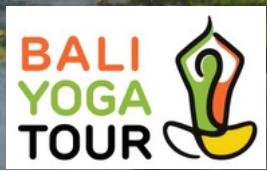


YOGA RETREAT IN BALI



OCTOBER 6TH-15TH
NOVEMBER 6TH-15TH



We've created this retreat to introduce you to the most beautiful places of Bali as well as the best healers, therapists and yogis of the mystical island.

This is a great opportunity to give attention, love and unforgettable impressions to the closest person in the whole world - yourself.



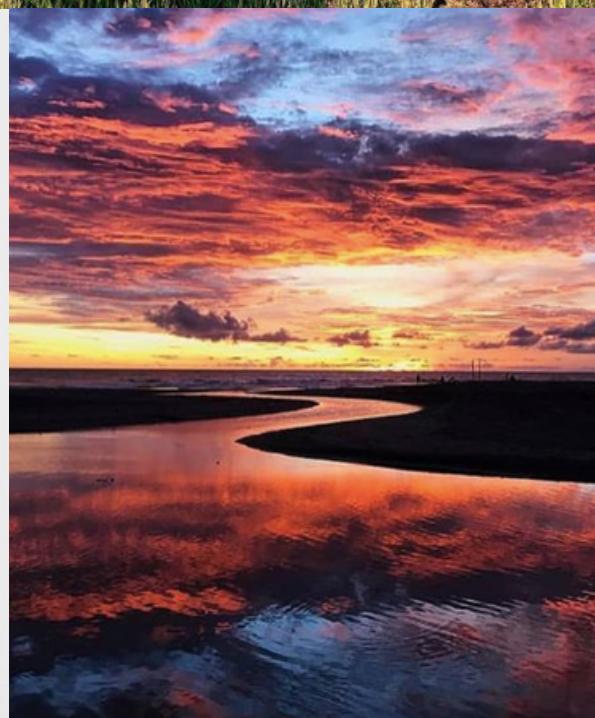


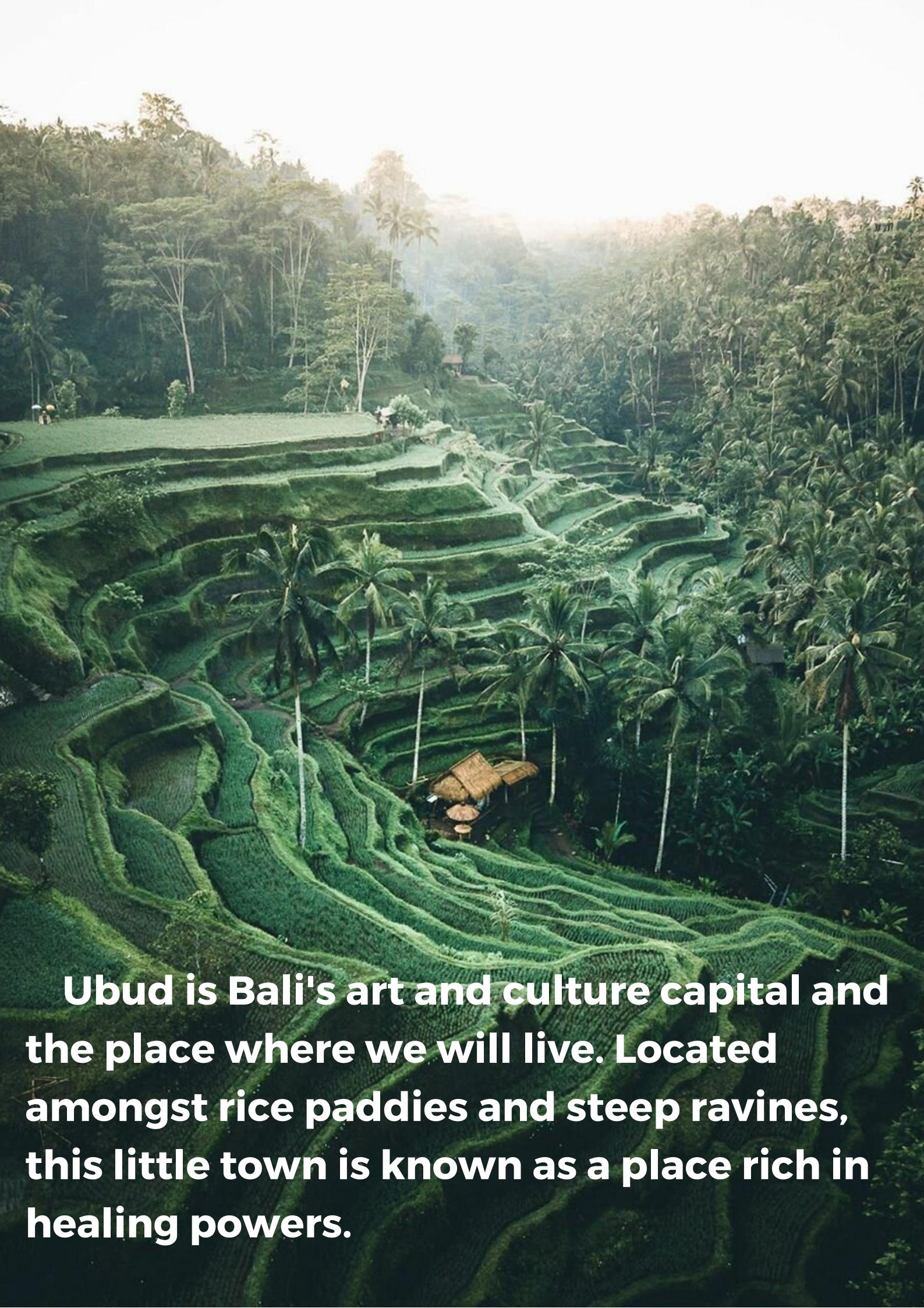
17

LOCATIONS

adventure awaits us!

- white sand beaches
- authentic temples
- holy springs
- sunrise on top of volcano
- famous beach sunset
- majestic waterfalls
- jungle swing park
- charming rice field terraces





Ubud is Bali's art and culture capital and the place where we will live. Located amongst rice paddies and steep ravines, this little town is known as a place rich in healing powers.



ACCOMMODATION

- **luxury private villa with spacious rooms**
- **AC, wi-fi**
- **a huge swimming pool**
- **breakfast is included**
- **restaurant on site**
- **equipped yoga hall**

DAILY YOGA



HATHA YOGA class is the best way to start the day on Paradise Island! Practice of Asanas, pranayama and meditation will make you feel relaxed and happy!

HIMALAYAN KRIYA YOGA will help you

- release suppressed emotions**
- remove energy blockages**
- have a blissful experience of life**

DAY 1 START

- **yoga**
- **welcoming circle**
- **walking tour in Ubud**
- **Monkey forest**
- **dinner in a cafe**



DAY 2

RITUAL OF

MENTAL

CLEANSING

- **yoga**
- **breakfast**
- **ritual of mental purification with a
Balinese healer**
- **Agni Khotra fire ceremony**

A photograph of a woman with her eyes closed, wearing a white sari and a green headband with a yellow flower. She is holding a small bell and a bunch of orange-red flowers. The background is blurred, showing what appears to be a traditional setting with wooden structures.

RITUAL OF MENTAL CLEANSING

This practice is carried out by a brahmin woman, Ida Resi. With the help of water and reading mantras, it affects the human energy field. You can feel a storm of emotions, which can eventually manifest itself through a cry of joy or tears. After practice, there comes a state of lightness and enlightenment of the mind, peace and spontaneous inner joy.



