

Yoga in Paradise BALI Retreat sample program



'Essential Qualities for Growth'

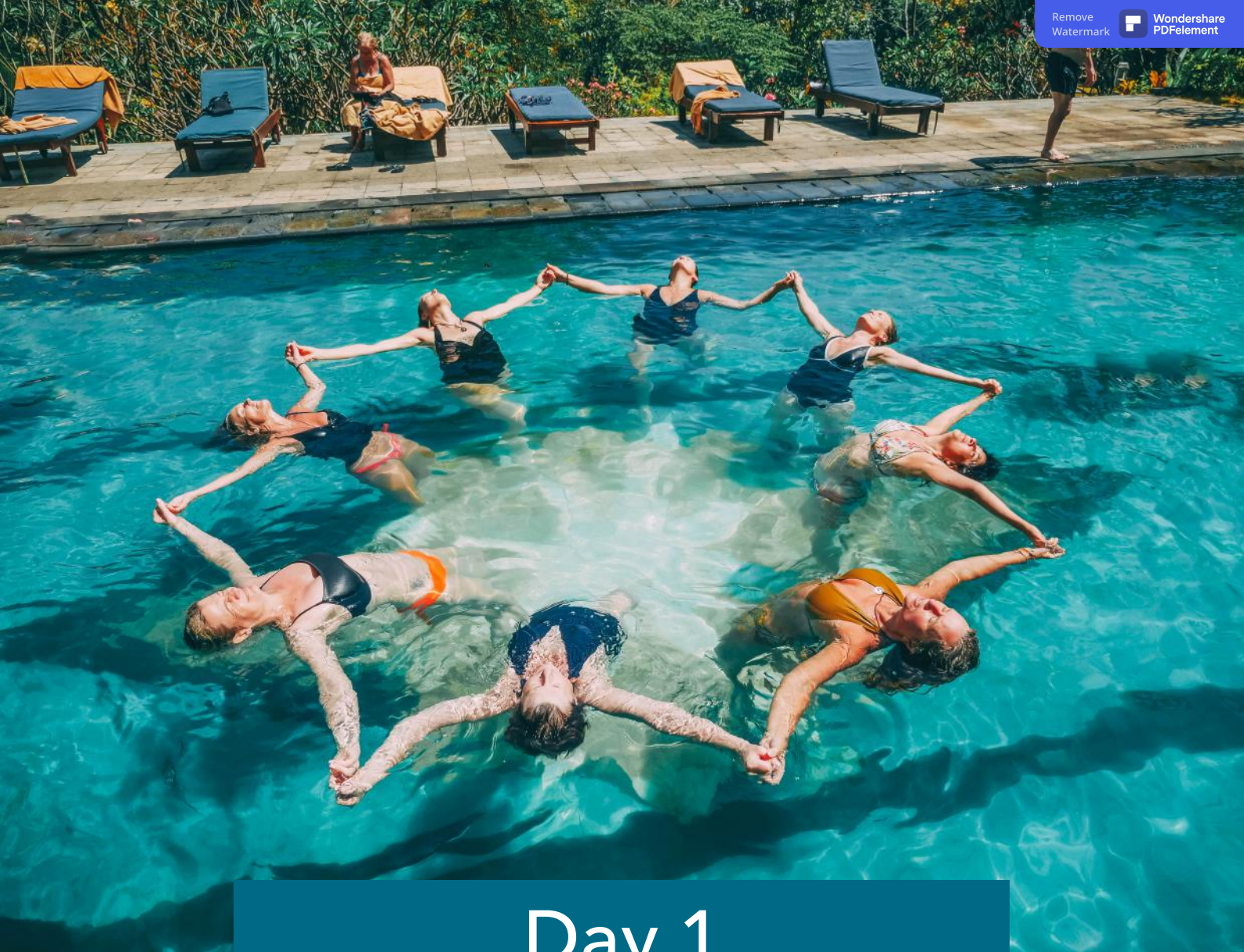
Can you remember who you were,
before the world told you who you
should be?



Let the magic begin ..

