



IYENGAR YOGA CENTRE OF WELLINGTON

Bali Retreat

10 – 19 MAY 2024

**Develop your practice in
an environment that completely
supports and nourishes—physically,
emotionally and mentally.**

In the tropical paradise of Bali, this ten-day yoga retreat is designed to rebalance, energise and nourish your mind and body.

Be revitalised by the warmth of the Balinese people and their culture, and soothed by the beauty and abundance of Mother Nature on the 'Island of the Gods'. We will have exclusive use of this secluded, serene and special venue:

Gaia Oasis, Abasan Mountain Retreat

> [gaia-oasis.com](https://www.gaia-oasis.com)

> [Trip Advisor reviews](#)

Suitable for Iyengar Yoga students of all levels who have a desire to deepen their understanding of the practice. There will be plenty of time for relaxation, reflection and contemplation here.

THE VENUE

Accommodation is in six enchanting bungalows nestled on the mountainside. All have open-air bathrooms and are situated in beautiful, private gardens. Limited single accommodation is available in the guest-rooms, which are set into the hillside with expansive views.

A gorgeous salt-water pool has views across the valley and down to the sea. Enjoy massage and treatments from the on-site spa.

In addition to the lovely Mountain Lotus Shala practice space, there is a beautiful new open-air bale 'Forest Shala' which is set amongst tropical gardens with gorgeous views.

The Bali Retreat includes:

YOGA

Three-hour morning pranayama and asana sessions. Two-hour afternoon sessions which are quieter, focusing on inversions, hip openers and forward bends. Some evening walking and/or sitting meditation sessions will be included. Five-plus hours practice per day, with plenty of time for resting and exploring.

MEALS

Breakfast, lunch and dinner buffets. Delicious, healthy, mostly organic and home-grown vegetarian cuisine. Gluten-free and other dietary requirements can be catered for. Filtered water, coffee, a wide range of teas, a fruit basket, and balinese afternoon tea treats are provided throughout the retreat. Gaia Oasis is renown for its beautiful food!

ACCOMMODATION

Nine nights' twin or single accommodation.

DAY-TRIP

A group day-trip taking in some of the breath-taking culture and scenery Bali has to offer.

Cost (all inclusive)

- \$2295 twin share (Deposit: \$600)
- Limited single accommodation subject to availability



Arriving in Bali

The Retreat will start at 3pm on Friday 10 May and finish after lunch on Sunday 19 May.

Arriving in Bali at least a day or two before the retreat begins allows you to acclimatise to the heat. However the retreat date and time is planned so you can arrive in Bali (on Air NZ) and take transport directly to Gaia for the start of the retreat on the same day. It is also possible to return to the airport and fly out on the last day of the retreat (again on Air NZ).

Transport to and from Gaia Oasis can be arranged for you from anywhere in Bali at your own cost. Transport costs are not expensive and people will be grouped together where possible to reduce costs.

To reserve your place, register interest, or for further enquiries, please email Tessa:

tessa@wellingtonyoga.co.nz

Terms and conditions of booking: The deposit secures your place on the retreat and is non-refundable. 50% of the full retreat price is due by 31 December 2023 and the balance of the retreat is due in full 12 weeks before the retreat starts. Cancellations within 12 weeks of the retreat cannot be refunded unless I find someone else to take your place. Taking out travel insurance at the time of booking is recommended. The retreat price does not include flights, spa treatments or airport transfers. Booking is taken as acceptance of these conditions.

