

Bali Yoga Retreat



*'Let us not pray to be sheltered
from dangers but to be fearless
when facing them.'*

- Rabindranath Tagore

'FUN, FRESH & FEARLESS'
23 - 29 May 2015

with Margaret Ferla
AT BAMBU INDAH, UBUD, BALI

A luxurious 7 day / 6 night retreat to connect to your playful courageous self in transformative yoga classes and workshops from the delightful surrounds of our home in Bali, Bambu Indah.

Date : 23 - 29 May 2015

Venue : Bambu Indah, Ubud, Bali (www.bambuindah.com)

Cost : \$1895 per person / share. \$2335 per person / single.
Limited single available - first in first serve basis.

Deposit : \$450 (non-refundable) paid on registration. Full payment due xxx 2015.

Earlybird offer : Book your place and pay your deposit by 31 January and you'll have a relaxing Balinese massage added to your Retreat Package.

Be empowered. Be open-minded and open-hearted. Be playful and curious.

Your participation in our twice daily Yoga sessions will inspire your courage and connect you to your fearless inner warrior - the urban warrior of today who seeks to live with discernment, knowledge and wisdom formed from personal experience.

Our yoga practices will build strength and flexibility to help you find balance between your physical and spiritual lives. You'll acknowledge your own journey through reflection and observation of the challenges you've faced and the lessons you've learned. Join me and freshen your ways of thinking, learn to be expansive and light up your fearless heart.

Bambu Indah, our eco-luxury boutique hotel is located on Sayan Ridge overlooking the rice paddy fields and the Ayung River. Unique and exquisite!

Our twice daily Yoga classes leave ample time for you to experience the wonders of Bali... her temples, rivers, rice paddies, walks, bike rides in valleys and villages, delicious cuisine and the warmth of the Balinese people.

Let the joys of Yoga and travel inspire you to take this journey...

Inclusive of :

- Airport transfer to Bambu Indah
- 6 nights luxury accommodation
- Welcome dinner
- Daily breakfast and afternoon tea
- Balinese Blessing Ceremony
- All Yoga and related sessions
- Divine 1hr Balinese Massage

Margaret Joy Ferla :

Margaret shares her passion for life, her innate vibrancy and life journeying wisdom with you. You'll be guided through Yoga classes that are nurturing, balanced, mindful, playful and well crafted. Her unique and intuitive Yoga promotes self-awareness and personal transformations Margaret is a graduate of the Advanced Diploma of Yoga Teaching with the Academy of Yoga Learning. She is also a member of Yoga Australia.



HEART OF JOY



Registration and Enquiries to:

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www.heartofjoy.com.au  Heart of Joy