

Teachers



Rosalinda Palumbo

Graduated UC Irvine in Social Ecology

12 years of study under Sri Guru,
& now leading Yoga Retreats

Author of 4 Yoga Books



Mr. Ketut Arsana, Sri Guru

Mahatma Therapist (Great Love of Humanity)

Graduate of Dharma University, Denpasar

Founder of Ubud Bodyworks Centre

For more information, please visit
www.ubudbodyworkscentre.com



Daily Yoga at Bali Spirit

www.balispirit.com

The Mandala Retreat Bali

July 30nd - August 5nd, 2007



The objective of the retreat is to connect oneself with the Universe, the Earth, and Divine service to others. This is the old teachings of Bali called Tri Hita Karana, the three basic relationships. As we explore the colors and energies related to the 9 parts of the Mandala, we are exposed to our deep understanding of true oneness among all beings in our ecosystem, universe, and social setting. The ego forms an important part of the human life and can be tamed to interact harmoniously in all three spheres. *The Living Mandala* gives one the opportunity to practice creativity, meditation, Reflection, group dynamics, and deep spiritual cleansing necessary to find one's higher self purpose on this planet and how to apply it. Yoga postures open the chakras, fasting drives the ego down, offerings heighten devotion and creativity, meditation techniques concentrate the subtle bodies, and all highlight our service to each other and the universal Divine Oneness.

Retreat Includes:



Temple Meditations



Balinese Ayurvedic Food

The food program is designed to assist in opening the chakras. The combination of Ayurvedic and Balinese cuisine rejuvenates and increases stamina.

Also Includes

Beautiful Accommodations in natural elegance at hotels located in the Heart of Ubud and along the coast. Transportation to all temples and activities is also included.



Schedule



Day 1 Ubud

- Check into hotel
- Special orientation on the Living Mandala to be given by Rosalinda Palumbo
- Visit to Ashram Munivara to be received by Sri Guru (Mr. Pak Ketut Arsana), Mahatma Therapist, Rosalinda's teacher of 12 years

Day 2 Ubud

- Sunrise Ubud Market trip for offerings to bring to temple (optional)
- Hatha Yoga (optional)
- Breakfast
- Meditation at Batur Temple (Northern point for transformation, to leave behind the past)
- Offerings eaten for lunch at Batur
- Meditation at Basakih Temple (Mother Temple at the center of the mandala)
- Dinner
- Meditation at Ashram Munivara (optional)

Day 3 Ubud

- Hatha Yoga (optional)
- Karma Yoga at Ashram Munivara (optional)
- Evening Meditation at Ashram Munivara (optional)
- This is a day to rest in preparation for the meditation at Lempuyang Temple tomorrow.

Day 4 Ubud

- Hatha Yoga (optional)
- Meditation at Lempuyang Temple (Eastern point for birth, inspiration)
- Final meditation at Goa Lawah (Southeastern point for growth)
- Dinner & rest

Day 5 Ubud

- Monobhrata; Silent Retreat
- Participants will receive a special blessing by Sri Guru
- Afternoon departure for a sunset meditation at Pasar Agung Temple (Northwest point; to find one's mission)
- Dinner & rest

Day 6 Transferring to Beach Resort

- Hatha Yoga (optional)
- Breakfast
- Change Hotel
- Meditation at Ulu Watu Temple at sunset (Southwest point to balance the positive and the negative; harmonize)
- Offerings eaten for dinner
- Rest

Day 7

- Early sunrise meditation with Sri Guru at Tanah Lot Temple (Purification)
- Breakfast
- Beach trip for purification in Mother Ocean
- Closing with a dinner on the Beach