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Bali Yoga Retreats & Workshops *on BaliSpirit.com*

Selected teachers lead a wide range of Yoga retreats & workshops

[on Bali Spirit](#) > [Retreats & Workshops Calendar](#)

Thursday, July 5, 2007

To join a retreat on the spiritually sacred island of Bali is the ultimate experience. Choose from our list of Bali retreats or email to find out more. If you are a teacher & would like to organize a workshop or retreat of your own you can email or call our Ubud office and we get back to you as soon as possible.

Tel: +62-361-970-992 - Fax: +62-361-973-361.

Yoga Retreats Calendar

- Short Workshops
- **Yoga Teacher Trainings**
- Health & Wellness Retreats
- Massage Trainings
- Meditation Courses
- Past Retreats in Bali

Yoga at Balispirit Studio

- Short Break Yoga Holiday
- Private Yoga Lessons
- Daily Yoga Classes in Ubud
- Daily Yoga Classes in Seminyak
- Studio Rental & Retreat Organization
- Yoga Teachers & Guides
- Find The Balispirit Yoga Barn ©

Yoga Retreat Workshops

Short Break Yoga Retreats – at Balispirit Yoga Studio, Ubud



- dates are ongoing all year round

Let the Spirit of Bali Transform You! Join a Short Break Yoga Vacation with Balispirit! This time is just for you.

Balispirit has created an opportunity for you to work on your own Personal Yoga Practice in an environment truly conducive to inner exploration and personal growth. Through our individually organized Short Break Yoga Vacations you will have time to relax and unwind from your daily stresses back at home. We offer a selection of packages, which include airport pick-up/drop off, accommodation with breakfast, daily yoga classes & yoga private lessons at Balispirit Yoga Studio, where there are highly trained teachers to inspire your yoga practice, whether beginner or advanced level. On your retreat, you are free to do what ever you please – perhaps explore Bali's culture, taking in the museums and art galleries or just spending time on your porch or at the swimming pool.



Your options are:

- 3 Night/4 Day Love Yourself Break - Unwind, Relax & Take Care of Yourself in the Hills of Ubud
- 6 Night /7 Day Bliss Out Retreat - JumpStart or Deepen Your Practice in the Hills of Ubud
- 9 Night/10 Day Playtime Retreat - Take a longer break in the Hills & in the Surf!
- even longer, just tell us what you want and we make it happen!

Click thru to our [Short Break Yoga Retreat Webpage](#) for price details and to book your retreat.



Anusara - Inspired Yoga Retreat – with Jennifer Lynn at The Balispirit Yoga Barn ©



- July 31st - August 9th - Anusara-Inspired Yoga in Bali

Create the Adventure, Change, Healing and Empowerment you've been craving. Experience something New and Refreshing! Join our playful and devoted group for 10 days of challenging yoga classes, fun and exploration, and plenty of rest and relaxation. This yoga retreat focuses on self-discovery and empowerment through inner and outer adventure. We spend 5 days in colorful Ubud then venture to the quiet isolation of coastal Candidasa.



Retreat cost \$1200, includes 10 days private accommodations, breakfast, yoga classes, two spa treatments, two group adventures and a few surprises too.

For more information go www.yogawithJenniferLynn.com or email. You can also call in the USA 808-268-4095.

Please reserve your space here.

Mind Blowing Vinyasa Yoga and Wellness Adventure – with Sarah Davidian, Ubud, Bali

Win a 10 class yoga card at Balispirit. Join our mailing list.

Join Our Mailing List

Email:

Privacy by SafeSubscribeSM



Click to download
PDF Brochure

- August 20 - 30 -- 10 day Yoga & Self-Development Retreat

Your mind-blowing Balinese yoga adventure begins when you're greeted at Denpasar airport and whisked to Ubud, the cultural center of Bali. Your beautiful Ubud bungalow will be waiting for you along with a spa voucher. There you can soothe your jet lagged muscles with a massage, herb scrub and flower bath. Then, you'll be ready for your ten-day adventure.

Sarah will offer a strong vinyasa flow & movement class every morning. Her style is based on traditional Astanga poses, infused with creativity. Be prepared to see new angles of yourself and move organically. Some mornings we will practice to the birds singing and other mornings to groovy music. Sarah melts her challenging class together so that you feel energized and relaxed by savasana. The afternoon class will be a time of reflection, yin yoga and self-inquiry.