AGNI KHOTRA FIRE CEREMONY

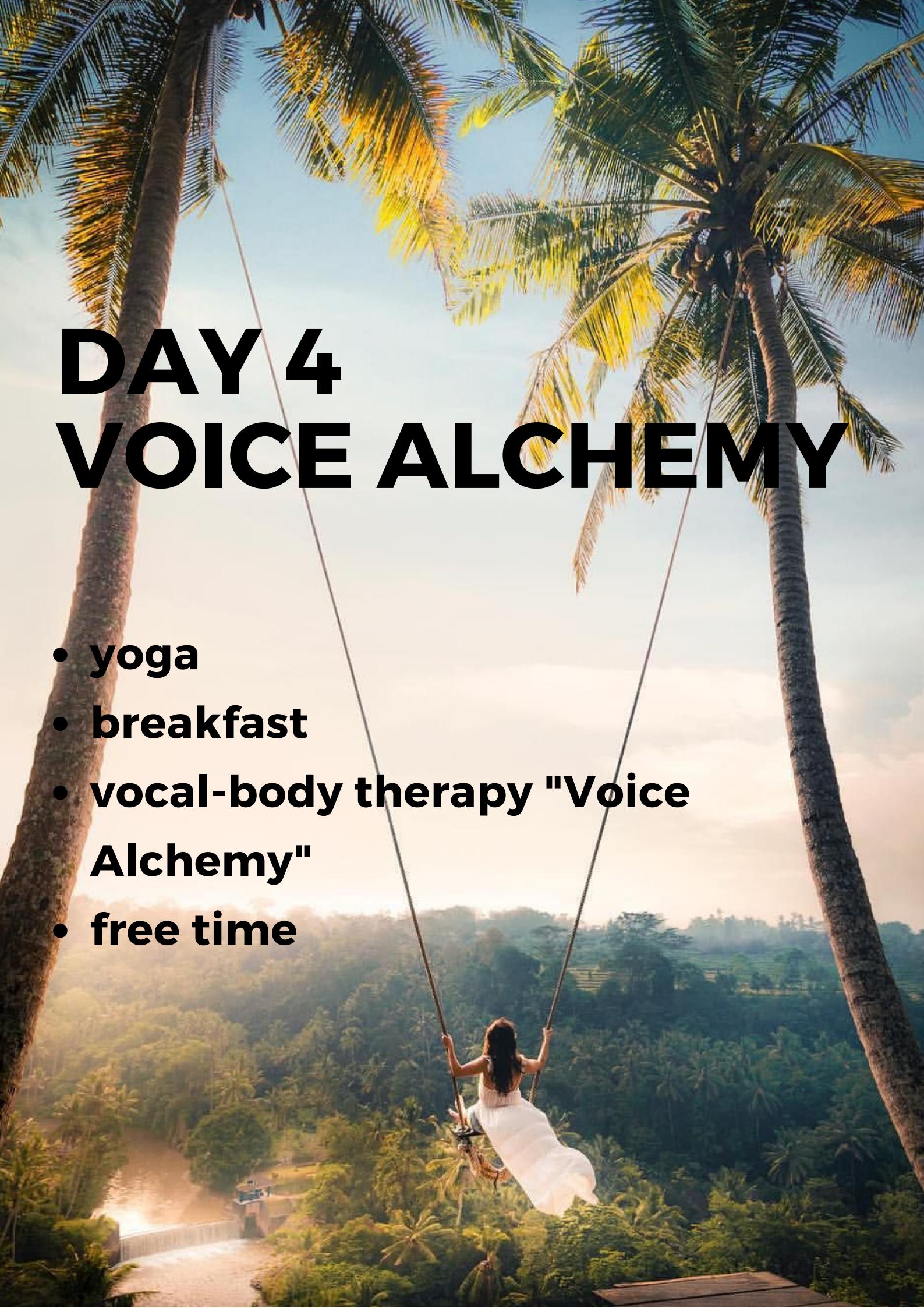
The name of the ceremony is translated as follows: "Agni" - fire, "Hotra" - offering. Fire symbolizes the language of God.

During the ceremony, we get rid of the negative energy of past events and emotions. Agnihotra cleanses and heals the people involved in the ritual.

