

Retreat Information Document

| Embodying Bliss |

A Yoga Retreat in Bali with Amy Wilkinson & Alison Potts

Inna Bliss Yoga

We are delighted to have you join us at the beautiful Shala Bali, Ubud for a week long rejuvenating retreat focusing on relaxing into 'Bliss', whilst embodying it in all of its forms through dynamic & restorative yoga, meditation, diverse & delicious cuisine, indulgent spa treatments, lazy days by the pool, a cocktail or two whilst enjoying breathtaking sunsets...and so much more!

We will truly soak up the magnificent beauty, healing & spirituality of this magical island, whilst we take the opportunity to release any constraints and reconnect to all of that, which inspires us at our deepest level. While there will be plenty of yoga and meditation on offer, a real focus of the retreat will be on rejuvenation, regeneration and transformation (as well as lots of self care and pampering along the way) so we understand the importance of creating space for 'you time' to relax, journal, explore, shop and indulge as you please.

The retreat will be led by Amy Wilkinson, owner of Inna Bliss Yoga & Alison Potts of Innate Being. You will start each day with a beautiful sunrise meditation practice, followed by an invigorating Vinyasa yoga class where we will delve deep and expand our practice and awareness throughout the duration of the retreat. Our Yoga and Meditation will be practiced in The Shala Bali's magnificent open-air yoga space, overlooking the rice paddies and voted one of Bali's most beautiful Yoga Shalas. Later in the afternoons, surrounded by the beauty & sounds of nature, you will experience the complete nurture of yin yoga to rejuvenate the body and mind. This is your opportunity to sink back into restorative and rejuvenating poses & relaxation.

The Shala Bali where we will be spending the week is situated amongst the lush rice fields and coconut palms that Ubud is renowned for. We will be enjoying meals at The Shala Bali's open-air organic café as well as frequenting some of Ubud's loveliest restaurants. While we have a schedule as outlined below, our intention is to not make it too intensive and structured as we fully understand the importance of have plenty of your 'own time' to relax, explore and indulge as you please.

D A T E S:

The retreat will commence at **4pm on October 7th** and conclude at **10am on October 13th 2017.**

A T Y P I C A L D A Y :

6.30am Sunrise Meditation

7.00-7.30am Light snack

7.30-9.00am Morning Vinyasa class

9.30 Buffet Breakfast

2.00pm Spa treatment at luxury spa in Ubud (venue TBC)

10.30-4.00pm Free time

4.30pm Afternoon restorative / yin yoga practice or a Meditation workshop

6.30pm Depart for dinner in Ubud restaurant

T R A V E L I N F O R M A T I O N

You will need to purchase your own return flights to Denpasar, Bali, which is reachable by direct flights from Brisbane.

The airport is efficient and there are ATM's and money exchange offices right inside of the airport.

We will arrange an airport pick up for you from the airport to The Shala Bali. Please provide us with your flight details as soon as you have booked your flight.

Both Jetstar and Virgin have direct flights to Denpasar for as low as \$750 return for that time of year. Be sure to book your flights early to secure the best price.

Bali's currency is the Indonesian Rupiah, For up to date exchange rates, please visit: <http://money.cnn.com/data/currencies/>

VISA & PASSPORT

In order to enter Bali your passport needs to be valid for at least 6 months from the date of entry into Indonesia and you must carry proof of onward passage (either a return ticket or an onward ticket).

There is an arrival fee of US\$35 at the airport and a departure tax of 200,000 IDR (equivalent to AUD\$20)

Registration Form

| Embodying Bliss |

7 - 13 October 2017 @ The Shala Bali, Ubud

Given Name: _____ Surname: _____

Street: _____ Postcode: _____

City: _____

Home phone: _____

Mobile: _____

Email: _____

Person to contact in an
emergency: _____

Mobile: _____

Investment:

Regular Rates

(full payment due by July 1, 2017)

Option 1: Twin/Double share standard : \$1799

Option 2 : Twin/Double share standard (within beautiful private pool villa shared with 2 other rooms and kitchen and living area) : \$1920 - **only 2 rooms available**

Option 3: Twin/Double share deluxe: \$2049 (master suit within private pool villa, shared with 2 other rooms and kitchen and living area) - **only 1 room available**

Option 4: Single room option - only 2 available - please enquire for price.

