

JUNE 19 - 26, 2017

Yoga Retreat Ubud, Bali

Location: The Shala
www.amylandry.com / www.theshalabali.com
Bookings: info@amylandry.com

RETREAT PACKAGE INCLUDES:

- ++ 8 days/7 nights of twin-share accommodation at the as-new, eco friendly "The Shala" in Ubud, Bali
- ++ Airport transfers (to/from Denpasar)
- ++ Daily vegetarian breakfast
- ++ 4 x vibrant vegetarian lunches
- ++ 4 x vibrant vegetarian dinners
- ++ Use of on-site infinity swimming pool
- ++ 2 x Yoga sessions daily - including vinyasa krama, pranayama, meditation, restorative, inversions, yoga nidra, mantra, and more.



NOT INCLUDED:

Tourist visa, flights, travel insurance, departure tax, tips, laundry, extra meals/beverages

PRICING:

Bungalow Twin share
(W/ private bathroom)
\$1550* (early bird) / \$1750*

*Prices are in AUD & per person. Single room supplement may be available. Charges apply.

This 7 night Yoga retreat is an incredible opportunity for you to reset & unwind your body, your digestion, the mind, & the breath. Step into an oasis at the magical & eco friendly The Shala retreat - an as-new sanctuary built in 2014. Located within the lush, quiet surrounds of Ubud (the epicentre of Balinese culture, art, yoga, food, music, and medicine), just outside of town - but within easy walking distance. This experience will leave you reconnected to self, balanced, and thirsty for life once again!

\$500AUD non-refundable deposit must be made at the time of booking to secure your spot. Spaces are strictly limited. Travel insurance is highly recommended.



Join international Yoga Teacher, Amy Landry, for a 7 night immersion into yourself from June 19 - 26th, 2017