DAY 3 VOLCANO

- climbing a volcano
- sunrise at the top
- breakfast
- free time



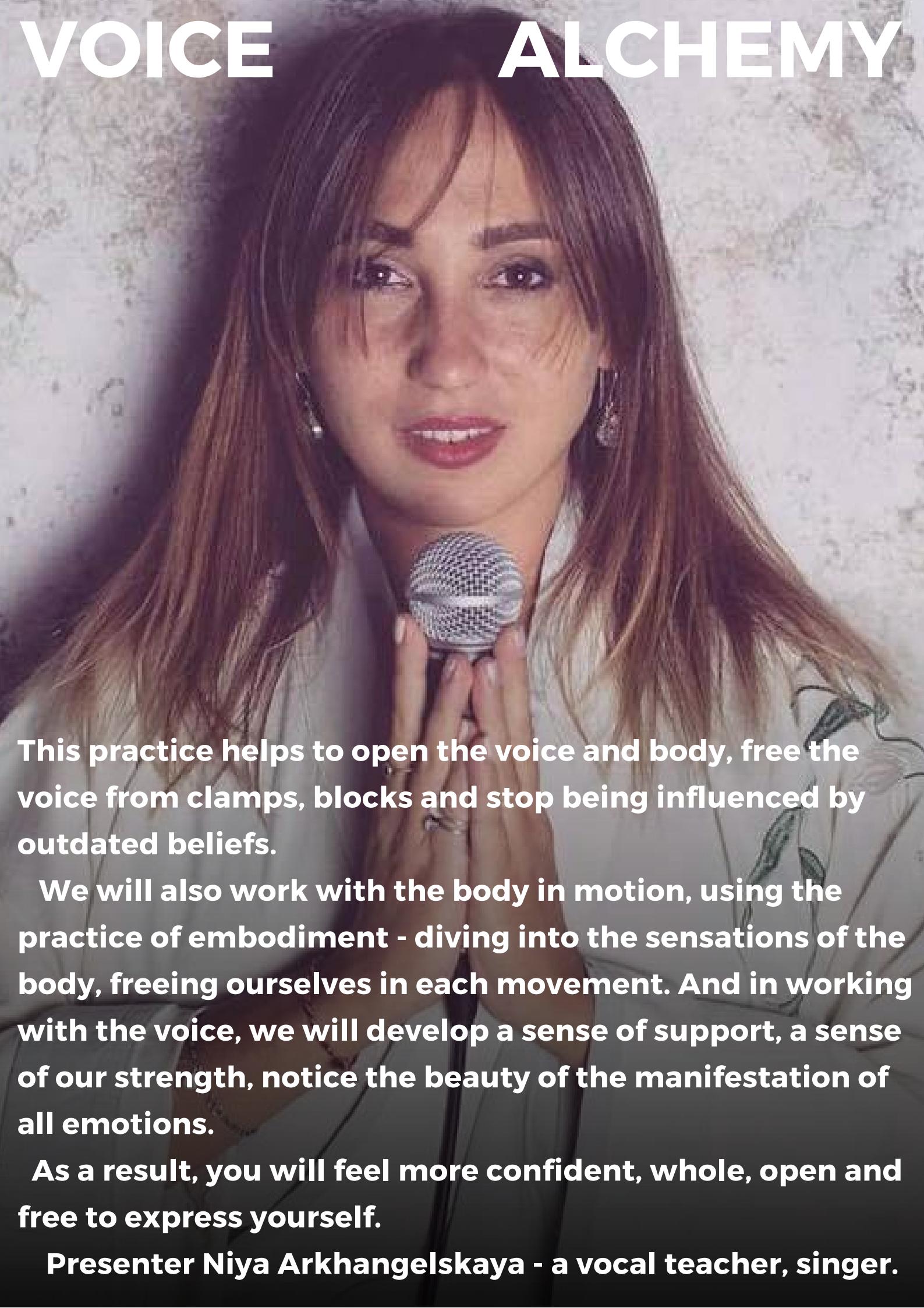


DAY 4

VOICE ALCHEMY

- **yoga**
- **breakfast**
- **vocal-body therapy "Voice Alchemy"**
- **free time**

VOICE ALCHEMY



This practice helps to open the voice and body, free the voice from clamps, blocks and stop being influenced by outdated beliefs.

We will also work with the body in motion, using the practice of embodiment - diving into the sensations of the body, freeing ourselves in each movement. And in working with the voice, we will develop a sense of support, a sense of our strength, notice the beauty of the manifestation of all emotions.

As a result, you will feel more confident, whole, open and free to express yourself.

Presenter Niya Arkhangelskaya - a vocal teacher, singer.

