

## **Bali Wellness Holidays 2010** (english version)

**Join us in our inspiring Bali Wellness Retreat from March 31st to April 9th, 2010.  
Celebrate nine days and nights of relaxation on the Island of the Gods.**

9 days filled with yoga, meditation and awareness, pool and partner yoga, moments of silence, free-time, massages, rituals, sightseeing and shopping. All within a beautiful, peaceful and healing environment: the Gaia Oasis Resort Abasan.

Bali Wellness Holidays wellcome men and women with or without Yoga practise.

### **Travel & Arrival**

We are asking all participants to arrive for lunch on Wednesday March 31st, 2010. Easter is on the 4th and 5th so we advise early bookings for flight tickets.

The resident team will welcome you and you will have time to settle in, hang out at the refreshing saltwater pool.

The Opening Ritual will be held at 7 pm after dinner.

### **Program**

07.00 Dhyana (Meditation)

08.00 Breakfast

10.00 Yoga, Pilates and Oriental Bodywork - 3 hours of movement and relaxation

13.00 Lunch

after Lunch Chill-out by the pool, time for masages, trips to the island

19.00 Dinner

### **Price**

The retreat costs on basis of twin share: € 750,- (per person) - early bird booking by 31st of July, 2009.

Extras: € 100,-- (single room). Price from 1st of August, 2009: € 890 (per person in twin room).

This includes all classes, 3 massages, all meals, unlimited drinking water, Bali-coffee, tea, fresh fruit basket and snacks.

Your own air-travel costs and travel insurance, all extra drinks or food, extra massages and sightseeing are not included!

### **Payment**

The deposit is: € 250,- and must be paid by July 31st, 2009 and is non-refundable.

The second payment is due on December 1st, 2009.

Furher information in German: [http://www.oriental-bodywork.de/special\\_files/Bali2010Flyer.pdf](http://www.oriental-bodywork.de/special_files/Bali2010Flyer.pdf)