

# 5 Element Yoga Retreat Bali



## Gaia Oasis Retreat Centre Bali

Retreat in paradise for 7 days

Daily 5 element yoga, pranayama and meditation  
with Gwynne Jones and Yolande Hyde

June 11<sup>th</sup> – 18<sup>th</sup> 2015

*"We are all walking each other home." Ram Dass*

Are you seeking a greater sense of inner peace, with renewed health, vitality,  
and life balance?

Modern living is full of pressure, intensity and stress, there is little time to  
recover and restore ourselves.

Taking retreat from your everyday life provides the much-needed break from  
the intensity, time out to restore your inner balance, radiant health and vitality  
with the healing, restorative arts of Yoga and Meditation.



It's time to recharge your mental and physical reserves.



7 days of healing yoga, pranayama and meditation to cleanse rejuvenate and restore you. The program is supported with lovingly prepared health conscious delicious raw foods and vegetarian meals. You will be nourished, nurtured and inspired to open into the experience of greater well-being, improved health and energy levels for life balance, awareness and greater potential.



Taking retreat is a life changing experience. Bali offers a wonderful opportunity to truly escape your regular daily life. Gaia Oasis Bali is the idyllic location for you to immerse in our program of daily cleansing yoga and meditation to restore your bodies energies, returning you to a state of calm inner balance and peacefulness, enhanced vitality and radiance, restored energy for life with balance.

Relax. Rejuvenate. Restore

### The Experience

Over seven nights and six days, we will practice healing and cleansing yoga with a Five Element theme, mindfulness meditation, revitalizing pranayama practices and restorative yoga nidra, enjoying beautiful clean food and enjoying pampering massages set in the purity of Gaia's peace filled environment.

The morning yoga sessions begin our day; movement and breath yoga practices to establish greater connection and understanding of the body and mind for greater awareness, compassionate inner listening and self understanding. We seek to create harmonious health balance on all levels. Asana practice to deeply cleanse and revitalize our energy while unraveling the effects of deep stress.



*Integration into wholeness, return to the natural state of harmony.*



The day holds an open space for you to rest, read, relax by the pool, indulge in massage - the time for integration and contemplation, your heart nourishment.

Afternoon yoga offers the deeper practices of restorative asana, pranayama, meditation and yoga nidra to consolidate deep healing and rejuvenation.

Evenings are yours to enjoy with others or retire.

Who is this retreat for?

If you are feel:

exhausted, drained and depleted, over worked, out of balance and in need of a well deserved break... this is for you.

If you have experienced personal loss or great change in the year... this is for you.

If you feel the need to infuse good health, clean food, revitalizing and calming practices... this is for you.

If you are in need of support to re-establish your well being and life balance, your yoga and meditation practice to be inspired....this retreat is for you.

Dates: Thursday June 11<sup>th</sup> to Thursday June 18<sup>th</sup> 2015

This is your Opportunity



The wonderful magic of Bali still exists, away from the vibe and activity of popular tourist sites. Beaches, mountains, lakes, rivers and volcanoes all with their temples and ceremonies, weaving a special magic. Balinese dance, music and art are exquisite.

And of course the food, fresh from the garden each morning and cooked just before you eat it. Food is a subtle and delightful fusion of Indonesian and special Balinese spices.

Massages can be arranged through the resort.

Enjoy the intimacy of only 14 participants with 2 highly dedicated Senior Teachers.



Rebalance yourself with integrated natural well being of body and mind, this powerful transformational experience of healing is limited to 14 participants only.



From Yolande : Our intention is to ground and reconnect with the spirals and cycles that formed us, to return to the center of that spiral and to inhabit that stillness for a time. To use this pause in all things to repair and redefine and to emerge inspired, directed and purposeful.

From Gwynne: Retreat returns you to the wholeness of integration, your inner connection, natural radiant health and vitality. Peacefulness with an open and mind.

#### About Gaia Oasis Mountain Retreat

In Bali, the mountains symbolize our relationship with creation. Abasan represents Gaia's spiritual core and is the place where the oasis vision was born. At Abasan, the earth elements of nature combine with the vitality of a natural beautiful unspoiled rural Bali, creating an environment where you can relax, unwind and reconnect with yourself to truly rejuvenate.

Away from all the noise and activity of the southern parts of the island we are tucked in the North beneath the canopy of the trees and edged by the clear waters of the equatorial Pacific ocean. Abasan has a beautiful salt water pool and peaceful walking tracks to hike or lose yourself in timeless meandering.

View the retreat website here (embed) <http://www.gaia-oasis.com/abasanmountain-retreat/>



To Register:

This comprises two parts

1. Please download and fill out your registration form [HERE](#)
2. Next, submit your payment to:

Gwynne Jones and Yolande Hyde

BSB 062108

ACCT 1023 9940

Be certain to include your full name so we can reference your payment back to you easily.

- Your non-refundable deposit of A\$500 secures your booking
- After which, Full Registration payment will be required by April 31<sup>st</sup> 2015

Single: \$1850

Double: \$2950

Deposit: \$500

This Registration Includes

- 7 nights accommodation,
- 6 days yoga - 2 classes offered each day.
- Organic, local produce clean healing meals - delicious breakfast, lunch and dinner daily.