DAY 5 BEACH

- **yoga**
- **breakfast**
- **day at the beach**
- **meditation at sunset**



A large, multi-tiered waterfall flows down a dark, rocky cliff covered in dense green foliage. The water splashes into a pool at the bottom. A person is seen swimming in the pool near the base of the waterfall.

DAY 6 WATERFALLS

- **yoga**
- **breakfast**
- **trip to the waterfalls**
- **strawberry cafe**
- **rice terraces**



STRAWBERRY CAFE

We will visit a famous Strawberry Cafe on the way from the waterfall trip . It is located high in the mountains and has a magnificent view of the entire island. If the weather is clear you can see volcanoes and the ocean from the cafe as well. Get ready, all dishes contain strawberries - even pizza, pasta, and salmon sandwich. And of course, it is really delicious!

DAY 7

HOLY SPRINGS

- **yoga**
- **breakfast**
- **trip to the holy springs of Sebatu**
- **free time**
-

HOLY SPRINGS OF SEBATU



The holy springs of Sebatu is a very revered place by the Balinese people. They say if you stand under the water of the holy springs, your mind will be purified from bad thoughts, old obsessive unpleasant emotions, and you will be filled with new strength and energy.

Wayan, the Guardian of the Sebatu holy Springs, will lead a purification ceremony and meditation for us.

DAY 8

THE LULLING

- **yoga**
- **breakfast**
- **Lulling therapy**
- **free time**



THE LULLING

Have you received enough love and support from your mom and dad as a child? Do you know how it affects your life? Do you sometimes have a wish to “be in the hands” of your mother or feel the protection of your father?

The lack of love and acceptance from your parents might prevent you from using your full potential in life. That might reflect on your relations with a partner, finances, contact with your kids and with yourself.

A special “Lulling” therapy helps to take off a huge layer of longing, lack of warmth, and mom’s approval gently and without interaction with your real mother at all! The therapy was verified by hundreds of participants. Suitable for all genders.

DAY 9

KECAK DANCE

- **yoga**
- **breakfast**
- **day at the beach**
- **Uluwatu temple**
- **Balinese dance Kecak**
- **sunset on the beach**



DAY 10 SPA & CLOSING

- **yoga**
- **breakfast**
- **half day SPA in jungle resort**
- **free time**
- **closing ceremony & dinner**





Your body will never forget the great joy it felt after an amazing relaxing day at the most authentic Balinese spa hotel! Traditional massage, body scrubs, famous flower bath, sauna and natural hot jacuzzi with magnificent settings of a jungle and river valley to nourish your body and soul!



10 DAYS IN PARADISE THAT WILL CHANGE YOUR LIFE

**Carry out a comprehensive restoration
of the soul and body with the grace of
Bali and knowledge of our therapists
and healers:**

- Get rid of accumulated stress in the body**
- Let go limited attitudes**
- Wake up, recover and fill yourself with resources**
- Turn on the internal energy source**
- Pump discipline and awareness**
- Connect with like-minded people**

WELCOME TO BALI!

