cheapest and transparent of all three. Upon TransferWise or PayPal payment's request we will forward you the **TransferWise link** or **PayPal Invoice**. As our bank account is held in Australia in AUD and if you are making the payment from Australia then a direct bank transfer with nil bank fee and nil forex fee is the best option.

2.2 Our Bank Details (in AUD and Net amount received ie excl. bank and conversion charges)

For Payment within
and **Acct Name: Abh**
For International T
BSB and Acct No bec
Acct Name: Abhayam

The banking details are purposely blanked for internet security. Please write to BaliAshramYoga@gmail.com for a copy of the 'unblanked' email version

Retreat's Mail Address: PO Box 2112, Central Park, Vic., Australia 3145 (Anti money laundering measures in some countries require Acct Holder's Name - Rudi Oka, same PO Box address)

IMPORTANT Links:

PRIMARY www.BaliAshramYoga.com www.ashramgandhi.com <http://ashramgandhi.wordpress.com/>

TESTIMONIALS:

<https://ashramgandhi.wordpress.com/testimonials/bali-ashram-yoga-retreats/>

OUR TEACHERS:

<https://ashramgandhi.wordpress.com/yoga-puja/baliashramyoga-retreats/our-yoga-teachers/>

Collection of photos of the ashram/accommodation/previous retreats:

<http://www.flickr.com/photos/ashramgandhi/collections/72157627326482760/>

Previous retreat's reports <http://ashramgandhi.wordpress.com/category/yoga/>

Terms and Conditions for our BaliAshramYoga Retreats

(1) The first AUD 300/person payment constitutes non-refundable deposit. Remainder of payment refundable up to 30 days prior to commencement of retreat/workshop, else forfeited, or at the sole discretion of BaliAshramYoga. Check if any is claimable from the Travel and Medical Insurance (a precondition to join our Retreat or Workshop), depending on your policy (2) PayPal Surcharge (4% for international and 2.25% for within Australia) is the estimated transaction fees charged by PayPal. (3) Dates refer to check-in and check-out dates of retreat/workshop, make sure to book additional nights before hand to ensure availability (4) To pay by Visa Credit or Visa debit card simply follow the instruction on the PayPal Email (5) Booking is only confirmed after payment is made. Payment is taken as agreement to the terms and conditions outlined here.