Your co-host Patrick acts as your guide and counselor on the trip. Patrick has lived in Bali part time for the past 13 years. He speaks the language, knows special people and places and treats you like royalty. You are in good hands from beginning to end. This promises to be a fun and life changing experience.

Tuition of \$1100 US includes

- Daily morning & afternoon Yoga practices
- Balinese style bungalows with private bath & daily housekeeping services
- Daily breakfast
- Airport transfers
- Day Spa treatments
- Traditional Balinese Feast

Please join us!

For more information, see www.sarahdavidian.com or email Patrick Curtin to book your space

Please reserve your space here.



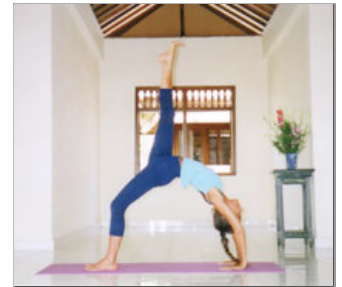
Iyengar Yoga In Bali Workshops & Retreats – with Ann Barros



Upcoming tours:

- July 14 - 28 - all inclusive yoga retreat & vacation
- Nov 17 - Dec 1

The perfect yoga vacation to simply walk into and enjoy! This is the original Bali Yoga vacation (since 1985) ever improving, offering all-inclusive package with air, (or w/o airfare), deluxe accommodations, meals, dance and gamelan performances, excursions to Bali's sacred temples, a pampering Spa visit, and 2 inspiring yoga classes daily with Ann Barros, certified Iyengar Yoga Instructor since 1980. "Ann delivers the royal treatment to all!" Ann offers the Ubud portion of her all-inclusive tours for Asia students who are able to join for only one week. Asia students who have participated in Ann's workshops in Singapore, Jakarta, Kuala Lumpur, and/or China may receive further



discounts, please email Ann directly: abarros@pacbell.net

Ann's workshops take place at her Yoga Studio at Kebun Indah Hotel in Ubud: Jln Pengoseken Ubud. Tel +62 361 973366.

For more information see www.baliyoga.com call Ann in Bali +62 (0) 81-24675050

Please reserve your space here.

New Years Yoga Retreats – with Twee Merrigan and Balispirit, Ubud, Bali



- Dec 27 - Jan 2 New Year's Prana Flow Yoga Retreat at The Balispirit Yoga Barn©, Ubud - [read more](#)
- Jan 2 - Jan 5, 2008 EmPowered Surf & Yoga Retreat at Desa Seni, Canggu - [read more](#)

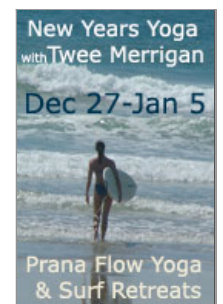
Bring in the New Year with a Bang, commencing with a dynamic yoga practice with internationally known yoga teacher Twee. Well known in the USA and Japan, Twee teaches a dynamically challenging and transformational prana vinyasa flow yoga practice inspired by her studies of hatha, tantra, ayurveda, and the absolute consciousness within that guides her through the continuous flow of life's spontaneously blissful dance.

You can book this retreat for 6 nights / 7 days or for 8 nights / 9 days:

- Ubud 6 n/ 7 d New Year's Prana Yoga Retreat is US\$1350, not including airfare from your home destination
- Additional Canggu 2 n/ 3 d EmPowered Prana Yoga & Surf Retreat is \$550

\$100 Discount if booking both retreats.

\$150 Discount if booking both retreats by Sept 1, early bird discount date.



Click thru to see webpage and register or email

Please reserve your space here.

Yoga and Surf Retreats – with Kate Rourke at Desa Seni, Seminyak, Bali



• Upcoming Retreats are TBA

Join qualified and experienced Yoga teacher Kate Rourke and friends at the beautifully traditional Desa Seni, A village resort, for 8 days and 7 nights of pure bliss. Daily yoga, surfing, swimming, snorkelling, horse back riding, adventure tours to nearby villages, pampering massages and rejuvenating treatments are all part of the village experience retreat.

Experience traditional Indonesian cuisine, architecture, culture, art and lifestyle. All activities are optional so you can have eight days of energizing fun adventures or simply relax, restore, and rejuvenate your body, mind and spirit. Experience traditional Indonesian cuisine, architecture, culture, art and lifestyle. All activities are optional so you can have eight days of energizing fun adventures or simply relax, restore, and rejuvenate your body, mind and spirit.

