



ASHTANGA YOGA ROOM GOES TO BALI!!

July 22 - 29, 2018

Retreat Includes:

- 8 Days/ 7 Nights Accommodations at Floating Leaf Eco-Luxury Retreat
- 6 Morning Ashtanga Classes (4 Mysore Style, 2 Led)
- 3 Evening Yoga Workshops
- Bali's Best Waterfalls & Temples Excursion*
- Bali Charity Trek Excursion*
- Art & Shopping Tour
- A Balinese Massage
- Welcome Dinner*
- Farewell Dinner with Balinese Gamelan and Dancer*
- All Meals Included
- Art & Shopping Tour*
- Airport Transfers

**Space is Limited
Only 10 Rooms!
Sign Up Today!!**





Retreat Itinerary:

Sunday, July 22:

Arrival

Dinner Available

Monday, July 23:

Morning Tea & Coffee - available starting 5:30am

Morning Led Practice - 7am

Breakfast - available until 10am - Intro to Bali Culture

Afternoon Yoga Session

Welcome Dinner

Tuesday, July 24:

Morning Tea & Coffee - available starting 5:30am

Morning Mysore Practice - 7am

Breakfast - available until 10am

Waterfalls & Temple Excursion

Dinner

Wednesday, July 25:

Morning Tea & Coffee - available starting 5:30am

Morning Mysore Practice - 7am

Breakfast - available until 10am

Afternoon Yoga Session

Dinner



Thursday, July 26:

Morning Tea & Coffee - available starting 5:30am

Morning Mysore Practice - 7am

Breakfast - available until 10am

Bali Charity Trek

Dinner

Friday, July 27:

Morning Tea & Coffee - available starting 5:30am

Morning Mysore Practice - 7am

Breakfast - available until 10am

Afternoon Yoga Session

Dinner

Saturday, July 28:

Morning Tea & Coffee - available starting 5:30am

Morning Led Practice - 7am

Breakfast - available until 10am

Farewell Dinner

Sunday, July 29:

Departure

Breakfast Available



Investment:

Deposit (non-refundable) to reserve your room - \$1000/person

Double occupancy- Net Price Per person based on two people sharing one bedroom (airfare not included):

US\$1972; 21% Tax & Service Charge : \$ 261; **Net Price : US \$2233/per person**

Single occupancy- Net Price Per person based on one person sharing one bedroom (airfare not included):

US\$2625; 21% Tax & Service Charge : \$ 261; **Net Price : US \$2886/Individual**

Triple occupancy (for a child) - Net Price Per person based on two people sharing one bedroom plus the child (airfare not included):

US\$1123; 21% Tax & Service Charge : \$ 261; **Net Price : US \$1384/child**

-- To Reserve Your Spot:

<https://clients.mindbodyonline.com/classic/ws?studioid=177784>

<http://ashtangayogaroom.com/wp-content/uploads/2018/01/bali-brochure.pdf>

Also Included:

- Fresh tropical fruits daily
- Three rooftop terraces offering dramatic views of the Indian Ocean, Bali's majestic volcanoes, and the surrounding rice fields.
- Complete expert concierge services
- Daily housekeeping
- Guide fee, gas, tolls, and driver per itinerary
- The Ultimate Bali Travel Guide- an 80+ page handbook filled with everything you need to know about visiting Bali
- Free High-Speed Wireless Internet
- In-room safe/lock box
- FULL USE OF FACILITIES AND YOGA SANCTUARY



MELANIE FAWER: YOUR HOST and YOGA INSTRUCTOR

Trained by the esteemed, Sri K. Pattabhi Jois, of Mysore, India, from 1994 to his death in 2009, Melanie is grounded in Indian tradition and its yoga lineage. As a veteran of 24 years of practice and teaching experience, Melanie runs a Mysore style based studio in New Orleans, Louisiana, Ashtanga Yoga Room, Melanie instructs with detailed attention to alignment and anatomy. Melanie is known for authentically carrying on the teaching from Jois' Lakshmi-puram years, her adept adjustments and understanding of body mechanics and for interweaving the chakra system into her teaching. www.ashtangayogaroom.com

RETREAT INCLUSION DESCRIPTIONS

Water Fall and Temple Excursion

One of our most highly recommended adventures in Bali. Visit the very best waterfalls in Bali, swim in their lagoons, and zip down natural water slides. A 30 minute hike takes you to two locations, each having several tall cascades. A visit to some of [Bali's best rice terraces](#) is also possible. Also explore one of Bali's most iconic temples, [Pura Ulun Danu](#), a sacred water temple that seems to float on a volcanic lake. The tour also includes a stop at a [traditional market famous](#) for exotic fruits, vegetables and spices, a chance to sample the [most expensive coffee in the world](#) along with several teas at a coffee plantation.

Bali Charity Trek

One of our most rewarding excursions is a trek in the Muntigunung region of Bali. In cooperation with our favorite Balinese charity, **Muntigunung Community Social Enterprise**, we offer a beautiful and enlightening trek through this remote area in northeast Bali.

The ocean, lake and volcano views are simply breathtaking, plus you get to meet and interact with the people of the village. Learn their story, connect with them, and see how this charity has had such a profound impact on the lives of so many in this once forgotten region. **Perhaps no other activity we offer is more inspiring** (all the money goes to the charity) and as **naturally splendid**.

