

## Yoga Retreat Bali

*Come join us on a journey to the secluded Gaia Oasis Resort in Bali. Enjoy Hatha yoga, meditation, healthy food, rest and recreation.*

Abasan Mountain Retreat is located in Tejakula, in the northern part of Bali, off the beaten track of mainstream tourism.

In Bali, mountains symbolize humanity's relationship with Creation. Abasan represents Gaia's spiritual core and is the place where our vision was born. Here, the earth elements of nature combine with the vitality of rural Bali, to create an environment where you can reconnect and rejuvenate.



**Mountain Lotus Yoga Room**

### About your retreat leader

Fran's first experiences of yoga were in the late seventies, which eventually led her to Hospice of Mother Tara in Bunbury, to study yoga, Tibetan Buddhism and meditation. Fran completed yoga teacher training with Friends in Yoga, Perth in 2000. Her most inspirational and precious teachers are Lama Zopa Rinpoche and Venerable Thubten Gyalmo (Glenda Lee). Fran has been leading retreats here in the south west for many years and is delighted to share her love for yoga and meditation in beautiful central Bali with you.

## Yoga Retreat Bali

**Registration and enquires to Fran**

**Ph: 97919798**

**E: [welcome@hmt.org.au](mailto:welcome@hmt.org.au)**

**3/2B Victoria St Bunbury.**



# Yoga Retreat Bali

**20-25 June 2014**



*with*

**Fran Rowley**



**HOSPICE of  
MOTHER TARA**

Buddhist Meditation and Healing Centre

## Day 1

Flight from Perth

Transfer to Abasan Mountain Retreat, approx. 3hrs by car

Arrive and check into the Resort  
6:30pm Dinner

8.00pm Welcome & Meditation

## Day 2- Day 5

7.00am Yoga & Meditation

8.30am Breakfast

Choose from the list of activities

12.00pm Lunch

5.00pm Yoga

6.30pm Dinner

8.00 Meditation

## Day 6

5:30 am. Yoga

6.30 — 7 am. Breakfast

**10 am. Depart our Accommodation**



**Dates:** 20-25 June 2014

**Cost:** \$880/\$800 (memb)

covers accommodation, vegetarian food,  
yoga and meditation classes.

### **Extras:**

Air Fares: approx. \$250—\$450 (AirAsia or Jetstar)

Transfers (share car approx. \$10pp)

Travel insurance and Spa treatments.

### **Early Bird Offer**

**Pay before 20 Jan 2014**

**and it will only cost \$792/\$720 (mem)**

### **OPTIONAL EXTRA:**

#### **ISLAND RETREAT**

**25-29th June at Meno, Gili Islands**

**Cost: approx. \$300 for yoga, meals and accommodation.**

**See Fran for more details!!!**



## Optional Activities

### Walking Trails

Abasan is criss-crossed with walking trails that range from gentle strolls to more strenuous full day treks. Explore our four hectare estate, hike along the ridge dropping down to the Yeh Lalang river, or journey through traditional villages, temples, orchards and jungle gorges.

### Salt Water Pool

Our salt water pool is built on a mountain terrace, with uninterrupted views across the verdant orchards to where the distant ocean meets the sky.



### Rainforest Spa

Relax and rejuvenate with massage and spa treatments inspired by the local environment and living herbal traditions of Bali.

### Towards greater sustainability

We're not quite there yet but we do try! Abasan water is untreated, and comes from a natural spring. We minimize the use of chemicals; our pool is saltwater and we have a wastewater garden to filter grey water. Our organic gardens produce delicious vegetables. We use low consumption lighting and natural ventilation instead of air conditioning. In line with this holistic approach, food at Abasan is vegetarian.