

Asana, Pranayama and Beyond
Intensive Yoga-Workshop in Bali
With Emil E. Wendel
20 June – 30 June 2006

Introduction to the Workshop

This 10-day workshop with Emil is designed to introduce the practitioner, in the delightful mountain environment of Bali, to both a stimulating postural practice, and the magic which lies beyond the physical aspect of Yoga.

Participants will practice together between 6 – 7 hours a day in a combination of morning and evening classes.

Asana, Pranayama, Kriya-Yoga and guided meditation are combined with a discourse in yoga philosophy and background information on the techniques involved. The course also offers an insight into rituals, Mudras and Mantras, and includes paying respect to the spiritual environment with a private ceremony in one of the temples and shrines near Ubud.

All levels are welcome at this workshop in Bali, but for those who have never practiced yoga, a fair degree of physical fitness is recommended.

Cost of Workshop: US\$ 950 per person, on twin basis (2 persons will share a room)
Price includes all yoga, the hotel accommodation, all taxes, and a daily extended brunch, as well as expenditures connected to a temple ceremony and a meal with a Balinese healer. Not included is the airfare, the airport transportation, and the dinners.

Single Occupancy: US\$ 1150

Bookings & Inquiries: by way of e-mail: emil@mos.com.np
For those who arrive earlier or wish to stay beyond the yoga-workshop, please let Emil know to arrange the additional booking.

Please note: All levels are welcome at this workshop in Bali, but for those who have never practiced yoga, a fair degree of physical fitness is recommended. Please bring your own yoga mat and a yoga belt!

Program Details

We are meeting Tuesday, 20th June, at 20:30 for an introduction meeting at the Restaurant of Hotel Ananda Cottages, Ubud. The bedrooms are reserved from noon-time onward.

Classes start on Wednesday morning, 21st June, at dawn, in the beautiful Yoga Hall overlooking the rice terraces of Ubud.

The workshop ends on Friday, 30th June, after the morning session with a common breakfast.

A typical exercise day would look as follows:

06:30-08:00	Dawn Meditation and Pranayama
08:00	Tea or Fruit Juice
08:30-10:30	Asanas
11:00	Elaborate Brunch
12:00-16:00	At Free Disposal
16:00-17:15	Yoga Philosophy: Understanding Our Practice
17:15-18:00	Asanas (light, plus some inversions)
18:00-19:00	Evening Prânâyâma, Kriyâ-Yoga, Mudrâ or Mantra-Workshops

Naturally, we keep the exact timing compliant with weather, temperature and other local conditions.

The afternoon sessions will include an introduction to those elements of Indian philosophy which are fundamental to the understanding of yoga. We will also deal with the yogic disciplines of Mantra, Mudra and Kriya-Yoga, and applying them in our practice. There is time for questions and answers.

Program includes an evening with Ni Wayan Nuriashih who will cook for us a yogic meal in Balinese style.

During the workshop period, at least one collective visit to a temple or shrine is included – the occasion depending on the Balinese festival-calendar.

The Teacher

Emil E. Wendel has been living in Asia since the mid-seventies, studying Indian thought as well as Chinese classical philosophy. His many years of residency in Nepal and India have brought about a passion for yoga, in particular the aspects of breath and meditation techniques in both the Buddhist and Hindu traditions. His courses offer a glimpse into the treasures of philosophy, and their application in daily life as yoga practice and ritual, all in the original context.

He is presently conducting courses for teacher training programs of Yoga Arts, of Australia, and Purple Valley, of India. When not in Nepal and India teaching, practicing and researching, Emil is conducting his own workshops and retreats in Europe, as well as in Bali, Singapore, Australia and Japan.

Accommodation and Meals:

In the price included is the hotel accommodation at Ananda Cottages, Ubud-Bali. The Ananda is a beautiful hotel (s. website www.anandaubud.com) and has hosted the most prominent yoga workshops for very many years.

The extended brunch meals are plentiful, vegetarian, and served buffet-style.

Other:

Ubud and its surrounding villages offer a spectacular range of beauty, crafts and personal encounters. Bali is the Island of Gods – there are temples and ceremonies everywhere, everyday. For those who wish to explore the countryside during the time off, taxis are easily available with the hotel on request. Likewise, motor scooters are for rent nearby. For dinner, we suggest to explore the many restaurants in Ubud – apart from typical wholesome Indonesian food, a variety of delicious cuisines from around the world are found within easy reach. To soothe the hard-working body and mind, we recommend a Balinese-style massage, offered both in the hotel and in the many excellent parlors in town.

Visa-Formalities:

- 1) Visa-free facility:
Brunei, Chile, Hong Kong SAR, Macau SAR, Malaysia, Morocco, Peru, Philippines, Thailand, Vietnam, Singapore
- 2) 30-day visa on arrival at the airport, against payment of US\$ 25:
Argentina, Australia, Austria, Belgium, Brazil, Canada, Denmark, Egypt, Finland, France, Germany, Hungary, India, Ireland, Italy, Japan, Luxembourg, New Zealand, Norway, China, Poland, Portugal, Russia, South Africa, South Korea, Spain, Switzerland, Taiwan, United Kingdom, USA
- 3) For all other passport holders: please contact the Indonesian Embassy for a tourist visa.