



Bali Retreats

MARCH, 2025

# Ashtanga Yoga Retreat

[WWW.BALIRETREATS.ASIA](http://WWW.BALIRETREATS.ASIA)



BALI, INDONESIA





# ASHTANGA YOGA WEEK 2025



Embark on a soulful voyage with our 7-Day Ashtanga Week Yoga Retreat, a sacred odyssey designed to beckon those yearning for a deeper union with their Ashtanga practice amidst the breathtaking embrace of Bali's mystical beauty. Whether a beginner or a intermediate student, this sanctuary is open, inviting, and offers a haven for souls seeking to delve into the essence of Ashtanga Yoga and Meditation.

Within the vibrant folds of this mystical island, cocooned in serenity and purity, you shall be drenched in the opulence of both nature and spirituality. As you imbibe the exquisite Balinese culture and become one with the whispers of nature's secrets, art, dance, music, sacred rituals, temples, the vastness of the ocean, and the cascading grace of waterfalls, you shall traverse the realms of one of the most divine islands our Mother Earth cradles.

Seekers in quest of an unburdened sojourn, woven in love, joy, and nurtured by a compassionate community, guided by yogic mentors emanating divine wisdom, will discover in this retreat a rare pearl, an oasis of inner serenity and reprieve, promising to rejuvenate and restore the spirit to its purest essence.

March, 2025

Group Size: 10-15

Bali, Indonesia



# WHAT'S INCLUDED?

## ACCOMMODATION

King & Twin Size Accomodation  
2-3 guest per room Shared  
2-3 guest (optional) per room (Single - King Size)

## VEGAN & NON-VEGAN CUISINE

Breakfast, Lunch, & Dinner + Snacks  
Included for all retreaters.

## TRANSPORTATION

Airport Pick-Up & Airport Drop-Off  
Large Excursion Transportation  
All Included

## TOTE BAG

Yoga Mat, Retreat Journal, Sweat Towel, T-shirt

## ACTIVITIES

Ashtanga Yoga, Sound Healing, Day Spa,  
Meditation & Pranayama, Acupuncture, Melukat,  
Cacao Ceremony & More.  
Included for all Seekers







# Available Packages

## Shared Accommodation Price Per Person

You will share a room with another Shared Accommodation retreatter.

2-3 GUEST PER ROOM.

**\$1,800 USD**

## Single Accommodation Price Per Person

2-3 GUEST (**OPTIONAL**) PER ROOM.

**\$2,100 USD**

**MONTHLY PAYMENT PLAN AVAILABLE**



# Itinerary

DAY 1

## Welcome

- Welcome Dinner
- Balinese Welcome Performance
- Introductions
- Acupuncture Introduction Session
- Free Time
- Bon Fire



DAY 2

## Healing

- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Meditation & Pranayama
- Lunch
- Free Time
- Sound Healing & Sunset - Uluwatu
- Dinner
- Free Time







DAY 3

# Meditate

- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Meditation & Pranayama
- Balinese Temple & Cultural Excursion
- Lunch - Heritage Site
- Free Time
- Dinner
- Free Time



DAY 4

# Purify

- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Water Fall & Melukat
- Lunch - Rice Fields
- Meditation & Pranayama
- Free Time
- Dinner
- Free Time

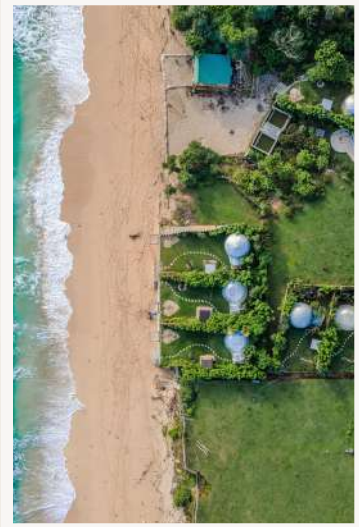




DAY 5

# Sea Side

- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Free Time
- Lunch
- Meditation & Pranayama
- Free Time
- Dinner - Sea Side
- Free Time