Retreat Itinerary





Day 1

Welcome to Paradise

Arrival:

Welcome drinks & nibbles

Balinese dance performance

Welcome circle & intention setting

Vinyasa Yoga:

Revive Flow. Unwind from your travels,
immerse into your retreat

Dinner buffet

House Temple Tour & explanation of the rituals



Meditation & Vinyasa Yoga:

Energise Flow: Let it go

Breakfast Buffet

Forest & Garden Tour:

Info on Balinese plants

Lunch Buffet & Free Time

Yin Yoga:

Letting go of tension in the shoulders, self-guided
myofascial release

Visit to Gaia Oasis House Temple:

Intro to Balinese prayer and offerings

Dinner Buffet



Day 2
Dedicated to Letting go

Sekumpul Waterfall visit



Day 3

Dedicated to Freedom

Meditation & Vinyasa Yoga:

Energise Flow: Enjoying Freedom through movement

Breakfast Buffet

Excursion:

Sekumpul waterfall & picnic lunch

Yin Yoga:

Freedom of the spine, self-guided myofascial release

Guided Relaxation (Deep yoga nidra)

Dinner Buffet



Day 4

Dedicated to Determination

Sunrise excursion

Meditation & Vinyasa Yoga:

Energise Flow: The power of Determination

Breakfast Buffet

Workshop: Learning how to do Handstands

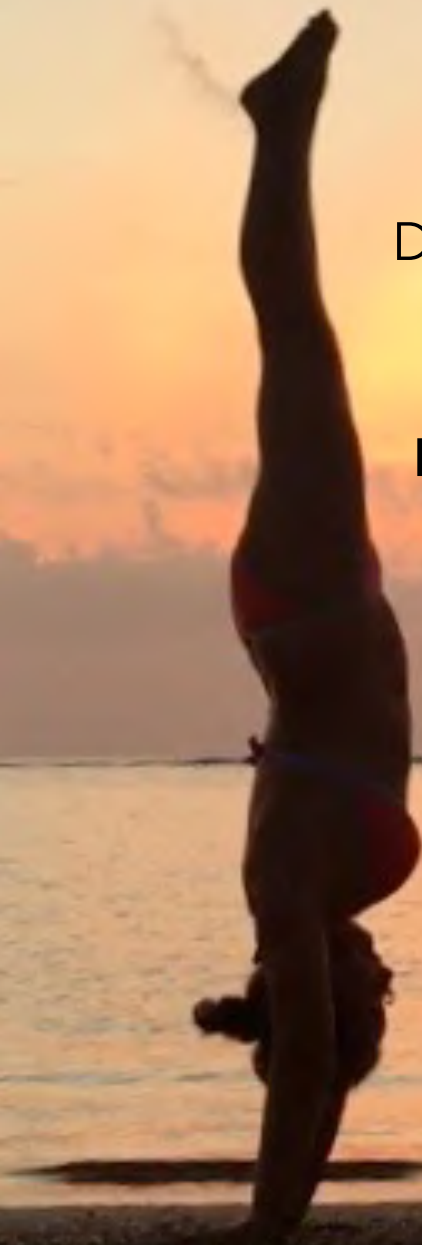
Lunch Buffet & Free Time

Yin Yoga:

Don't give up on the Hips, guided self-myofascial release

Guided Relaxation (Deep yoga nidra)

Dinner Buffet followed by fire circle sing along





Day 5

Dedicated to Balance

Meditation & Vinyasa Yoga:

Energise Flow: Finding Balance

Breakfast Buffet

Excursion:

Balinese water purification ceremony

Lunch Buffet & Free Time

Yin Yoga: Softening into acceptance, guided self-myofascial release

Guided Relaxation (Deep yoga nidra)

Dinner Buffet

Day 6

Dedicated to Contentment

Meditation & Vinyasa Yoga:

Energise Flow: Cultivating the sweetness of Contentment

Breakfast Buffet

Snorkelling at the Beach

Lunch Buffet & Free Time

Yin Yoga: Practicing contentment with side body, guided self-myofascial release

Guided Relaxation (Deep yoga nidra)

