



Anusara Yoga Retreat & Teachers Immersion Level 1 Ubud, Bali - August 2009

WITH DESIRÉE RUMBAUGH AT THE YOGA BARN
UBUD, BALI.

ANUSARA YOGA® IS A POWERFUL HATHA YOGA SYSTEM THAT UNIFIES A TANTRIC PHILOSOPHY OF INTRINSIC GOODNESS WITH UNIVERSAL PRINCIPLES OF ALIGNMENT.

ANUSARA'S REMARKABLE POPULARITY IS DUE IN LARGE PART TO ITS UPLIFTING PHILOSOPHY, EPITOMIZED BY A CELEBRATION "OF THE HEART" THAT LOOKS FOR THE GOOD IN ALL PEOPLE AND ALL THINGS.

THIS RETREAT ALSO INCLUDES ANUSARA TEACHER, ANDREW RIVIN AND SPECIAL MUSICAL GUESTS BENJY & HEATHER WERTHEIMER OF SHANTALA

Yoga Only Rates:

(Extra excursions, Room and Board are not included)

Aug 18th - 22nd - Anusara Retreat Mixed Level / 30 hours

US\$ 745.00 – Price for *Yoga only*, for *hotel options see below*

Basic Daily Itinerary for Retreat:

- Anusara classes with Desiree and Andrew will take place from **9am-12pm** and from **3pm-6pm** each day. There will be live chanting with Benjy and Heather. Included in the retreat is also one evening live Kirtan with Benjy and Heather. Daily Brunches will be available for an extra charge.

Aug 26th - 30th - Anusara Teachers Immersion Level 1 / 35 hours

For teachers and those who eventually want to teach. This requires 30 hours of previous Anusara training to join.

- **US\$ 785.00** - Price for *Yoga only*, for *hotel options see below*

Basic Daily Itinerary for Teachers Immersion:

- Anusara classes with Desiree and Andrew will take place from **9am-1pm** and from **3pm-6pm** each day. There will be live chanting with Benjy and Heather. Included in the retreat is also one evening live Kirtan with Benjy and Heather. Daily Brunches will be available for an extra charge.

US\$ 1400.00 / both programs - *For hotel information, see below.*

***5% discount if paid before August 1st, 2009**

To Reserve your place*, please email Ary Dewi at yoga@balispirit.com or call +62 361 970992. Payments can be made via International Bank Transfer, PayPal or Google Checkout.

***For Hotel reservations and airport pick up, please confirm your budget with Ary Dewi and she will assist you.**

About The Yoga Barn:



The Yoga Barn, located in Ubud, Bali, is a place relaxing and genuine, friendly and comfortable, earthy and unpretentious. Our desirable location in Ubud allows guests to take advantage of Bali's beautiful mountain scenery, its many multicultural offerings, the warmth of its people, boutique shopping, international food and a peaceful easy-going lifestyle.

Teacher Bios:



Desirée Rumbaugh is a certified Anusara Yoga teacher. Her worldwide workshops and retreats aim at powerful personal transformation and self-expression, leading each student to celebrate his or her own creative power through the practice of yoga.

See www.desireerumbaugh.com for more info.



Andrew Rivin came to the practice of yoga in 1989 after years of competitive athletics. At the age of 29 he decided that yoga was something his body sorely needed. Over the next decade Andrew developed a solid Iyengar foundation under the senior teachers of San Francisco. But then he was introduced to John Friend and Anusara yoga. For Andrew, Anusara offered a transformational shift in perspective, it infused his practice with playful joy.

While he still has a bit of the coach in his light, fun, vigorous and up-lifting style of teaching, it is the softer more loving and reflective nature of this man that shines through. Come prepared to push to your edge, wherever that might be, in a safe, supportive and connected community of like minded yogis.

With visiting musicians:



Benjy and Heather Wertheimer lead *kirtan* (sacred chanting) worldwide as the duo **Shantala**, with soul-stirring vocals, sacred lyrics and exotic instrumentation. Kirtan is a celebration of spirit through the chanting of sacred names, carrying the audience into a state of heightened awareness, bliss, and devotion. The audience is invited to participate fully through call-and-response chanting, dance, and meditation. The weaving of Benjy's Indian classical singing and instrumentation with Heather's soaring vocals is freshly original and profoundly moving. Together they create music with beauty, passion, and reverence. *Shantala* has performed and recorded internationally with such sacred music luminaries as Krishna Das, Deva Premal & Miten, and Jai Uttal.

Heather Wertheimer is a singer, songwriter, and guitarist who combines her special love of both music and yoga to lead devotional chanting for yoga workshops and spiritual gatherings internationally. Heather has toured in the U.S. and abroad with her husband Benjy, Steve Gorn, Manose, and Deva Premal & Miten. Heather's debut CD with Shantala, "Church of Sky" was named by New Age Retailer as one of the top ten albums of 2004 and has been aired on radio stations nationwide. In April 2003, she and Benjy released their first kirtan CD, "The Love Window," a beautiful and well-loved collection of sacred chants. In 2008 their second chanting CD "*Sr*" was reviewed by *Yoga Journal*, who described it as "An intoxicating mix of Eastern and Western . . . a sense of playfulness, devotion, and authenticity shines through in each track."

Benjy Wertheimer is an award-winning songwriter, vocalist, composer, and multi-instrumentalist (playing tabla, congas, percussion, esraj, guitar, and keyboards). Benjy has toured and recorded with such artists as Krishna Das, Deva Premal & Miten, Jai Uttal, Walter Becker (Steely Dan), and virtuoso guitarist Michael Mandrell. He has opened for such artists as Carlos Santana, Paul Winter, and Narada Michael Walden. A founding member of the internationally acclaimed Ancient Future world fusion music ensemble, Benjy toured the U.S., Canada, and Japan with renowned bamboo flute master GS Sachdev. He studied Indian classical music for over 25 years with some of the greatest masters of that tradition (including Alla Rakha, Zakir Hussain, Ali Akbar Khan and Z. M. Dagar). Benjy's CDs receive extensive airplay around the world, and his CD "Circle of Fire" went to #1 on the New Age radio charts in November 2002.

www.shantalmusic.com or www.benjymusic.com