

# BALI Retreat 2009



## *Astanga Yoga with Graeme and Leonie Northfield*

**Sunday 6<sup>th</sup> – Thursday 17<sup>th</sup> September 2009**

This retreat is an opportunity to experience your personal practice on a deeper more inspired & relaxed level under the close guidance and support of Graeme & Leonie.

Class capacity is kept to a minimum to allow clear personal time and attention.

The course consists of ten morning self-practice Astanga classes with four afternoon sessions that may include technique, enquiry, pranayama, meditation, movement.

We are delighted to offer the beautiful resort spa Waka di Ume as an oasis of quiet, 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](http://www.wakadiumeubud.com) for more information.

Early booking is advisable for course, accommodation and flights.

**Yoga Tuition - A\$800**

**11 night's accommodation with breakfast:**

**Shared room US\$577.50 p.p.**

**Private room US\$1155 p.p.**

**Enquiries, Bookings and Banking Details please email Leonie**

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