

Ashtanga Yoga Retreat ~ Ubud, Bali , Indonesia ~ June 30-July 5, 2017

DATES:

Check In/Arrival: June 30, 2017 Program Start at 4pm

Depart: July 5, 2017 By 12 noon

Price for Classes & Workshops & Excursions Only \$395 (paypal:
ubudyogacentremanager@gmail.com)

ACCOMMODATIONS NOT INCLUDED, however we will help arranged booking in nearby hotels if you need help booking, please pay in full as you check in.

labakriverhotel.com start at 45usd/room/nite for superior room

balispirithotel.com start at 65 usd/room/nite for standard room

(room can be shared if you are coming with partner/friend/family)

Airport pick up/drop off at 30usd one way, roundtrip booking \$50

Lunch/Dinner can be arranged at UYC for \$5/meals (vegetarian/non vegetarian)

Daily Schedule:

June 30, Friday: ARRIVAL - Check In hotel

4-5:30pm Led Class

5:30pm Opening Blessing Ceremony

6-7:30pm Group Dinner

July 1, Saturday:

6:30am Mysore Group 1

7:45am Mysore Group 2

9-10:30am Breakfast at Hotel*

1-3pm Workshop #1

Afternoon Free Time to explore Ubud

July 2, Sunday:

6:30am Mysore Group 1

7:45am Mysore Group 2

9-10:30am Breakfast at Hotel*

1-3pm Workshop #2

July 3, Monday:

6:30am Mysore Group 1

7:45am Mysore Group 2

9-10:30am Breakfast at Hotel*

Excursion to the beach Nusa Dua/Uluwatu at 11-7pm

July 4, Tuesday:

6:30am Mysore Group 1

7:45am Mysore Group 2

9-10:30am Breakfast at Hotel*

10:30-1pm Workshop #3

1:30-4pm Water Cleansing Ritual in Sebatu

4-7pm Sanur Beach

July 5, Wednesday:

6:30am Mysore Group 1

7:45am Mysore Group 2

9:30 Workshop # 4, Goodbye - Group Photo

12 Check Out Time from hotel*

*For the 2 reference hotels breakfast included

**Please secured your place asap, as attendance limited to 40 people. Payment must be made in full to secure space. Full Refund(minus associated Paypal fee) for cancellation by May 30, 50% afterwards, No Refund after June 25 for last minute cancellation.

To get yourself familiarise with our centre please check out video on youtube or follow us on instagram:

<https://m.youtube.com/watch?v=2XB81XaiKew>

<https://www.youtube.com/watch?v=ZQTdLK2dBzc>

<https://m.youtube.com/watch?v=NP-DbogBrdQ>

<https://www.youtube.com/watch?v=0WT2asrn3Uw>

instagram: @ubudyogacentre

OTHER USEFUL INFORMATION

Flying to Denpasar's Ngurah Rai airport(DPS): Many direct flight from major cities in Asia, making flying to Bali finally affordable to take.

Climate in Bali in July: hot and humid.

Visa for Indonesia: You can get a visa on arrival at the airport for \$30 depending on your nationality, please check the immigration website for Indonesia to see your country eligibility. SE Asian passport holders are typically exempt.