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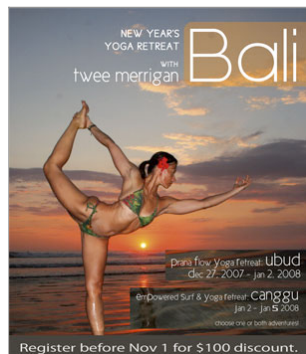
## Bali Yoga Vacation *on BaliSpirit.com*

Yoga and Retreats Workshops with The Balispirit Yoga Barn ©

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Monday, October 15, 2007

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### New Year's Prana Flow Yoga Retreat in Ubud, Dec 27, 2007 - Jan 2, 2008 EmPowered Sea & Surf Yoga Retreat in Canggu, Jan 2 - Jan 4, 2008

Celebrate the New Year in Bali as Twee Merrigan guides you on a transformational 6night/7day adventure yoga retreat at The Balispirit Yoga Barn©, located in ricefields of Ubud, the preeminent center for fine arts, dance and music.

For six blissful nights, you will stay in a Balinese style boutique hotel with comfortable, clean rooms, verdant gardens and a large swimming pool. Brought to you by Balispirit.com, this portion of your retreat will be organically inspired and infused with cultural experiences led by experts in Balinese Hinduism and spirituality.

Please see below for our early bird discount that expires on Nov 1, 2007  
[Click here for expat daily drop in rates](#)

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### About Twee Merrigan



Twee Merrigan

Twee Merrigan travels and teaches globally as a recognized leader in the teachings of Prana Flow Yoga, an evolutionary edge style of Vinyasa. While she is currently based in Perth, Australia, her calendar of international adventure yoga retreats, teacher trainings, and workshops evolved from her five-year apprenticeship with world-renowned yoga teacher Shiva Rea (creator of Prana Flow Yoga) and her original New York City-based studies of Hatha, Tantra + Ayurveda (India's Art of Living).

Twee is featured in 4 widely distributed U.S. and Japanese Yoga DVD's (Shiva Rea's Fluid Power, Yoga Trance Dance, Be Yoga Japan's Beginner + Power Series) and has been profiled in renowned publications including The New York Times; Yoga Journal; Women's Health (Yoga Life) and Martha Stewart's body+soul magazines. Twee will be featured on the cover of this December's Yoga Journal. For more about Twee, see [tweeyoga.com](http://tweeyoga.com).



### New Year's Prana Flow Yoga Retreat in Ubud at The Yoga Barn©, Dec 27 - Jan 2, 2008

--click to see [daily schedule](#)

**DbI occupancy US\$ 1350.00**

**Sgl occupancy is US\$ 1550.00**



The Balispirit Yoga Barn©

While at The Yoga Barn©, the focus will be Twee's evolutionary style of Yoga. In between the Bali sunrise and sunset, you will enjoy a perfect balance of twice daily Prana Flow Yoga practice enhanced with rituals, mudra, chanting, pranayama and meditation.

In between classes you will have time to enjoy's Bali's cultural heritage: enrich your cultural experience in the land of the gods with optional dance performances, art classes and temple treks! In addition to all these activities you can check out Ubud's blissful spa scene.and sample from all the holistic practitioners available and the great healthy food in Ubud!

#### This all-inclusive itinerary includes:

*please note that itinerary is subject to change, according to the situation (weather & mood of participants!) once in Bali*

- Hotel & Airport Transfers
- 6n/7d accommodation in medium size hotel with pool
- 9 Prana Flow Yoga sessions with Twee
- Complete yoga equipment including mats, bolsters, straps & blocks
- Luxuriating tropical spa treatment
- Delicious daily meals - breakfasts, lunches & dinners (some meals not included so that guests may enjoy an evening dining out on the town!)

- Unlimited purified spring water, fresh fruit juices, coffee & tea
- Half day tours of Ubud's Holy Temples and other Cultural aspects of Bali
- Balinese Dance/Gamelan performance
- Walk through Ubud's Holy Monkey Forest Temple

#### Cost for 7 days of awesome Prana Flow yoga in Ubud is:

- Double Occupancy (shared with other guest): \$1350.00 - early bird discount by Nov 1!
- Single Occupancy (your own room): \$1550.00

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## EmPowered Surf + Yoga Retreat in Canggu, Jan 2 - Jan 4, 2008

-- [click to see daily schedule](#)

**Dbl occupancy US\$ 575.00**

**Sgl occupancy US\$ 700.00**



Accompany Twee and a tribe of adventurous yogis as they expand beyond the mountains to the SURF + beaches only an hour's journey away from Ubud.

This additional portion of Twee's retreat takes place at the quaint but luxurious Desa Seni Village Resort, which classically provides an authentic Indonesian experience through the exploration of culture, living foods and complete wellness.

