

BALI BHAKTI BIJAS with Amanda Ings & Sparrow Grace

**Yoga ~ Meditation ~ Mantra Retreat @ The Gaia-Oasis
Nov 9-16th, 2014**

Canadian-based yoga instructor and Tantrika Amanda Ings, returns to the Gaia-Oasis this year from November 9th-16th to offer a devotional retreat in collaboration with angelic Kirtan artist Sparrow Grace! ***Bali Bhakti Bijas*** is a fusion of Yoga practices to deepen your experience of being in beauty, love, grace and devotion. This retreat is a one-of-a-kind with its unique blend of practices, and will be pure medicine for your Soul!

During the retreat:

You will enjoy two daily practices of Yoga asana and meditation led by Amanda with Sparrow's beautiful musical accompaniment, and daily kirtan (devotional song and chant) with Sparrow, to anchor into and expand your heart and soul.

During the daytime, you can also explore the many gifts that Bali and the Gaia-Oasis have to offer:

- ~ amazing (and extremely affordable!) on-site spa & massage treatments
- ~ quiet beaches & stunning mountaintop saltwater pool
- ~ local waterfalls
- ~ Balinese artisans and local culture
- ~ hiking/walking excursions
- ~ Balinese cooking lessons
- ~ Sunrise Dolphin Tours, Sunset Cruises
- ~ Sacred Temple ceremonies, ritual cleansings, introduction to Balinese prayer
- ~ Balinese art, music and dance lessons
- ~ Diving or snorkelling
- ~ Local crafts and market tour
- ~ Volcano crater climbs

Price Includes:

All delicious locally grown, organic, vegetarian meals (chicken & fish, and other dietary requirements, are available on request with advance notice), 7 nights accommodation at the Gaia-Oasis, 2x daily yoga, meditation and kirtan practices, live traditional Balinese dance & music performances, and airport transfers to and from the retreat centre (arrival Nov 9th/departure Nov 16th - those arranging different travel plans will also have to arrange separate airport transfers, though we will do our best to accommodate everyone's travel plans as much as possible, including dropping attendants off in other areas of Bali if continuing to travel after retreat rather than returning to Denpasar airport)

Your Investment:

\$1222 CAN before Aug 31st / \$1444 CAN after Sept 1st

A \$200 deposit is required to hold your space in the retreat. You may pay with cheque or cash, via email money transfer to: balibhaktibijas@gmail.com, or through PayPal with an additional 4% charge to: be.light@rocketmail.com.

To register or for more information and questions, please feel free to contact Amanda and Sparrow at:

~ **balibhaktibijas@gmail.com** ~

Amanda Ings is a Canadian based yoga instructor with ten years experience guiding group and private yoga and meditation sessions. She herself first experienced the healing and transformational qualities of Yoga at a very young age, when she discovered the practice whilst travelling the world as an international model. A natural shift in her life occurred as she

moved from the often destructive lifestyle of a model to that of an engaged Yoga practitioner, which, in time, transitioned effortlessly into sharing the teachings. Her life has been dedicated to the path of Yoga ever since, continuing her studies in the fields of: Yoga for the Special Child, Yoga4Kids, Yoga Therapy, Transformational Breathing, Advanced Alignment (Anusara-inspired), Integral Yoga (Sivananda), Yoga Nidra, and Mantra. In most recent years, she has spent 5000+ hours studying and practising the traditional teachings of Tantra Yoga in the lineage of Sri Vidya under the guidance of her most-influential teacher to date, Parvathi Nanda Nath, whom she continues to study under today.

Amanda's non-dualistic teaching style is gentle and maternal, blissful and inviting, yet embodies a strong call to each student's capacity for presence, power, and direct access to their inherently innate inner wisdom. Her classes are a meditative mixture of soft, flowing movements and deep, longer holds in the postures (hatha flow) with heavy emphasis on the body-mind-breath connection, the relationship between the heart and the intellect, and the infusion of subtle energetic practices that cleanse and purify internally. She experiences and shares Yoga not only as a most beautiful form of art, but also the science behind the deeply personal transformation and recalibration that ultimately leads to recognition and full remembrance of the essence of Self.

The Essence of Connection is Resonance



Sparrow Grace (Tiffany Brulotte) is a Canadian based singer-songwriter, kirtan artist and healer. Her performances include her original songs and select cover tunes woven creatively with traditional Eastern mantras and call and response kirtan chants. The mantras access a deep vibrational wisdom that is beyond words and the songs speak truth that can be understood by the head and heart. The end result is a musical experience that is heartfelt, uplifting and inspiring. A long time musician, music therapist and yogi, Sparrow began honing her musical style by uniting her passions for music and wellness. On her first trip to India in 2008, she studied many aspects of Indian music and culture, including the practice of bhakti yoga and, through the encouragement of her teacher Yogrishi Vishvketu, she began offering public kirtan at this time. It was also during this India journey that she was inspired to begin songwriting. And though her music is a reflection of her personal journeys within herself, it contains messages that speak to the heart of being human, themes that show up as common threads across many different cultures. Sparrow travels frequently and offers her music and healing wherever she goes. She has had the opportunity to play with many wonderful musicians such as Dave Stringer, Karnamrita Dasi, and Shimshai and is truly thankful for all she has learned through her many life teachers. Her vision is to play with what she knows: transformation through the deep acceptance, honest openness and heart connection that comes from sharing the gifts of music and sound..... come ready to sing along!