Cost – US\$1400 (twin share) Includes all activities, treatments, transport and deluxe accommodation (airfares not included and 3 Nights dinner at your own expense to enable you to sample the local restaurants and cafes)

For enquiries please contact email, Tel +62361 844 6392 Fax +62 361 731 268 www.desaseni.com

Please reserve your space here.

Iyengar Yoga Workshops at Prana Dewi Resort – with Franziska Rapp



• September 6 - 9, 2007 - Iyengar Yoga Retreat with Health Meditation

Yoga at Prana Dewi in pure Nature is Heaven on Earth!

Meditation – Pranayama – Asanas in the center of the Bali Rice Bowl.

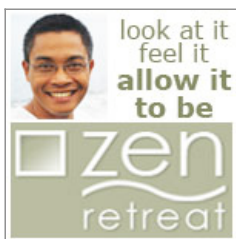
At Prana Dewi, we offer 3 to 6 day yoga retreats throughout the year for beginners and experienced students alike. Our teacher, Franziska Rapp shows a long yoga practice and is teaching in a way in which every student is carefully regarded. During our retreat, experienced students will reach higher knowledge and awareness in their yoga practice and beginners will get the right instruction to start safely the path of yoga. Courses include accommodation, delicious organic vegetarian food and all yoga classes. For teachers, our beautiful natural resort is also available as a rental for your own Bali yoga retreat.

4 days 3 nights Iyengar style Yoga with Health Meditation at Prana Dewi Mountain Resort, Tabanan. Price US \$180, including Food, Accommodation and Yoga instruction.

Email or visit www.balipranaresort.com

Please reserve your space here.

All inclusive yoga, meditation, spa and wellness retreat – with Iyan Yaspriyana



All year round for beginners and intermediate yogis.

Escape the World yoga retreats are designed for anyone desiring to touch base with the self, practice daily meditation and yoga, spa treatments and an unusual Balinese vacation.

The combination of yoga, body rejuvenating Spa treatments, well balanced meals, dedicated time for the soul and planned activities discovering other aspects of Balinese culture are essential elements to eliminate accumulated stress and reconnect the spirit to the body.

The journey, starting at IDR 6,600,000 or approximately US\$775 / € 555 (twin occupancy), is inclusive of land transfers, accommodation, all meals, yoga and meditation program, Spa treatments, activities, taxes and service.

Ubud
 • Aug 26 to Aug. 31
 • Sept 9 to Sept. 14
 • Nov 25 to Nov.30
 • Dec 9 to Dec 14

Payangan, (For couples)
 • July 29 – Aug 3
 • Sept 16 – Sept 21
 • Oct 14 – Oct 19
 • Dec 23 – Jan 1

Tejakula
 • Oct 28 - Nov 2, 2007

For more information Tel. +62-361-289901, email or visit our website www.zenbali.com

Please reserve your space here.

Surf Yoga Goddess Retreats – Seminyak – Surfing Beach in Bali – with Susan Rose



- July 21 - 28
- July 29 - Aug 4
- Aug 18 - 25
- Aug 26 - Sept 2
- Sept 15 - 22
- Sept 23 - 30
- Oct 21 - 28
- Nov 11 - 18

Awaken, Embrace & Celebrate the Surf Goddess in You!

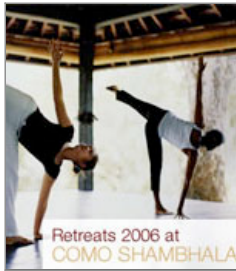
Surf Goddess Retreats provides a unique surf and yoga vacation for women only where guests can take time to immerse themselves in an enchanting environment that revitalizes the body, mind & spirit. Our boutique surf retreat for women boasts small groups with individual attention from our personalized services and features daily yoga classes, decadent spa treatments, cultural day tours, private villa accommodation and delicious healthy organic meals prepared with love. There is loads of action and fun in our friendly, supportive surf classes, which will have you up riding your board on the first day! Enjoy a one-of-a-kind retreat where you will awaken the surf goddess on you on a transformational holiday filled with sun, surf, yoga & pampering.

Look and feel your best as you awaken, embrace & celebrate the Surf Goddess in You!

Tel: +62 813 3822 5588 HP / International booking phone/fax is: +65 6491 5097
email or please visit www.surfgoddessretreats.com

Please reserve your space here.