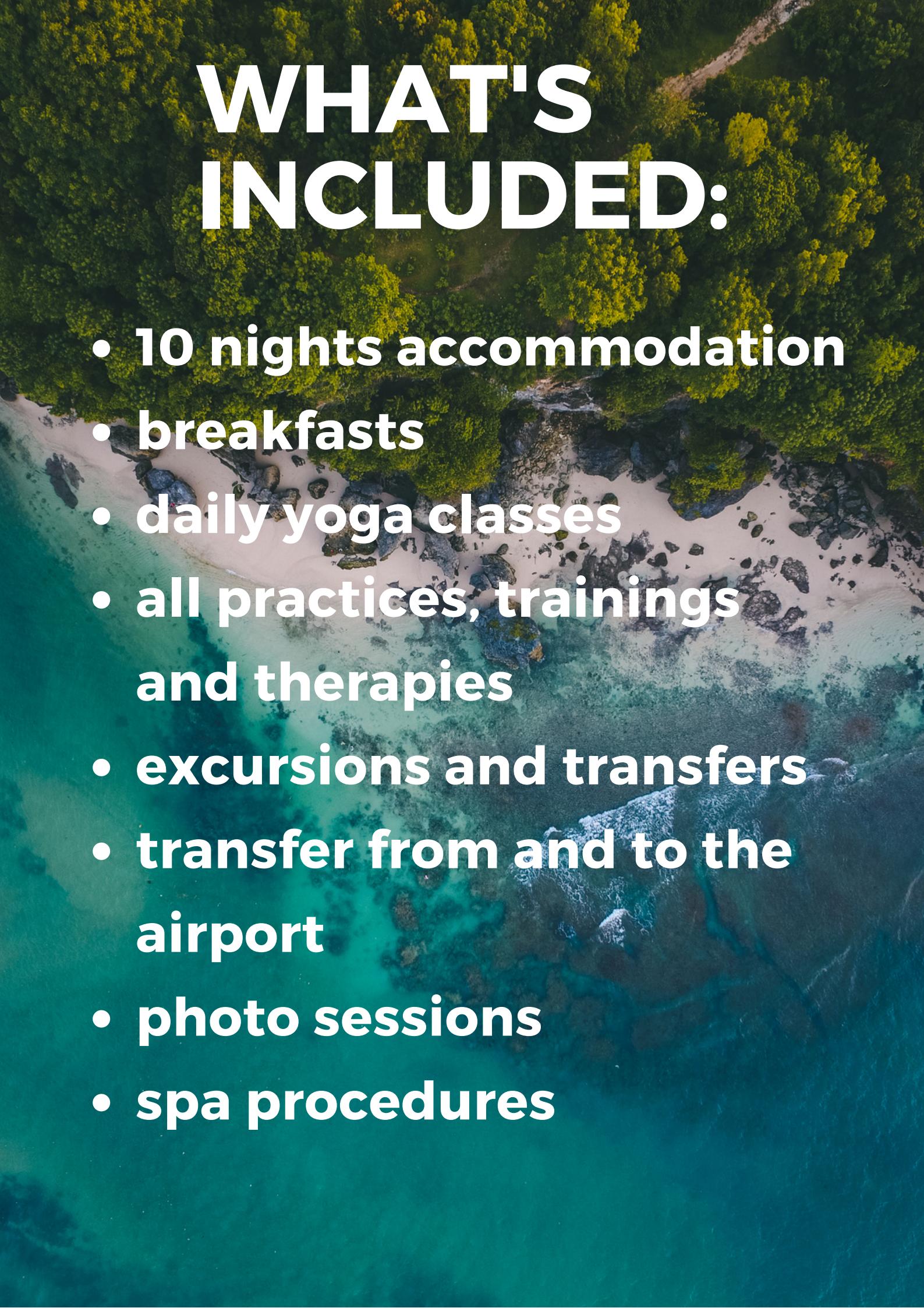
PRICE

2200\$ Double occupancy

2500\$ Single occupancy

Booking condition - 30% prepayment.

The tour program is subject to slight changes depending on the weather and local holidays



WHAT'S INCLUDED:

- **10 nights accommodation**
- **breakfasts**
- **daily yoga classes**
- **all practices, trainings and therapies**
- **excursions and transfers**
- **transfer from and to the airport**
- **photo sessions**
- **spa procedures**

NOT INCLUDED:

- air tickets**
- lunches and dinners**



OUR TEAM



- **Anna is your tour organizer. She has been living in Bali for a long time, she knows the most beautiful places of the island and the best Bali healers and therapists.**
- **Anna will tell you where to get delicious food and excellent massage! You won't get lost with her!**
- **She can help you quickly resolve any issue**



