

BALI Retreat 2010

Sunday 19th – Thursday 30th September



Astanga Yoga with Graeme and Leonie Northfield

Ten motivational morning self-practice Astanga classes with four afternoon sessions

These may include technique, enquiry, pranayama, meditation, movement

Graeme & Leonie bring their focused energy, sound technical information & extensive, insightful experience to the Bali Retreat. Take the opportunity to deepen & broaden your understanding of Astanga Yoga & feel the positive impact on your personal practice in this clearly guided, supportive and relaxed atmosphere.

Yoga Payment Only Aust \$850

Class numbers limited - early booking essential for course and accommodation confirmation.

Practice in Paradise – this is our 3rd season at the luscious Waka di Ume Resort Spa which offers an oasis of comfort and serenity throughout the retreat. In contrast, the hustle and bustle of Ubud, the cultural and artistic heart of Bali, is only minutes away. Visit www.wakadiumeubud.com

Note: Accommodation is paid as a separate component of the course.

A 50% deposit is required by Waka di Ume by June 30.

11 night's accommodation with breakfast:

Shared room **US\$671 per person**

Private room **US\$1342**

All course enquiries, bookings and deposit details:

graemeandleonie@gmail.com
www.absoluteastangayoga.net