DAY 6

# Cacao

- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Free Time
- Lunch
- Meditation & Pranayama
- Afternoon Yin Yoga
- Cacao Ceremony
- Farewell Dinner







DAY 7

# Farewell

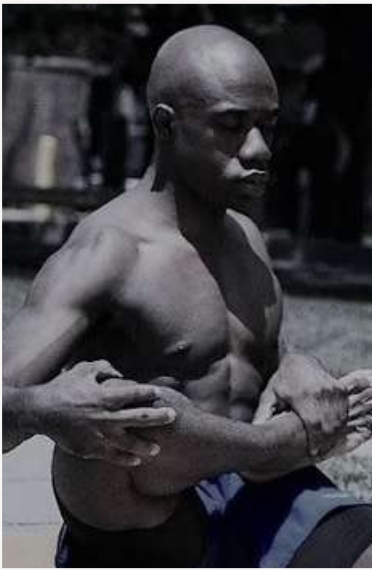
- Morning Ashtanga Yoga / Acupuncture
- Breakfast
- Meditation & Pranayama
- Check Out & Good Byes







# SPECIAL GUEST & TEACHERS



## **Michael Baidoo (Bay Jitsu)**

Michael Baidoo, also known as @Bay\_Jitsu, discovered happiness through Ashtanga Yoga during the Covid pandemic in 2020. Guided by his Brazilian Jiu-Jitsu Sensei Josh Griffiths, he embraced a disciplined routine, practicing Ashtanga daily at 5 am to maintain a Positive Mental Attitude (PMA). Utilizing Instagram, Michael connected with a global community of Ashtanga practitioners, fostering positivity and wellness.



## **Kiki Badar**

With a yoga journey dating back to 2003, Kiki immersed herself in various yoga disciplines, ultimately falling in love with Ashtanga. Over the span of two decades, she evolved as a dedicated yoga practitioner, dedicating 15 years to teaching, primarily focusing on Ashtanga led classes. Yoga has been her guiding light, helping her navigate and overcome past challenges of anxiety, stress, and back pain. It's her privilege to share this transformative practice and its healing benefits with others during our yoga retreat.





# SPECIAL GUEST & TEACHERS

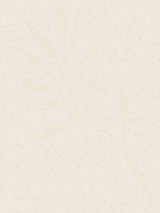


## **Chitra Natassya**

In 2011, Chitra's profound journey with yoga commenced, revealing its transformative power both physically and spiritually. Inspired by this metamorphosis, she felt a calling to share her newfound joy and vitality, propelling her to become a certified yoga teacher. Venturing to India, she deepened her yogic knowledge, completing her 200hr Ashtanga Vinyasa training in the sacred city of Mysore.

Certified in crystal sound healing, Chitra's passion for teaching resonates deeply within her. She finds immense fulfillment in guiding fellow seekers on their yoga journey, aspiring to integrate yoga seamlessly into their daily lives.





## Terms & Conditions

We are dedicated to creating exceptional and tailor-made journeys. In order to honor our commitment, we forge strong partnerships with our vendors which require payments in advanced.

Please be advised that once your deposit is processed, it becomes non-refundable as it is employed to secure services from our vendors. We appreciate your understanding in this matter.

## Cancellation

In case of cancellation, Bali Retreats provides a full refund, and or credit towards our next retreat of your choosing.

Alternatively, if you are unable to attend and opt not to receive a refund, you will receive a credit for a future retreat to be announced at a later date.

## Final Payment

Payment plan is available, however the final payment must be made 14 days prior to the start of the retreat.

## Entry Visa

While most countries have Visa on Arrival access to Indonesia, please don't hesitate to inform us if you require assistance with processing a tourist visa.





NEED MORE INSIGHT & SUPPORT?

CONTACT US

seekers welcomed  
march 2025



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