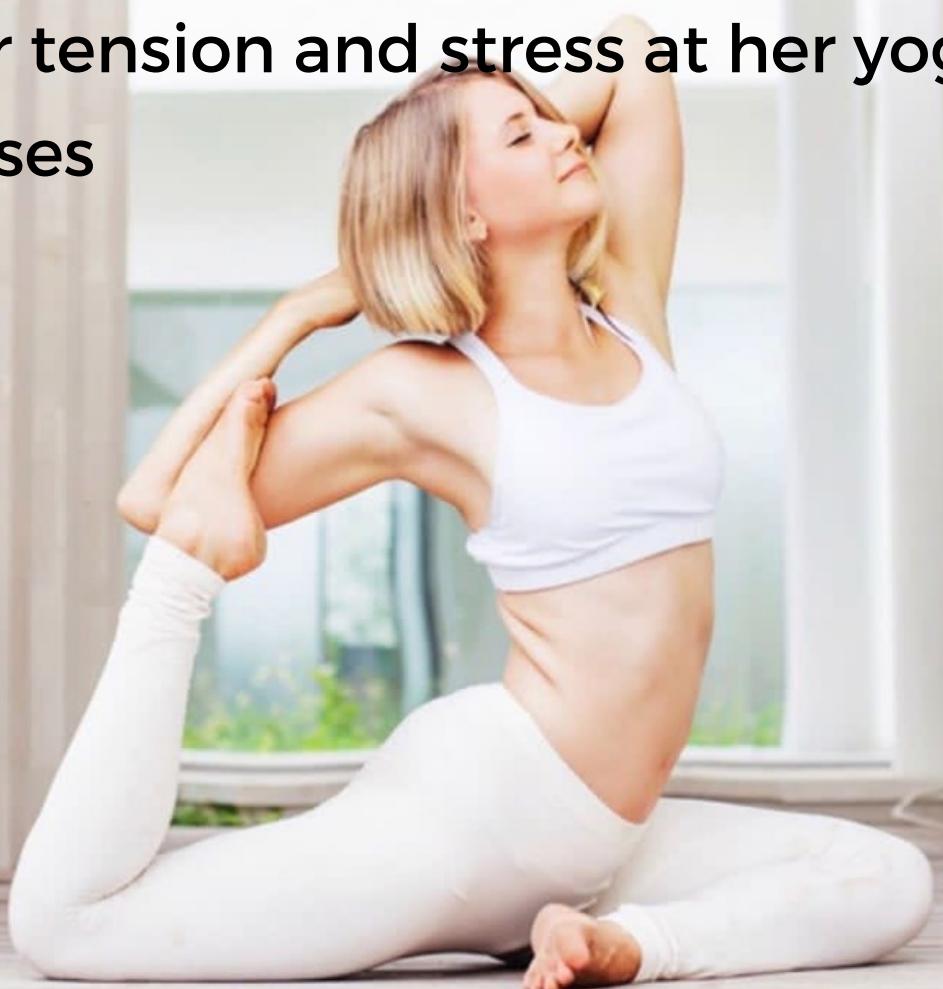
ANNA
METERLIN



- **Maria is your best travel buddy! She will guide and tell you everything about the culture and history of Bali.**
- **She is a teacher of Kria yoga and she will help you establish new healthy relationships with your body**
- **With Maria you will feel in good hands and nothing will distract you from the most exciting journey of your life!**

MARI
 SHANIKRIYA

- Olga is your tour organizer and your guide to the world of healthy body and peace of mind
- She has traveled and taught yoga retreats for 7 years until finding her home in Bali
- Olga learned and practiced yoga and meditation at the ashrams of India and Nepal. Get ready to say goodbye to all your tension and stress at her yoga classes



