

**2016 Bali Yoga Retreat
“Living life as a celebration”**

Feb 21 – Mar 2, 2016 10 nights

\$2,550 for double occupancy

\$3,225 for single occupancy

SPECIAL EARLY BIRD PRICING: SAVE \$200 (if retreat is paid in full by August 31, 2015)

Returning Retreat Participants save an additional \$100 (must pay retreat in full by August 31st, 2015)

\$500 NON-REFUNDABLE DEPOSIT - Due upon registration

If paying installments: ½ Balance due by October 31ST, 2015 and remaining balance due by December 31ST, 2015

All balances must be paid in full by December 31, 2015.

Relax, refresh, purify and heal while deeply immersing yourself into the vibrant Balinese lifestyle. Each day will be a ceremony of purification and renewal.

Join James Knight and Jai Laiden for an 11-day spiritual yoga retreat. Explore and participate with a devotional culture that lives each day as an offering of gratitude and celebration.

Your healing adventure begins in the village of Ubud, the cultural center of Bali. Enjoy six nights at the beautiful eco-friendly Dragonfly Village, located deep within serene rice paddies. We will visit sacred temples, observe Kecak dances, and participate in rejuvenating rituals that combine all of the elements: water, fire, earth, air and ether.

We will spend the next four nights at the peaceful ocean-side paradise called Villa Boreh. It is on the northern coast of Bali and has three sparkling swimming pools, sun deck, spa and volcanic rock beach where we can swim and snorkel. This will be a perfect way to complete our Balinese experience together.

Your Bali Dream Retreat Includes:

- Accommodation for 10 nights in Bali
- Nourishing organic meals and beverages daily
- Gentle Somatic Yoga classes and meditation daily
- Sacred movement practices: Vinyasa flow yoga, partner Thai massage, with mantra and meditation practices
- Balinese Bodywork session or spa treatment and herbal sauna
- Day trips to temples, water purification ritual, waterfalls, healing pools, and hot springs (includes ground transportation, fees, and gratuities)
- Most live music and dance performances, bonfires, and other ceremonies and celebrations



James Knight, E-RYT, CHSE
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- Authentic Balinese temple outfit tailored just for you
- Entrance fees to temples and parks (flowers, incense, and donation contribution)
- All ground transportation to and from airport

Does not include, but are optional...

- Extra Balinese Spa treatments
- Meals outside the resorts
- Full moon water purification ceremony (at a temple by the ocean)
- Restorative Thai Massage and private tantric yoga sessions with Laiden
- Sunrise boat tour w/ possible dolphin sightings when at Villa Borhea
- Scuba Diving and organized snorkeling tours
- Visit the Monkey Forest
- Downhill cycling tour
- Gratuity for non scheduled events

****A PORTION OF YOUR RETREAT BENEFITS THE BALI BHAKTI FOUNDATION****

The Bali Bhakti Foundation is an international charitable organization dedicated to serving the needs of at risk and lowest caste Balinese families by empowering economic independence, fostering holistic health, and providing education with emphasis on neglected young women. www.BaliBhaktiFoundation.org

More about James and Laiden please visit:

www.GentleSomaticYoga.com

www.OceansofLoveMusic.com



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