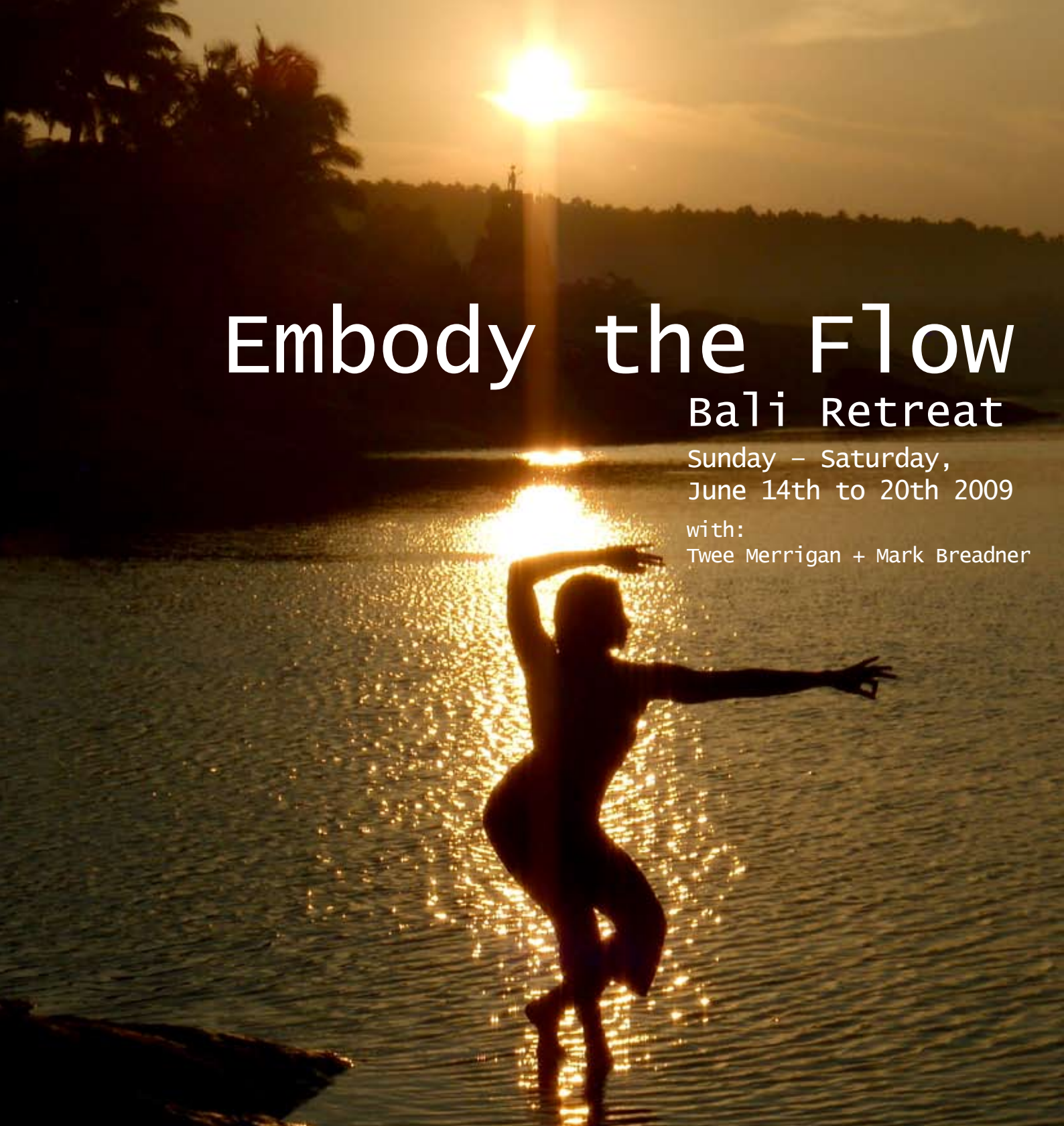


Embody the Flow

Bali Retreat

Sunday – Saturday,
June 14th to 20th 2009

with:
Twee Merrigan + Mark Breadner



Facilitators:



Mark Breadner

Mark's two favourite things in the world are yoga and surfing and he can't wait to get back to Bali. He has loved, studied and taught yoga all his life, knows the practice deeply and inspires others to flow seamlessly inward on their yoga journey. A Yoga Teacher, Somatic Psychotherapist, and Corrective Exercise Trainer he has taught Yoga for over 20 years.