Holistic Retreats at COMO Shambhala Estate & Uma Ubud



- **Upcoming Retreats are TBA**
- May 23 - 29

Ashtanga Yoga in Paradise with David Swenson - see pdf flier

In recognition of Bali's powerful spirituality, COMO Hotels and Resorts have developed two substantial COMO Shambhala retreats, designed for those seeking greater health and mental quietude through yoga and related treatments. Both properties feature Asain-inspired, holistic therapies, an open air yoga pavilion for group and private practice, meditation bale, reflexology area, steam, sauna, gym, treatment rooms and at COMO Shambhala Estate you have access to several modalities of healing including an Ayurvedic Doctor, counseling Psychologist, Nutritionist and Naturopathy.

For reservations or information on COMO Shambhala Estate Workshops & Retreats, please call +62 361 978 888 or email.

ASK ABOUT OUR SPECIAL RATES FOR EX-PATS, SEE POSTERS:

David Swneson - Cyndi Lee

For past retreats at COMO Shambhala please see here

Please reserve your space here.

Writing, Yoga and Improvisation Retreat – with Sarah Armstrong, Ubud



- September 17 - 24, 2007 (The September retreat is just before the Ubud Writers Festival)
- May 2008

Connect deeply with your creativity at this unique seven-day workshop. Join Sarah Armstrong and Kathryn Riding as they support you to find freedom, spontaneity and confidence in your creative expression.

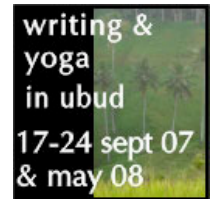
Daily yoga will bring a stillness and calm to help uncover the many stories held within you. Creative writing sessions will offer tools to write with freedom and ease. The improvisation classes are very gentle and absolutely suitable for those who've never experienced improvisation. Beginners and the unconfident will be made to feel very welcome in the writing classes and the yoga is suitable for all levels.

The facilitators include: Journalist, novelist and writing teacher Sarah Armstrong. Yoga, drama and voice teacher Kathryn Riding.

The main retreat fee of (AUD)\$1470 includes all classes, twin share accommodation and all breakfasts.

For bookings or more information, including detailed biographies of Sarah & Kathryn visit www.sarah-armstrong.com or email Sarah at email or phone +61 2 66846897

Please reserve your space here.



Shakti Spirit Yoga in Bali and Internationally – with Rachel Hull, Ubud



- August 7 – 21
- Brahmani Yoga and Shakti Spirit Present - Level 2 - Experienced Practitioners Training with Rachel Hull & Julie Martin
Intermediate/Advanced workshop for new teachers or more experienced practitioners, Ubud Bali

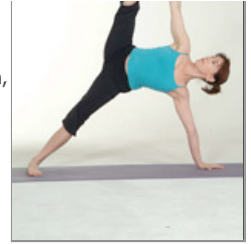




- August 24 –30
Shakti Spirit and Brahmani Yoga Retreat
6 days/7 nights for all levels – Yoga, Yoga dance, Ayurveda, massage & fun,
Ubud, Bali

Upcoming Events:

- January – April Public classes at Brahmani Yoga Centre, GOA, INDIA
- April 16 – 29 The Yoga Shala, GALWAY, IRELAND
Public classes/ workshops + DUBLIN



Rachel is an experienced Yogini with 20 years of Yoga practice, who has a strong yet feminine approach to Yoga - this has culminated in Shakti Spirit Yoga. Rachel is a highly experienced teacher trainer as well as Ayurvedic Lifestyle Consultant.

For more information: www.shaktispirit.com or email

Please reserve your space here.

Hatha Yoga Retreat in Bali – with Bob Smith & Ki McGraw



- June 18th - July 14th

Practicing yoga every day in a completely focused way is a challenge for most of us who live in a fast paced culture and lead busy lives. You will benefit greatly from this yoga retreat in the beautiful surroundings of Bali, Indonesia. Any student with one year experience in Yoga is welcome.

Practice Yoga with these two inspiring teachers, Bob Smith and Ki McGraw of Hatha Yoga Center Seattle, at their Yoga center in the village of Sayan Village, Bali. Come for one, two, three or four weeks and be prepared to have an incredible learning experience. Or better yet, come for the full two months of Ki and Bob's 200 hour Yoga Teacher Training Course, certified by the Yoga Alliance. During this dynamic course, you will receive asana, pranayama, and meditation training, as well as yoga philosophy and anatomy as it applies to asana practice. Progressing through the program you will learn to teach Yoga safely and wisely, with opportunities for student teaching.