Your retreat commences at 6.00pm on Thursday evening June 11th and concludes at 5pm on Thursday June 18th.  
Please note that Registration does not include your airfares, cultural visits and personal expenses.  
Please ensure you have read and are familiar with our Terms and cancellation policy for retreats here

#### Further Retreat Information

There are no prerequisite skills or fitness levels required to participate in this retreat. Please arrive in Bali by Wednesday June 10<sup>th</sup> to give yourself time to settle in with ease and unwind from travel. If it is your first time in Bali we suggest you give yourself some extra days to explore some of this beautiful place, before or after.

The weather in June (averages)

Temp: 22 – 31 deg C

Sunshine: 10 hours

Rainfall days: 5

Sea temp: 28 deg C

Questions:

For questions about your retreat, including Bali information, yoga, meditation or food just ask us:

Yolande: [info@avalonyoga.com.au](mailto:info@avalonyoga.com.au)

Gwynne: [gwynne@gwynnejonesyoga.com](mailto:gwynne@gwynnejonesyoga.com)

About your Facilitators:

Gwynne Jones

Gwynne is a Level 3 Senior Teacher with Yoga Australia Association and Yoga Therapist

Highly regarded in Sydney, Gwynne teaches 5 Element Hatha Yoga, an energising fusion of Hatha Yoga with 5 element theory for inner harmony with the outer environment and seasons. Gwynne classes are open to everyone, with courses in meditation and popular Seasonal Yoga Intensives through out the year. Gwynne specialises in Private Yoga, Yoga Therapy and Yoga for Cancer and Serious Illness.

Gwynne has a deep love of yoga, she is a passionate and inspirational teacher with broad knowledge. Her classes are highly creative and intuitive, she teaches with sensitivity and humour. A natural-born teacher, well known for her caring and inspirational style of teaching.

Gwynne creates an atmosphere of calm in every class, allow all to enjoy transition from separation to integration.

Gwynne's passion is to bring the art of yoga to as many people as she can in her life time.

Gwynne is fully qualified and certified with the internationally-acclaimed Inspya Yoga School, The Ryoho School of Yoga and Graduate Diploma of Yoga Therapy. She has studied from the schools of Ashtanga, Iyengar and Hatha yoga over the many years of her yoga path, with a wide range of teachers from around the world. Gwynne travels regularly to attend courses and workshops to update her knowledge and bring depth to her own practice and exploration of the art of yoga.

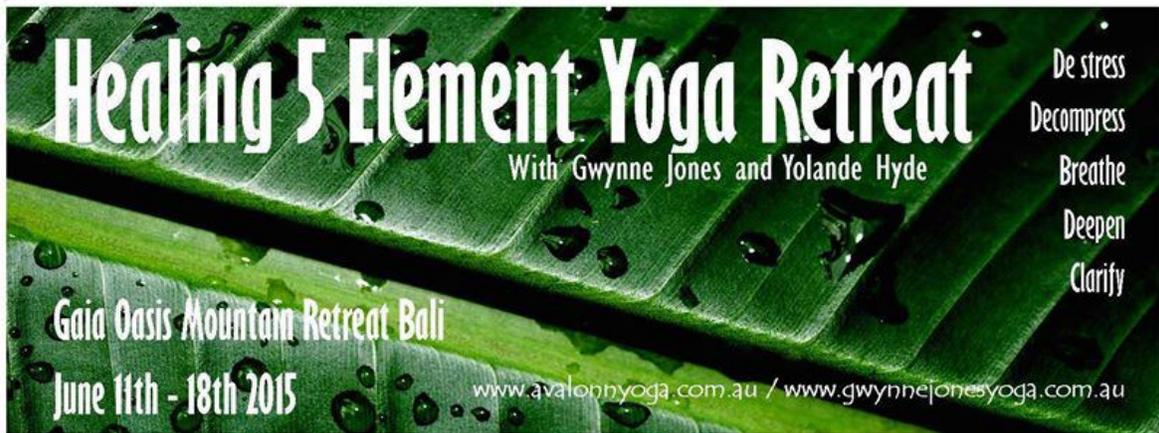
Yolande Hyde:

Level 3 Senior Teacher with Yoga Australia Association and Qualified Yoga Therapist with AAYT and IAYT, Cranio Sacral Therapist

A highly regarded, intuitive and well rounded Seasonal Yoga teacher, Yolande's creative class sequencing, woven storytelling, compassion and warmth are the strengths that she brings to the mat. Initially trained by Ki Master yoga teacher and Shiatsu supremo Jack Marshall she went on to teach in various studios around Sydney as well as working in a mentor role for Japanese Ki Yoga teacher trainers in their final year.

Further study undertaken with Sal Flynn, Leigh Balashki, JR Worsley, Donna Fahri, Rick Birrell, Sylviane James and Richard Paton have reshaped and redefined her practice and her approach to Seasonal Yoga and corrective yoga for healing and rebalance.

Now the owner Director of A Fine Balance in Mona Vale, encompassing The Avalon Yoga School as well. Yolande runs an annual Yoga Teacher Training promoting seasonal attunement through food, yoga practice and yogic philosophies. Continuing to run seasonally based yoga intensives, workshops and classes to assist all students to find a path to health and wellbeing that is honest, wholistic and all-encompassing.



You are invited to this retreat sanctuary, to heal, restore and refine your well being and organ health, redefining your inner balance.

Entering the quiet of stillness, returning to your natural state of grace, ease with life.

Namaste

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Om Mani Padme Hum

May all have health peace and happiness