OLGA



YOGAVACATIONOM



ANNA

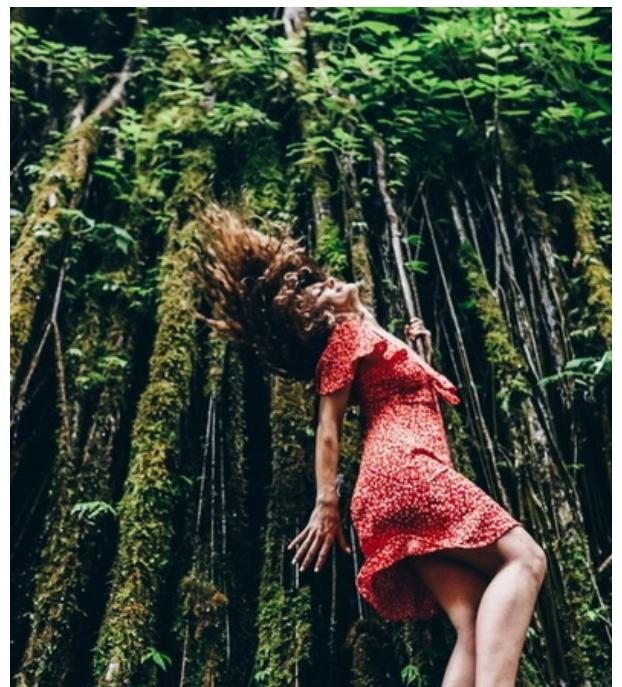
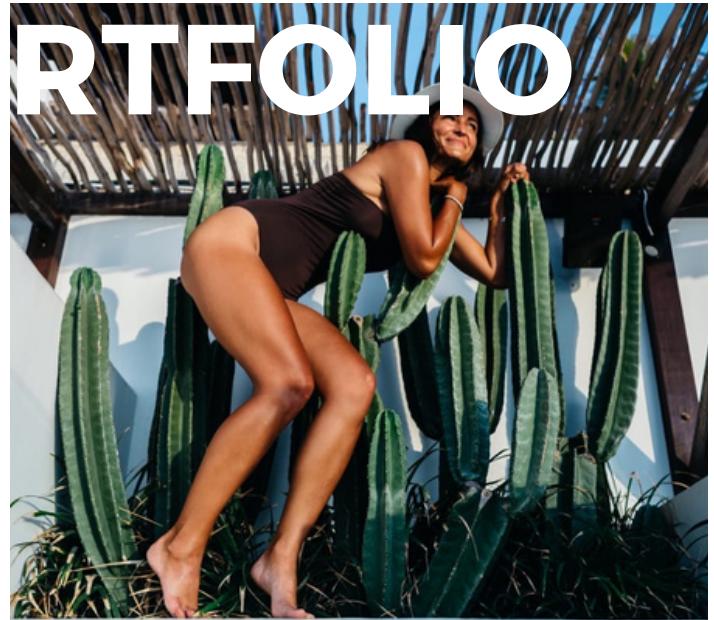
ANNA_KHAIRUDINOVA



Anna is our retreat photographer and she has a talent for seeing interesting shots. Her pictures are not only beautiful, but also creative. Even if you don't always succeed in the photo, this problem disappears with Anna.

Anna will travel with us to the beautiful places and each participant will have time for an individual photo shoot.

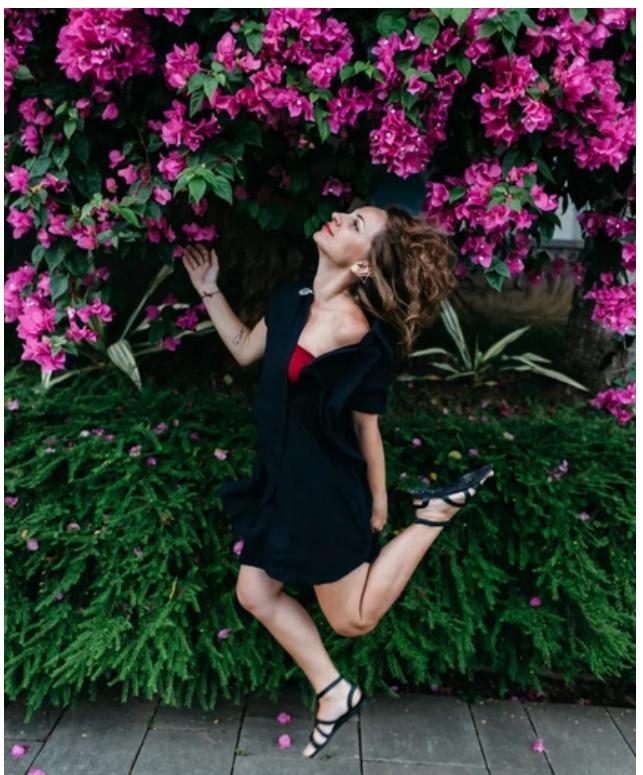
ANNA'S PC RTFOLIO



RETREAT'S



PHOTOS







CONTACT US!

We are happy to answer
your questions!

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BALIYOGA.TOUR

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