See our June thru August Bali Yoga Teacher Traing Course

Please see our website for our 2007 schedule: www.hathayogacenter.com or call for more info, in the USA (206) 632-1706, or email

Please reserve your space here.

Integral Yoga Lifestyle Holiday – with Filomena Aversa at South Bali



- Sept 14 - 21, 2007 – 7 days Retreat (exact dates not determined)

Enjoy a lifestyle yoga holiday in the luxurious villas of Ulun Carik Bali. An intimate experience that will pamper the body, warm the heart and nurture the spirit. The Retreat includes:

- 7 nights villa accommodation
- Bodyworks traditional exfoliation scrub and Shiatsu or Thai massage (2 hrs)
- Integral Yoga classes morning and afternoon
- Batukaru Temple tour Wangaya Gede Village
- Cosy Massage choice of Scalp Sensation or Reflexology (1.5hrs)
- Ubud Cultural Cooking day tour gives an insight into Balinese life, beliefs and culture. Learn about its food, cooking and culinary myths
- Special event nights, Balinese Banquet and gamelan orchestra
- Traditional and Western Cuisine based on ayurvedic principals, balancing the six taste sensations: sweet, sour, salty, bitter, pungent and astringent

The daily yoga classes are led by Filomena Aversa (Dip.Venkatesa IYAA - Integral Yoga Academy) who currently teaches yoga philosophy and Pranayama at the Yogalates and Yoga Arts schools in Byron Bay and in Murwillumbah on the north coast of NSW, Australia. She has been a Yoga practitioner, yoga therapist and Yoga Teacher for more than 20 years, and her practical dedication in Iyengar, Hatha Yoga and Pranayama spans this time. Integral yoga will combine various systems and branches of yoga and in practice allows the student to work within ones capacity and personal needs. Good health is experienced when our anatomical and physiological systems are harmoniously balanced and in synchronization.

Cost:

Total cost \$1,480 (AUS) p/person on a share base tariff or cost \$1,780 (AUS) p/person private villa room

For more information, tell: (02) 6674 4154, or (02) 6685 4093, email or see the website
<http://www.bigvolcano.com.au/custom/malacchi/>

Please reserve your space here.

Bali Yoga Retreat – with Rachel Zinman and Emil Wendel at Ananda Cottages, Ubud, Bali



July 29 - August 11 - For experienced students and teachers from any background

Join Rachel Zinman (www.ishtasystem.com) and Emil Wendel (www.beyond-the-asana.com) in tranquil Ubud, Bali for a 2-week intensive yoga retreat focusing on Asana, Pranayama, Meditation and the



philosophy of Yoga.

Rachel is an E-RYT 500 hr registered Yoga teacher and has been teaching teachers in The ISHTA style of Yoga since June 2000 in NYC, Japan and Australia. Emil Wendel teaches philosophy in several teachers trainings including Yoga Arts of Australia, Brahmani Yoga and Shakti Spirit of India and Radiantly Alive of Bali.

Each day will begin with an early morning meditation and asana practice with Rachel Zinman in the ISHTA style while the afternoon will be devoted to the philosophy of yoga in lectures with Emil Wendel followed by a pranayama practice. On some evenings, events will be offered to experience the culture of Bali as well as a joyful look at the yoga traditions of Tantra, Hatha and Bhakti yoga.

This retreat count towards 90 hours of a 300-hour registered Yoga Alliance Course.

For more info visit www.ishtasystem.com and click News or Trainings

To register contact : email or +61 02 6684 3654.
For more information about course content contact email

Please reserve your space here.

Peace & Pampering in Paradise – with Kate Nirlipta, Bali



• Aug 6 – 11 – 6 days and 5 nights

Hatha Yoga - Asana – Pranayama – Meditation – Chi Gong - Yoga Nidra – Restorative Yoga – Massage – Hot Springs - Guided Tour to Temple – Cultural Dance – Organic Food



Nirlipta has been teaching Yoga for 15 years and in Bali for the past 5 years. Kate has a background of social work, facilitator of workshops and yoga focused retreats. Her extensive background of life experience and knowledge in the healing of mind, body and spirit gives her a compassionate, authentic and intuitive teaching style.

