

**5th – 13th JUNE
2014**

What's Included

- 🌀 airport transfers and shuttle to/from Ubud
- 🌀 8 nights' accommodation in an air conditioned Delux Room at Bhanuswari Resort and Spa
- 🌀 daily breakfast lovingly prepared in the resort's Terrace Restaurant
- 🌀 a welcoming traditional tapas dinner and a farewell lunch at Bhanuswari
- 🌀 6 Yogalates master classes and 1 alignment class
- 🌀 a 3 hour luxurious pamper spa package
- 🌀 an trip to a beach near Candi Dasa
- 🌀 a chance to make new friends

What's Not

- 🌀 your return airfare
- 🌀 Indonesian Visa
- 🌀 travel insurance (compulsory)
- 🌀 7 lunches and dinners
- 🌀 yoga mat (more hygienic to bring one)
- 🌀 1-on-1 Yogalates sessions with Louise



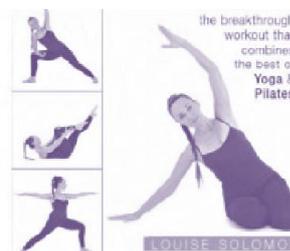
For information on the accommodation, have a look at www.bhanuswariubud.com

COST

**\$1,225 p.p twin share
\$1,475 single room**

LAND COSTS ONLY

YOGALATES IN BALI with LOUISE SOLOMON



In tranquil settings of Bali, be guided by Louise Solomon, founder of the Yogalates™ Method, in guided master classes that will revive you on all levels. Immerse yourself in the glorious benefits of this revolutionary technique - the fusion of Yoga's spiritual moves and the strengthening elements of Pilates in a purpose-built Yoga shala on the edge of the rice fields that surround Bhanuswari Resort and Spa, just outside Ubud.

Louise is a pioneer and innovator in the fitness and well-being industry. She's been interviewed around the world on Yogalates, core stability and safety standards in the Yoga room, taught professionally at Fitness Expos, in hospitals and schools, lectured on core stability at University, taught her method through Europe and Asia and, as an expert in her field, has spoken about core stability fused into asana to the Australian Yoga Teachers Association.

Join Louise and organiser, Anne Love amongst the rice fields for 9 days and 8 nights to refresh, rejuvenate and revive as you holiday, indulge and relax whilst taking your Yogalates practice to a new level.



🌀 feel taller from the inside 🌀

For more information or booking details, please email or phone:

bali.retreat@optusnet.com.au

Anne: 0411 049 969