Art and Shopping Tour

A professional personal shopping excursion to a silversmithing village, Batik workshops, master woodcarvers and more. With over 2 decades of local experience in exporting we know the very best workshops to get you the best prices and the best quality. For more information please visit our [personal shopping page](#).

Welcome Dinner and Farewell Dinner Celebration

A festive party including a pre-dinner cocktail party and buffet feast of local and international delicacies. Local musicians playing traditional bamboo gamelon with traditional dancing. Guests are invited to learn gamelon and dance as well.

So Much More to Do!!

Surfing, Snorkeling, SUP or Scuba

Bali offers some of the best [surfing](#), [snorkeling](#), [scuba diving](#) and stand up paddle boarding in the world. Excellent conditions for all skill levels from absolute beginner to world champion professional. Participants can choose one of the activities and add on additional sessions at an extra cost. All guides and instructors are licensed and professionally trained. All equipment, transportation and instruction is provided.

Ubud Day Trip

Stroll around one of Bali's most popular destinations. So many possibilities including [The Sacred Monkey Forest](#), shops, great restaurants, museums, hikes, dance performances, temples, rice terraces and so much more.

Sacred Monkey Forest of Ubud

In all seriousness, there are a couple things to consider when visiting one of **Bali's Monkey Forests**. Glasses, earrings, shiny treasures sticking out of your pocket or backpack, food (not so) cleverly hidden away deep in the recesses of your bag, are all no-no's. These serve as **monkey magnets** and likely will either be snagged by our simian relatives, or necessitate one or more to claw their way onto your body and dutifully perform a cavity search.

Coffee Plantation

Visit a coffee plantation and sample healthy teas and coffees including the world famous [Kopi Luwak](#), the "worlds most expensive drink". A single cup of this exclusive coffee can sell for \$75 in New York or Seattle. Stroll the grounds among cacao, vanilla, papaya and many more exotic plants and trees.

Painting Village Tour

You will experience many aspects of traditional village life in Bali. It begins in a typical Balinese village where you will visit a home to get a taste of Balinese architecture, home layout and functions, daily household life and activities.

The village of Keliki is a typical rural Balinese village. Its people are friendly and by walking around the village you will experience the color,

serenity and beauty of everyday Balinese life in its unspoiled rural setting. **Keliki is renowned for its fine highly detailed paintings of daily village life and Balinese Hindu dieties.** In the village, you can visit the artist's homes and studios. They will show the stages of the Keliki style painting. The Keliki master painter and head of the school will personally lead us on a tour.

Watch as the students, often times including children as young as 10, learn to paint highly detailed masterpieces. A great place to buy art as all the proceeds go to the school and the artists themselves.

Temple Ceremony

Floating Leaf Eco-Luxury Retreat offers guided purification rituals at Tempak Siring Water Temple, the most sacred water spring temple in Bali. Tempak Siring is home to the most sacred healing springs in Bali, Tirta Empul Temple. Balinese Hindus from all over Bali journey to the natural springs to help cure their ailments, spiritually cleanse themselves, and return to their villages with holy water to use for a multitude of purposes. For more kindly visit our [Purification Ritual page](#).

Balinese Healer

A private session with a gifted Traditional Balinese Healer. These 1.5-2 hours sessions are very powerful and insightful. For more information please see our [Balinese Healer](#) page. And for a personal testimonial, please visit, ["A Balinese Healer changed my life"](#).

Offering Making Class

Balinese offering making class. Participants will create a traditional offering from natural materials and flowers. They will learn the technique as well as meaning and symbology behind this sacred daily ritual. Participants are encouraged to bring something of meaning to include in their offering that will be given the following day during a cleansing and purification ceremony at Bali's most holy spring temple.

Purification Ceremony

A very **special evening private Melukat Ceremony held at Floating Leaf.** A Balinese traditional ritual of purification and cleansing with holy water and heaps of offerings lead by a Balinese High Priest. He will administer several rituals and each participant will receive a three colored

protective Balinese bracelet. For more on this powerful ceremony, please see our [Cleansing Ritual and Purification Ceremony](#) page.

Floating Leaf Eco-Luxury Retreat:

<http://balifloatingleaf.com>

Testimonials from previous retreats with Melanie:

“The week in Ravello (Italy) was absolutely phenomenal. We could not have asked for a more perfect setting to both unwind and focus. The retreat was life changing but the affects are life long. To this day, I still carry a piece of this with me. I would go back in a heartbeat.”

David Lago

“Having gone to a retreat with Melanie (Hawaii), I was so impressed with her classes, her adjustments, her knowledge and her passion for yoga that I knew I would follow her on her next retreat. The schedule was perfect for getting in all the yoga and still feeling immersed in the gorgeous surroundings. Melanie was very accessible and attentive to everyone's needs. No matter what level, she can accommodate. Her experience and knowledge are so valuable. When I think of booking a retreat I tell myself, 'It's not just the destination but the teacher.’”

Jena Fredericks

“Melanie Fawer’s retreats are the perfect combination of a pure Ashtanga practice, spiritual and energetic lessons, and DIVINE locations to open your soul.”

Nicole Larroque