

# AVATAR® in GAIA-OASIS

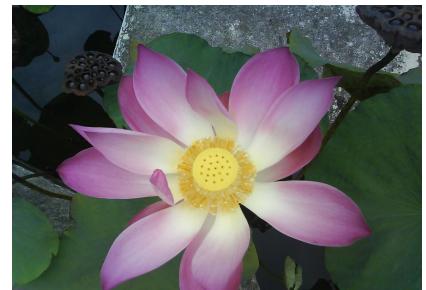
31. January - 09. February 2014



Like the Lotus unfolds its radiant beauty though rooting in the mud, we and every human being can unfold our beauty, no matter how we are now or where we come from.



Lotus flowers



The radiance of our eyes is a direct reflection of an unburdened soul, purified from polluting mind-patterns and destructive emotional conditioning. Let's shine our light!

The AVATAR-Course is a highly empowering and life-changing tool to purify mind and heart. Through guided self reflection in an atmosphere of loving mindfulness you will understand yourself deeply and know that your life is back in your own hands. You will learn to dis-identify with destructive patterns and dissolve them. Thus this course is a perfect path to happiness! We will practise uplifting and revealing exercises to understand and free ourselves between exotic flowers and fruit trees under coconut palms. The silence, the nature and the vast view over the canyon to the ocean support us to stay clear, open and aware.

This AVATAR-Course takes place in Gaia-Oasis Abasan, our Mountain Retreat Center, only 5 km from our Beach Resort Pantai, all day connected with a shuttle. The houses have spacious rooms and terraces and also great views. You may have your lunch breaks at the large salt-water pool or book one of our great massages. Temperatures are between 20°- 32°C, the ocean is always warm. Organic mangos, papayas, bananas, pineapples, lots of fresh vegetables and salads directly from our gardens are used in our delicious vegetarian kitchen and sure contribute to an allround feeling of well being. Please see [www.gaia-oasis.com](http://www.gaia-oasis.com)!

Bali is called the island of the Gods, and once here, you'll probably be able to feel this. The Balinese are loving, creative, spiritual people who still have time;-) Also through their gentleness you may experience Bali's meditative magic and beauty.

If you would like more information about the Avatar-Course, see below or please contact me!



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