With Optional Surf Lessons (according to your level) are provided by one of the top local Balinese Surf Schools on the island. + \$75 for 3 hours / per day.

#### This all-inclusive itinerary includes:

*please note that itinerary is subject to change, according to the situation (weather & mood of participants!) once in Bali*

- Hotel & Airport Transfers
- 3 Days / 2 nights accommodation at Desa Seni Resort in Canggu
- 4 Prana Flow Yoga sessions with Twee
- Visit to the Holy Uluwatu Temple & Surfers Paradise
- Complete yoga equipment
- Delicious daily meals - breakfasts, lunches & dinners (some meals not included so that guests may enjoy an evening dining out on the town!)
- Unlimited purified spring water
- Optional Private group surf lessons Surf for beginner level surfers or guided surfaris / surf coaching for intermediate level surfers

#### Cost for 3 days of Empowered Prana Flow Yoga & Surf in Canggu is:

- Double Occupancy (shared with other guest): \$575.00 - **early bird discount by Nov 1!**
- Single Occupancy (your own room): \$700.00

#### Not included, but optional additions for both the Ubud and Canggu retreats, are:

- Balinese Dance/Gamelan Performances (one included in Ubud)
- Cultural Tours (one included in Ubud)
- Spa Treatments (one included in Ubud)
- Optional group or private surf lessons for any level
- Extending your stay in Ubud or Canggu with extra hotel nights

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#### Payments and Deposits:

**\*A non-refundable deposit of USD \$350.00 must be received by Nov 1, 2007 in order to receive your discount.**

#### EARLY BIRD DISCOUNT - You can book one or both retreats!

\$100 Discount if booking both retreats.

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

Prices are exclusive of Airfare from your home destination, extra Massage + Spa Services, and option Full day & Half day surf tours ([see our recommended travel agents](#))

We accept wire transfers and Paypal - [see booking form below](#).

See yoga only option for Bali Based locals and Expats

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#### Travel Details:

Your passport must be valid for at least 6months to be allowed into Indonesia. If you are an American, Austrian or EU Citizen, there is Visa on arrival at the Denpasar airport for US\$25.00, exact change. Members of ASEAN countries do not need a visa. If you from another country, please read about visa requirements and other important details in our [Travel Bali](#) section.

If you are flying from North America, we highly recommend Pacific Harbor Travel. They are based in Santa Cruz, California, but can book flights

from any starting point in the country. We suggest these airlines:

Singapore Airlines		
Dec 13-23	NYC	\$1,150.00
	SFO/LAX	\$1,200.00
Dec 24-31	NYC	\$1,050.00
	SFO/LAX	\$1,000.00
Cathay Pacific Airlines (via Hong Kong)		
Dec 13-23	NYC	\$1,200.00
	SFO/LAX	\$1,250.00
Dec 24-31	NYC	\$1,100.00
	SFO/LAX	\$1,050.00

For more info, contact:

Wendy or Linda

Pacific Harbor Travel, Inc.

t: 831.427.5000

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e: [wendy@pacificharbortravel.com](mailto:wendy@pacificharbortravel.com)

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## Booking Form for Bali Yoga Retreat with Twee Merrigan



*"True spirituality is not just a speculation on the Absolute, however profound and philosophical, nor is it just a quest for personal salvation... He alone is a true spiritual being who understands the pains and sufferings of others."*

-- Mahatma Gandhi

*If you are paying by credit card, please give us your billing information by filling out all fields \* indicates required fields*

Your Name \*:

Name of Additional Guests \*:

Address:

City \*:

State:

Zip:

Country \*:

Phone or Fax:

Website:

Email \*:

I will be arriving early, approx on this date:

### Ubud Section:

#### 6 nights/ 7 days - Ubud Prana Yoga Retreat

Double Occupancy (shared with other guest): \$ 1350.00

Single Occupancy (your own room): \$ 1550.00

### Canggu Section:

#### 2 nights/ 3 days - EmPowered Sea & Surf Prana Yoga Retreat

Double Occupancy (shared with other guest): \$ 575.00

Single Occupancy (your own room): \$ 700.00

### and I would like to add:

#### Surf Lesson

One ½ day class \$75.00

Two ½ day classes \$150.00

#### Extra Room nights at Desa Seni on January 3rd, after group checks out

1 standard room, single or double occupancy US\$ 125.00

I am booking Early!

- \$ 100 Discount if booking both retreats **OR**
- \$ 150 Discount if booking both retreats by Nov 1, early bird discount date
- A non-refundable deposit of USD \$350.00**

Please give us details on you yoga experience and if you have any special needs.

How did you hear about Balispirit?\*

Payment Method:

- 
- Wire Transfer