Registration Fee Inclusions :

- 6 nights twin or double shared accommodation at the luxurious Shala Bali in Ubud
- Blessing ceremony with offerings, led by Balinese Hindu Priest
- Two 90min spa treatment at luxury spas in Ubud
- Daily morning yoga & meditation classes
- Afternoon release & restore yoga sessions
- 2 hour meditation workshop
- Daily fresh & organic vegetarian buffet breakfast and fresh morning juice.
- 4 dinners included (2 at the Shala Bali and 2 at local restaurants in Ubud)
- Unlimited drinking water and herbal tea
- Use of all yoga props - including blankets, straps and bolsters
- 10 class yoga pass to Inna Bliss Yoga to be used upon return from retreat to maintain your practice
- Bali airport transfer to the Shala Ubud

Accommodation:

The Shala Bali rooms are well appointed and beautifully unique, situated in lush, peaceful surroundings. With 7 standard rooms and 3 deluxe rooms available.

Standard room facilities : cotton mosquito net, ceiling fan, drinking water, safe, tea / coffee making, fridge, linen, wardrobe, ensuite bathroom.

Deluxe room facilities: Deluxe room facilities: Living area, kitchen, mosquito net, ceiling fan, drinking water, safe, tea /coffee making, fridge, linen, wardrobe, ensuite bathroom including bath.

For more information on rooms & venue see www.theshalabali.com

Booking Procedure and Cancellation Policy:

We require a \$500 deposit to secure your booking with full payment due by July 1, 2017.

Cancellation must be given in writing. Cancellations made more than 90 days before the start of the retreat will be entitled to a full refund, less a \$60 administration fee.

Cancellations made from 90-60 days from the start of the retreat will incur a cancellation charge of 20% of retreat cost, unless a replacement can be found at the time of cancellation in which case just a \$60 administration fee will be charged.

Cancellations made from 60-40 days from the start of the retreat will incur a cancellation charge of 30% of retreat cost, unless a replacement can be found at the time of cancellation in which case just a \$60 administration fee will be charged.

Cancellations made less than 40 days from the start of the retreat will incur a charge of 50% of retreat cost, unless a replacement can be found at the time of cancellation in which case just a \$60 administration fee will be charged.

Cancellations made less than 14 days from the start of the retreat will incur a charge of 100% of retreat cost.

We highly suggest you purchase traveler's insurance to support your investment, as our cancellation policy includes any emergency situations that might arise.

Health Policy:

All registrants are asked to inform Amy Wilkinson/Inna Bliss Yoga of any mental or physical injuries or disorders prior to registration, and may be advised to seek medical advice prior to attending the

retreat. Also advise us in case of allergies or special food needs so we can take this into account.

Participation Policy:

There will be no reimbursement for classes missed or services not used.

Furthermore, all registrants participate in the classes at his or her own risk and must use their own judgment as to which movements and positions are appropriate for their level of training and experience.

Insurance:

Upon the signing of this document and the payment of the \$500 deposit, the conditions outlined in this document become binding and your registration will be confirmed.

Payment Methods:

Internet transfers can be made into the following account:

Inna Bliss Yoga

Bsb 034053 acc 259142

Ref: surnameBali

Or please supply credit card details:

Name on

Card-----

Visa/Mastercard card number

Expiry date:____/____ Amount being paid \$-----

SIGNED

Participant Printed Name + Signature

DATE: / /2016 / 2017

We look forward to you joining us & sharing in this very special week away in paradise.

Namaste.

Amy & Alison.