

# 5D4N Joyful Rejuvenating Yoga Retreat with Master Saumik at Bali

14-18 February 2012

At Seri Segara Resort – Bali Villas and Spas

Jalan Pantai Kedongan / Jimbaran

P.O.Box 1074 Tuban - Badung – Bali

[www.sarisegara.com](http://www.sarisegara.com)

## Day 1 – Nice to meet you

Assemble at resort by 12pm. Yoga class and game after lunch, and night meditation class

## Day 2 – Befriending

Yoga class in the early morning. Learn the arts of adjustment and alignment at yoga workshop. Learn to fly and support each other in acroyoga class. Night candlelight meditation.

## Day 3 – Recharging your energy

Cleanse your internal systems through kriya, pranayama and asana practice. Join the fun of yoga dance. Share your knowledge about yoga. Balance your postures at yoga on the beach. Enrich your knowledge in yoga philosophy.

**Day 4 – Finding & discovering within self**  
Deepen your understanding through classic yin yoga class. Learn the beauty of yoga sound – chanting! Find your inner self at yoga in the dark.

## Day 5 – Memory

Rejuvenate your energy, body and mind at the early morning yoga class. Bring back what you have experienced with sweet memory and depart by 11am

*Book early by 31<sup>st</sup> October 2011 to enjoy early-bird price and to secure cheaper air-fare*

Enquire at Real Yoga – 6734 2853, or email [contactus@realyoga.com.sg](mailto:contactus@realyoga.com.sg)