Farewell dinner barbeque by the pool



Day 7

Dedicated to Gratitude

Meditation & Vinyasa Yoga:

Energise Flow: Cultivating Gratitude

Farewell gathering

Breakfast Buffet

Check out & departure






Inclusions

- Six nights accommodation
- Morning meditations and vinyasa yoga flows
- Afternoon yin yoga sessions, deep relaxation (yoga nidra), and myofascial release
- Buffet breakfast, lunch, and dinner
- Complimentary fresh fruit, mineral water, green and herbal teas, Balinese coffee and cocoa - available all day
- Complimentary afternoon tea
- Daily cleaning service
- Pure cotton bed sheets and towels
- All yoga mats, bolsters, blocks, and belts provided
- Pool towels supplied daily
- Daily shuttle bus between Mountain & Beach Retreat
- Complimentary 1-hour Balinese massage
- Free internet in public areas
- Masks, snorkels, and flippers
- Transportation to waterfalls and water blessing ceremony

Exclusions

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- International airfares
 - Travel and cancellation insurance
 - Airport transfers
 - Additional spa treatments, special drinks, laundry service

Bookings

To register, please phone: 0211594421 or
email: marieandrews108@gmail.com
www.marieandrewsyoga.com



"It's the possibility of having a dream come true that makes life interesting. So take your dreams seriously! Make it happen.

Put your dreams into action by making a plan. Then follow through with the plan of action. No excuses and don't delay. Seize the moment."

Marie Andrews



"One of the best experiences I've ever had once again - thank you so much to everyone - felt sadness but joy watching the video, as I want to be there again - loved the peace & tranquility, you don't realise how much you need a weekend like this until you experience it - it is a must!" Liz


"I just wanted to say thanks for all the care and thought you put into the retreat. There is so much going on behind the scenes to create what you create, let alone all the actual sessions. The yoga, the meditation sessions, listening session, sound, art therapy all amazing and we were so lucky to experience all this." Tricia

"I couldn't imagine a better way to start school holidays.... ditching busy family demands to spend some quality time on ME! This very special time (surrounded by some pretty amazing humans!) was soul cleansing. It has given me a clear head and a new appreciation of what is important to me. Feeling relaxed yet completely energised and ready to tackle a much more positive future. It's now time to get rid of some of the old and embrace everything new that comes my way...". Lucinda

"Thank you so much to Marie and the team you all stand out as one. The way you supported each other as well as us was outstanding. As always it is by our actions, our true values are shown. Thank you all for a very special time." John

"We wanted to give you some feedback from our point of view relating to the Bali Retreat. We both have come back totally rejuvenated and in a very relaxed state after attending the retreat. Marie, you obviously put a lot into getting the programme together to suit everyone. We thank you for that, and for your efforts with listening to individuals and taking on board everyone's needs". Sondra

"My bed is made everyday, my buffet meals cooked for me, my room cleaned for me, days planned for me, transport arranged for me, and even fancy pics/vids done for me. All I need to do is unwind and chill." Lolina



I'm deeply passionate about the transformative power of yoga retreats. Retreats let you step out of your daily routine, expand your viewpoint, and get clear on what you really want in life. What you experience during a retreat may change your life in wonderful ways, forever!

If you choose to join me, you'll be in experienced hands. I know the key ingredients for a successful retreat, having facilitated over 40 retreats in Australia, North America, Asia, and New Zealand. I spend loads of time before every retreat researching, preparing, and attending to every detail. So by the time you arrive I'm 100% focused on tuning in to your needs and making sure you have the best possible retreat.

Part of what makes a retreat so special is the experience of being supported by a loving community. Our day-to-day lives are often sprinkled with superficial conversations that fail to truly nourish us. On retreat people connect quickly and deeply, forming new friendships and strengthening existing ones. This is without a doubt one of the best things you'll take away from our time together. A supportive community really does take healing, growth, and transformation to a new level - and it brings sooo much fun and laughter with it!

I invite you to come along and experience Yoga in Paradise with me, I'm excited to take this journey with you! Marie x

