

Ocean Melody

Bali Yoga Retreat & Holiday



Welcome to join us for a yoga retreat in Bali! The heavenly island with the beautiful sunshine, beach and nature will give you a wonderful yoga experience and holiday!

This time we are going to the ocean, connect our practice with the old traditional way of chanting. Let's feel the space of our hearts, set free our voice, express ourselves and share with others.

We are going to explore the original potential in your body, discover the melodies in your heart, and create a complete relaxation for your mind. We are working towards the inner happiness and openness – physically, mentally and emotionally.

Topics

- Âsana, Prânâyâma, Meditation, Bhajan-Chanting, Yoga Philosophy,
- Voice Work & Mantra Pronunciation
- An adventure Outing

Schedule

Apr 28, 2014 - May 5, 2014. (36 hours of practice in 8 days and 7 nights)

Price

Rp18,800,000/person (USD1650, EUR1280, AUD1800).

(retreat & accommodation & food & outing **included**)

Reservation

For your place of the retreat please email: yogawithapple@yahoo.com.

Please call at **+8613788977328** for inquiry.

To secure your reservation, please pay the deposit **RMB6000(USD1000)**.

The deposit will not be given back if you cancel the reservation.

Transportation

Please let us know where and when you will arrive in Bali. We can arrange a taxi to pick you up (you will pay the taxi fee Rp550,000) to Shangrila Resort. There can be 4 people sharing a taxi.

Intended Schedule

We envisage to combine a relaxing holiday with ample time to unwind and explore the beauty of Bali and a real deepening of your yoga practice and understanding. Therefore we will offer two creative yoga sessions per day with a long break in the middle. One day will be kept free to give you a chance for an exciting day of outings and adventure in Bali - to explore yourself!

- **First Day Monday (Apr 28)**

10am-6pm Arrival and Settling into Paradise

7-8pm Welcome Circle

- **Tuesday to Sunday (Apr 29 - May 4)**

6:30-12am Morning Session

3:30-6pm Afternoon Session(with daily theme)

8-9pm Bhajans(every other night)

- **Last Day Monday (May 5)**

6:30-10am Morning Session & Farewell Circle

11:30am Checking out (End of Retreat)



The Teachers

Philipp E Lemke

Phil has been practicing yoga since 1991. He spent seven years in India, studying about yoga. Phil has been training yoga teachers for the past 10 years all around the world. He has an extensive background in meditation and the healing arts and likes to teach in a creative way, bridging traditional wisdom and modern needs.

Oles Krolkowski

Oles has been working as a professional musician for all of his adult life, a singer, songwriter, guitarist, arranger and music teacher. He discovered spiritual devotional music and bhajans in India over 20 years ago, and has been involved in teaching, performing and recording in bhajan groups and retreats ever since.

Apple Zhang

Apple became a yoga teacher in 2011. She has been teaching in corporations, hospitals, schools, studios and as a private teacher. She started organizing retreat with Philipp in 2012. She brings an uplifting spontaneity and playfulness to her students, which encourages a willingness to try new things.



The Venue – Shangrila Oceanside Retreat&Spa

Shangrila is located in Bondalem, on the ocean side of north Bali. It is like heaven by the gardening design, the warm service and the quietness environment. You must fall in love with its beauty once you are here.

We have plenty of time besides yoga practice. You can do whatever you feel like doing, going to the ocean, swimming, surfing, snorkeling... You can also tan yourself, read a book, discover beauties with your camera, or just enjoy silence listening to the ocean, empty your mind...



Accommodation: 2 people share a house. Choose your house and roommate when you arrive at Shangrila please.

Food: 3 gourmet vegetarian meals per day with fish option.

The price of the retreat **includes** accommodation, food and an outing.

More information of the Venue please check: <http://bali-shangrila.com>