Kate encourages you to listen inward, and as the body gently opens, the mind will become calm and focused, emotions will become integrated and blocks will melt away, allowing spirit to reconnect to the body. You will receive life force energy and the gifts of Yoga as we journey inward.

Kate has designed a retreat for peace, pampering and rejuvenation in a perfect retreat setting.

For Registration form go to www.yoganirlipta.com or email

Please reserve your space here.

Transformative Yoga – with Julie Mitchell – Ubud, Bali



• September 19 - 29

Come join Julie in a transformative Yoga vacation located in the village of Ubud. A place of healing energy, full of temples, shopping, cafes and restaurants.

Julie Mitchell's background is a colorful bouquet of practicing Hatha for 14 years, teaching Vinyasa for 5 years, Arco-Yoga for one year, and has been performing and teaching Belly Dance for 15 years. She is also a licensed massage therapist. Julie's playfulness and fluidity comes through as she guides you through your journey encompassing mind, body, Spirit.

Enjoy Yoga and Meditation practices in a tropical garden setting to awaken your inner spirit.

- Daily morning & afternoon Yoga practices
- Balinese style bungalows with private bath & daily housekeeping services
- Daily breakfast
- Traditional Balinese Feast
- Transfers to and from Denpasar airport
- Twp pampering arrival day Spa treatments

Participate in optional adventures such as elephant treks, river rafting, or just relax and rejuvenate by the pool.

Price for 10 days is \$1000.00 USD (not including airfare)

For more info, please call (808) 280-9391 or email

Please reserve your space here.

Bali Mandala Yoga Retreat – Spiritual Bali – with Rosalinda Palumbo, Ubud Bali



• July 30 - August 5, 2007 - US\$ 1,295 for 7 days -- see flyer
• August 16 - 19, 2007 - Hawaii Retreat -- see flyer

The Balinese Mandala is a combination of temples on mountains and beaches





to access the ying and yang of this magical island. Learn the ancient secrets of the Balinese Jnana Yoga through their sacred temple mandala in the form of a lotus where sages from Java planted the seed of Prana from India over 1000 years ago. Here on the Island of the Gods, you will refresh your inner light and have the opportunity to grow as you experience each temple's chakra in meditation in the most sacred altars under the guidance of Rosalinda Palumbo, from California and her Balinese spiritual teachers.



This all-inclusive itinerary, based on double occupancy, includes:

- Airport / Hotel transfers and all transportation
- 7 Days / 6 Nights accommodation at natural, intimate Balinese hotels (Beach and Mountain)
- Daily Yoga Classes at Balispirit Yoga Studio with complete yoga props
- Balinese Dance/Gamelan performances
- Balinese Oil & Massage (Special treatment oil prepared by Balinese yoga teachers)
- Delicious daily meals
- Sarong and temple dress for access to most sacred altars
- Malas for Japa yoga
- A book written by Rosalinda: Bali Wali Wali I: The Way of the Guru (Guided teachings of Balinese Mandala)

To book your place or for more info, email

[Please reserve your space here.](#)

Spring Yoga & Detox Retreat – Sara Avant Stover & Rebecca Andrist - Desa Seni, Canggu, Bali



April 12 - 18, 2008 - The Art of Healthy Living

Rejuvenate under the expert and compassionate guidance of Sara and Rebecca during this 7 day/6 night detoxification retreat at the idyllic Desa Seni Resort.

Yoga with Sara; Art of Eating classes with Rebecca; evening meditations, 3 delicious, cleansing meals daily; free time for swimming, snorkelling, horse back riding, adventure tours to nearby villages, pampering massages and rejuvenating treatments are all part of the retreat experience.

Spring, the time in the yearly cycle associated with rebirth, is an auspicious time for cleansing. By the end of these seven days you will leave feeling lighter, and more vibrant and educated as to how to stay healthy and fresh year-round.

Investment: US \$1400 (twin share)/ US \$1650 (single).

Includes daily

- yoga and nutrition classes,
- 3 gourmet vegetarian meals daily,
- 2 spa treatments,
- transportation to/from the airport and deluxe accommodation.
- Airfare and additional treatments/activities are not included.