For more info www.bodymindlife/teachertraining.com



Twee Merrigan

Twee teaches globally as a recognized teacher + senior trainer of Prana Flow | an empowering + evolutionary-edge blend of Hatha, Tantra, Ayurveda, + Vinyasa Flow Yoga founded by Shiva Rea. She is committed to a three year Soul Connections Global Yoga Tour, living as a spiritual nomad + "change agent" often teaching in a different country every week.

For more info www.tweeyoga.com

Come join Twee Merrigan and Mark Breadner at Bali's premier Health and Wellbeing Spa Retreat, set in 5 hectares of hillside gardens amongst lush tropical forests in the mountains of Ubud. Luxuriate in one of 10 superior villas with wide windows and western comfort, a complete health and wellbeing centre, organic gardens and gourmet restaurant, offering you the true spirit and grace of Asian inspired traditional healing. The yoga room has to be seen to be believed.....it's instant bliss!

- Indulge in healthy food, (breakfast and dinner provided)
- Relax in natural springs, nature walks and excursions
- Sunrise yoga on a volcano rim
- All the rest and relaxation you can handle
- One Half day excursion
- 6 Night Stay in the Superior Villas with tropical mountain views
- Airport transfer direct to resort, and daily free shuttle into Ubud

DAILY PLAN

7.00 – 9.00am:

Prana Flow Vinyasa Practice with Twee

9.30am: healthy buffet breakfast

10:30 – 3.30pm

Free time to explore Ubud, the island's preeminent centre for arts, dance, music. This cultural hub of backpackers, mystics, artists and bohemians is now a hot spot for literati and glitterati but maintains its original character. Ubud attracts individuals involved in nature, yoga, art, environmentalism and anthropology. Take a walk through the vibrant markets, check out the famous monkey forest or shop to your hearts content!

Alternatively stay in the beautiful surrounds of Bagus Jati relax by the pools, have spa treatments, surrender and let go

4:00-6:00pm

Shorter asana with focus on pranayam, yogic relaxation and meditation

7.00pm : dinner

After dinner – Lets see!

YOGA SESSIONS: WHAT TO EXPECT

Our aim is for you to enjoy a well-earned, healthy holiday in gorgeous surroundings, with the opportunity to practice yoga & meditation twice per day if you wish. There is no compulsion to attend all sessions, but they will build sequentially as your stay unfolds.

Mornings with Twee will include creative, flowing asana sequences, sun salutations, and invigorating pranayama (breathing) practices, with time for deep relaxation.

Afternoons with Mark will be more gentle sessions to restore your body and relax your nervous system giving a totally yummy boost of energy and sense of well-being!

INCLUSIONS, DETAILS

Includes climbing Batur volcano peak to view the sunrise (Sun Salutes at Dawn on top of the world!)

DATES/COSTS/PAYMENTS:

Bagus Jati: Sunday June 14th to Saturday 20th 2009

Inclusions: Airport transfers, 5 star accomodation, breakfast and dinner, morning/afternoon tea, yoga sessions & Yoga nidra and all the relaxation you can handle!

Rates: All-inclusive (except airfare/arrival taxes)

Bagus Jati: June 14 to 20 (6 nights, 5 1/2 days)

**Early bird special - AUS \$1600 pp
(paid in full by April 30th 2009)**

Twin Share: AUS \$1850 pp

Single Occupancy Please enquire

AUS \$500 booking deposit required,

Full balance for retreat by May 14th 2009

FOR ALL BOOKINGS

www.bodymindlife.com or phone 9211 4111