



‘In the depths of winter, I finally learned that within me lay an invincible summer.’- Albert Camus

Dear Yogi

Each winter, each of us begins to long for summer days. We wish for blue skies, bright light, and the flexibility that warmth offers. This winter, don't just wish for it – live it. Combining elements of a yoga retreat with the best of a summer holiday, we have created the perfect break.

Join us in Bali for a two week escape enjoying tropical warm weather, yoga practice and relaxation. Revive your spirit and invigorate your body with us at the lovely Desa Seni resort.

Nestled in the middle of a rice field plantation in Canggu, Desa Seni is only a short stroll to the beach and 10 minutes to the bustling hub of Seminyak. It is an antique village resort offering 21st century amenities. We will practice yoga, eat healthily from organic gardens, enjoy the opportunity of spa treatments or simply relax by the pool. Outside the gates of Desa Seni, the rest of Bali and all it offers is there for you to explore.

During our trip of 11 nights, we will practice for two five-day blocks with a day of rest in the middle. Each morning will begin with Pranyama at 6am followed by Mysore-style practice. Dee and I will be on the floor to ensure all your needs are met and help you deepen your practice if desired. You will have the luxury of time to develop and explore.

Most afternoons there will be an inquiry session where elements of the physical and non-physical practice will be discussed; this will be an opportunity to question and be inspired.

We have always wanted to do a retreat in Bali. It really is a beautiful place and we would love to share it with you.

It doesn't matter where you've been, you can still change where you're going.

In light

Potts



The detail

The retreat will commence 31st July and conclude on the 11th August. Your first practice will be on the 1st of August and final practice on the 11th of August.

Desa Seni offers a variety of accommodation options; you are welcome to travel solo or with your family. For more information about Desa Seni please view their website www.desaseni.com

In order to participate in the yoga each individual will need to be able to confidently practice in Mysore style.

The price includes your Mysore yoga practice and afternoon enquiry sessions, 11 nights' accommodation, transport to and from airport, unlimited drinking water and daily provision of the morning newspaper, breakfast, fresh fruit basket, and room snacks. Evening meals can be enjoyed at the resort restaurant or at any of the amazing restaurants on offer in Bali. Airfares are not included.

Accommodation is limited and we require a non refundable deposit of \$550 by 30th of April to confirm your booking. As normal, we offer an early bird discount for payments made in full by the 30th April. This retreat has strictly limited numbers (12 – 18) so ensure you book early. We recommend you book your flights as early as possible.

Single, twin share or family style bungalows are available; all costs are on a per person basis, the Private Couple Room price is for two.

Accommodation style	Early Bird Discount.	Full Payment
Payment due in full	April 30th	June 15th
Private single room	\$2980	\$3230
Twin share room	\$2100	\$2350
Private couple room	\$4200	\$4700

- A child/ren can be added to share your room for \$25 per night.
- Deposit for all bookings required. \$550 per person due April 30th.
- A very limited number of 2 bedroom homes could be made available for families (2 adults, 2 - 4 children), please enquire for pricing.
- All payments non-refundable.

Booking form

I would like to join you in Bali for a two week escape enjoying tropical warm weather, yoga practice and relaxation. To revive my spirit and invigorate my body at the lovely Desa Seni resort.

The retreat will commence 31st July and conclude on the 11th August 2009.

NAME

POSTAL ADDRESS

SUBURB
POSTCODE

STATE

EMAIL

TELEPHONE

MOBILE

		EB	Full
I WOULD LIKE TO BOOK	<input type="checkbox"/> PRIVATE SINGLE ROOM	<input type="checkbox"/> \$2980	<input type="checkbox"/> \$3230
	<input type="checkbox"/> TWIN SHARE ROOM	<input type="checkbox"/> \$2100	<input type="checkbox"/> \$2350
	<input type="checkbox"/> PRIVATE COUPLE ROOM	<input type="checkbox"/> \$4200	<input type="checkbox"/> \$4700

I WOULD LIKE TO SHARE WITH

I WOULD LIKE TO PAY BY CHEQUE VISA MASTERCARD EFT

CARD NUMBER

EXPIRY

NAME ON CARD

SIGNATURE

AMOUNT TO BE PAID NOW

NON-EARLY BIRD BALANCE WILL BE CHARGED ON 15TH JUNE

PLEASE MAKE EFT PAYMENTS TO:

ACCOUNT NAME Ashtanga Yoga with Marc Potter

ACCOUNT NUMBER 489-201-237

BSB NUMBER 016-350

NOTE: Early bird payments must be paid in full April 30th 2009. Alternatively, pay a deposit of \$550 due April 30 with the balance paid June 15th. All payments non-refundable.