



Yoga Vacations in Bali, Indonesia

Dive into Yoga on the Island of the Gods

from the 11th to the 21st March, 2012

Luscious green rice terraces, impressive volcanic landscapes, dreamlike beaches, sunny palm groves, famous temple dances and smiling people.

Welcome to Paradise! Immerse yourself in Yoga, at Gaia-Oasis, first at the Abasan Mountain Resort, then at the Pantai Beach Resort - both places of silence to recharge your energies and to enjoy nature. Breathe in deeply... in this green oasis, distant from everyday life. Sheer inspiration and exotic splendor.



Bali's unique character has always fascinated its visitors. The particular energy of this little Island of the Gods, the tropical vegetation, countless shrines, rich handicrafts, combined with the warm-heartedness and even temper of the Balinese are legendary. Spectacular wellness spas, tropical enclosures, holistic healing methods and artists from around the world make the volcanic isle one of the most popular destinations for Yoga and inspirational journeys, art workshops, healing methods, and deep relaxation.

Yoga

We will practice Yoga in the mornings and evenings. Each session (of approximately 90 to 120 minutes) will include Pranayama (breathing techniques), vigorous Vinyasa Yoga flows (dynamic movements with synchronized breathing) or classical Hatha Yoga asanas (body exercises), and deep relaxation. Meditation and mantra singing with harmonium accompaniment complement the classes.



**Laughter, relaxation, reflection, enjoyment and conversations about Yoga, planned or spontaneous, bring us home...
...to our inner paradise.**



Further Activities

In addition to the intensive Yoga practice, there will be enough time to explore Bali's dreamlike nature - stroll on the beach, climb the slopes of the volcanos, snorkel or dive into the magical waters around Bali. For those interested, a boating excursion to watch the dolphins at sunrise can be organized once we arrive on the premises.

Further excursions, for example a day trip to Ubud, the artistic and cultural heart of Bali, can also be arranged at the resort.

And for those of you, who simply wish to relax, you might indulge yourselves in the various massages and treatments offered at the resort (e.g. traditional Balinese massages, Body-Relax massages with original Balinese beauty products and Rebalancing massages).

Accommodation and Board

Our Yoga Vacation starts at the Abasan Mountain Resort, in the hills of north Bali, surrounded by sweeping views of forest and sea. The perfect place to arrive, discovering silence and inner calmness.

The unique houses are Balinese style, surrounded by lush vegetation and designed to match their natural environment.

On the 15th of March we'll move to the beach resort. The gorgeous bungalows are located directly at the seafront, surrounded by large coconut palms and also exotic vegetation.



All rooms are lovingly and comfortably furnished with individual interior decoration and have open-air baths. Mosquito nets, towels, bedding and a daybed are included in the basic amenities.

In the restaurants - airy and open to views of the forest and the sea - we will be pampered with a rich variety of vegetarian dishes inspired by Indonesian and international cuisine. Mineral water, various kinds of tea, Balinese coffee and hot chocolate are available during the day, as is a Balinese afternoon snack.

Further information on the Gaia-Oasis resort can be found at www.gaia-oasis.com



Prices

Per person for Yoga classes, meditations, and mantra singing, accommodation in a double/*single* room, including vegetarian food, tea, coffee, and fruit.

Super early bird special	through 09/15/11	999,-€ / 1099,-€
Early bird special	through 11/15/11	1039,-€ / 1149,-€
Regular bookings	as of 11/16/11	1089,-€ / 1199,-€

Max.12 participants

Accommodation for children under 3 years of age is free; children up to 14 years pay half. If needed, childcare at the hotel can be booked.

Arrival / Departure

Participants are responsible for their own travel arrangements to Denpasar Airport (DPS), Bali. Direct transfers to the hotel can be booked with Gaia-Oasis. The drive from the airport to the resort takes about 3 hours and costs range from 19 to 43€ per person based on the number of passengers.

Low-cost flights can be requested in every travel agency or booked on the Internet. Some suggestions for online bookings are www.orbitz.com, www.expedia.com, www.kayak.com, www.lastminute.com.

We recommend that participants acquire travel cancellation insurance.

Passports must be valid for 6 months beyond the date of departure from Bali. Tourists receive a 4-week visa upon arrival for USD 25 (the price in EUR depends on the US\$ exchange rate).

Room occupation begins upon arrival on Sunday, March 11th. We will meet in the evening for welcoming introductions as well as an "anti-jetlag Yoga-relaxation round".

Departures from the Gaia-Oasis resort will be on Wednesday, March 21st.

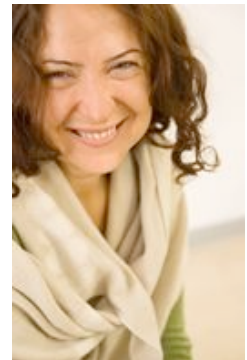
Whether a familiar face or a new one, we look forward to seeing you in Bali:

Diana Marx

- Tour guide and Yoga teacher (BYV, BDY)
- Teaches Vinyasa Yoga flow and Sivananda Hatha Yoga
- Training and advanced training in Germany, India, and North America
- Leads Yoga workshops and Yoga teacher trainings
- Has been practicing Yoga for over 16 years

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Sandra Bicker

- Yoga teacher (BYV), teaches Sivananda Hatha Yoga
- Yoga therapy intensive training, Kerala (India)
- Vocal training (singing and harmonium) in Germany and India
- Organizes und leads yoga vacations in Europe and Asia
- Has been practicing Yoga for over 9 years

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