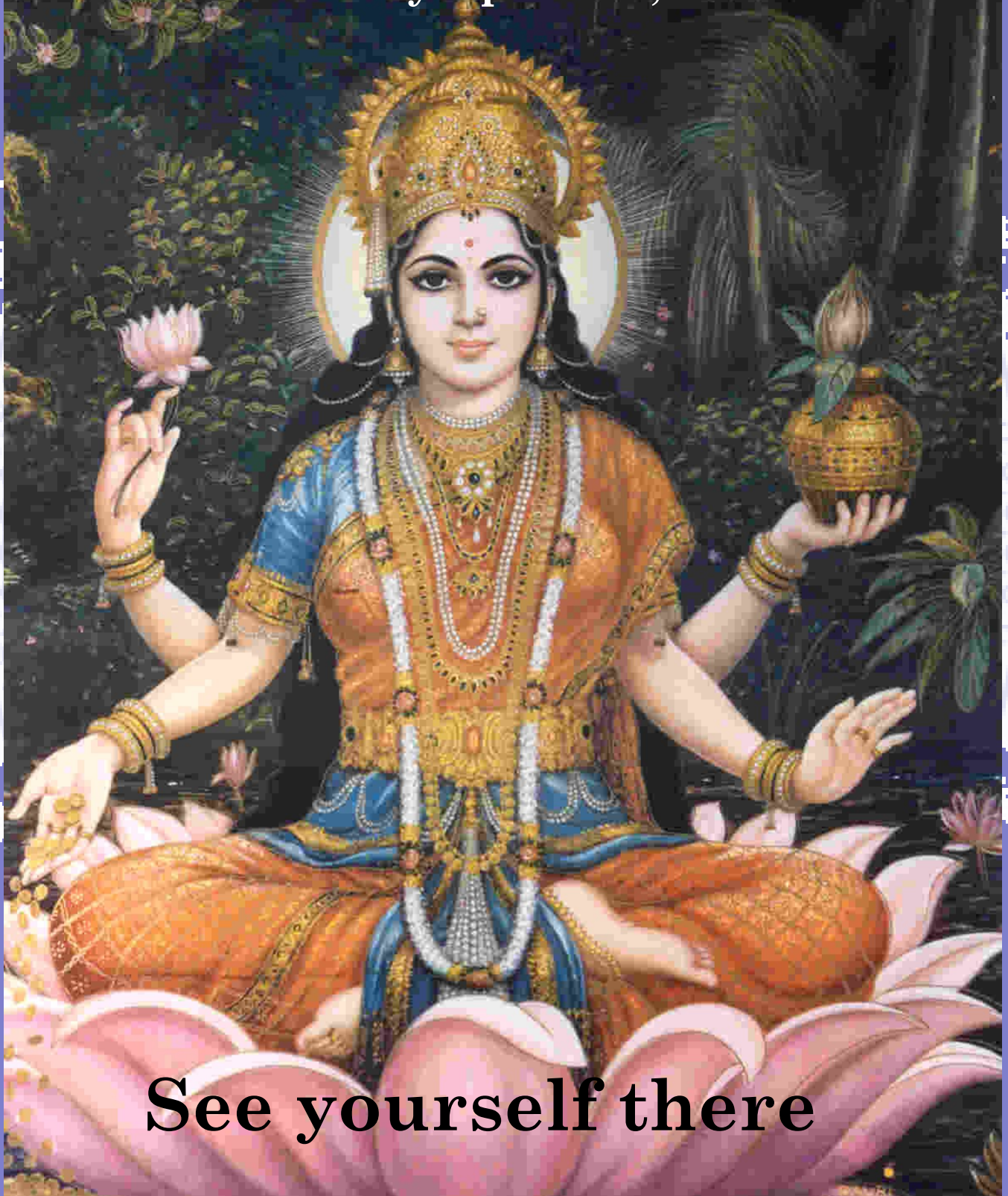


Avalon YOGA School presents

Seasonal Bali Retreat

Monday April 2nd to
Saturday April 7th, 2012



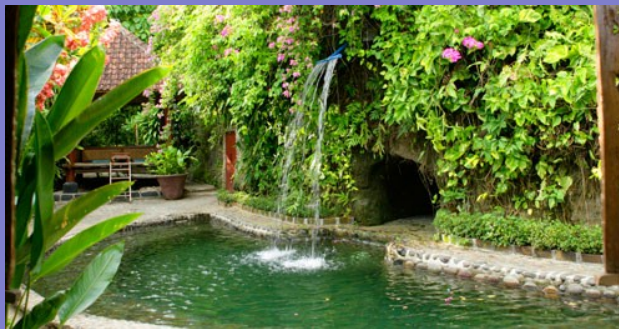
See yourself there

With Senior Seasonal Yoga Teachers Jacqui Giuliano & Yolande Hyde

0419 944 120 / 0410 538 960

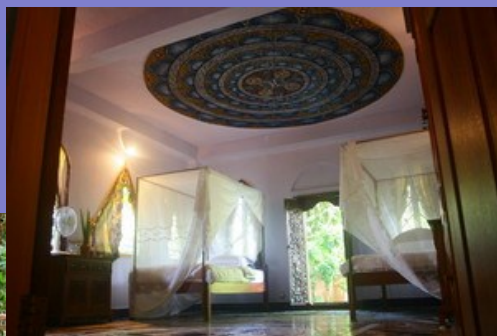
Avalon YOGA School Presents

BALI AUTUMN SEASONAL YOGA RETREAT



A retreat such as this allows you to move away from your normal life & go deeper into yourself. This retreat will introduce you to morning meditation breathing, yoga practice with an Autumn seasonal focus on Lung and Large Intestine Meridians and the life balance of taking in and letting go.

Facilitators Jacqui Giuliano & Yolande Hyde are senior yoga teachers both with seasonal wholefood backgrounds & healing



Accommodation includes a range of single, twin share and double rooms in traditional bungalows

Price includes:

Accommodation

All vegetarian meals

All yoga classes workshops & tuition

Airport transfers

Our exclusive use of entire resort



See yourself there

Balian Beach is located near Lalang Lingah village ('The Wide Grassland') on Bali's west coast. Once home to the cultivation of rice, Balian is slowly emerging as a world class regional surfing destination. **Shankari Retreat Centre** will host our seasonal yoga retreat; its natural beauty, peaceful setting & comfortable bungalows an ideal place for you to be refreshed, revived & inspired.

Single \$1265

Twin Share \$1100

\$200 deposit requ.

Yolande Hyde 0410 538 960

Jacqui Giuliano 0419 944 120