To register, please email. For more information: Sara Avant Stover: www.fourmermaids.com Rebecca Andrist: www.jivahealing.com

[Please reserve your space here.](#)

Yoga Teacher Training

Yoga Arts, Yoga Holiday Retreats and Accredited Yoga Teacher Trainings – with Louisa Sear



Based in either the hillside town of Ubud or the beach, Yoga Arts yoga holiday retreats include morning and afternoon yoga asanas, pranayama and meditation. Enjoy 10 nights and 9 days of yoga practice with internationally acclaimed yoga teacher, Louisa Sear. Retreats include time off to explore the beautiful Balinese beach or country side and includes time to soak up the Balinese culture.

The Yoga Arts yoga teacher trainings are held in the picturesque hillside village of Ubud. These teacher trainings are internationally accredited with Yoga Alliance for 200 hours. Level 1 trainings include, meditation, pranayama and vinyasa style yoga asanas, teaching skills, adjusting skills, anatomy & physiology, yoga philosophy and self enquiry. Louisa has over 20 years of experience delivering high quality yoga teacher trainings in Australia and internationally.



Bali Yoga Holiday Retreats 2007

- Ubud, Bali: 13 - 23 June
Cost: \$1,450 AUD
Includes: accommodation, breakfast and yoga tuition

- Bingin Beach, Bali: 11 - 19 August
Cost: \$960 AUD
Includes: yoga tuition. Students are responsible for their own accommodation

Bali Level 1 accredited yoga trainings (200 hours Yoga Alliance accreditation)

- Ubud, Bali: 1 - 28 July
Cost: \$3,600 AUD
Includes: comprehensive yoga manual and workbook, yoga tuition and accredited certification

- Ubud, Bali: 29 June - 27 July 2008
Cost: \$3,600 AUD
Includes: comprehensive yoga manual and workbook, yoga tuition and accredited certification

For more information, please contact Yoga Arts on phone: +61 2 6679 2057 or email or see our website www.yogarts.com.au

Please reserve your space here.

200 hr Yoga Teacher Training in Bali – with Bob Smith & Ki McGraw



- June 18th - August 13th

Bob and Ki will be leading a two month, 200 hour certified Yoga Teacher Training program in gorgeous Bali. This program is a Yoga Alliance certified program. Come join these two dynamic teachers on the incredible island of Bali for one week to two months.

Practice Yoga with these two inspiring teachers, Bob Smith and Ki McGraw of Hatha Yoga Center Seattle, at their Yoga center in the village of Sayan Village, Bali. Come for one, two, three or four weeks and be prepared to have an incredible learning experience. Or better yet, come for the full two months of Ki and Bob's 200 hour Yoga Teacher Training Course, certified by the Yoga Alliance. During this dynamic course, you will receive asana, pranayama, and meditation training, as well as yoga philosophy and anatomy as it applies to asana practice. Progressing through the program you will learn to teach Yoga safely and wisely, with opportunities for student teaching.

See our June - July Bali Yoga Retreat

Please reserve your space here.

Shakti Spirit Yoga Teacher Training – with Rachel Hull, Goa India



- 27 January - 31st March, 2008

Join Rachel and team for this 8 -Week Teacher Training in India. The training is 200 hour Yoga Alliance Registered and includes 310 hours+ of instruction in Ayurveda, asana, alignment, creative vinyasa sequences, ashtanga vinyasa yoga, assisting public classes, teaching skills, pranayama, kriya, philosophy and anatomy.

The teachers are all highly experienced practitioners and trainers including Rachel Hull, Emil Wendel, Julie Martin and Chris Kummer. Located at Brahmani Yoga Centre in Anjuna, Goa (formerly Purple Valley Drop In Centre); a short ride to white sandy beaches and cafes.



Rachel has taught on over a dozen trainings in Byron Bay, Bali, and Shanghai. She has been practicing Yoga for 20 years, and is a trained Ayurvedic Lifestyle Consultant.

Training is limited to 12 people only, which means lots of personal attention. Register soon!
For more information or to apply: www.shaktispirit.com or www.brahmaniyoga.com or send an email

Other Retreat and Workshops in Bali

- August 7 – 21, 2007
Brahmani Yoga and Shakti Spirit Present - Level 2 - Experienced Practitioners Training with Rachel Hull & Julie Martin
Intermediate/Advanced workshop for new teachers or more experienced practitioners, Ubud Bali
- August 24 –30, 2007
Shakti Spirit and Brahmani Yoga Retreat
6 days/7 nights for all levels – Yoga, Yoga dance, Ayurveda, massage & fun, Ubud, Bali

For more information: www.shaktispirit.com or email

Please reserve your space here.