

Symphysis Yoga Connection - in Bali
May 1-8, 2010



If you would like to explore and develop your yoga and forge stronger connections with yourself, your feelings, your energy and your friends – old and new; if you would like to connect with your senses and have the luxury of time, space and place – then join a small group in Bali for a week of connection that will bring rejuvenation and refreshment.

Seraya Shores is the venue for the Symphysis Yoga Connection - in Bali 2010. It is located on the East Coast, near Candidasa and is well away from the crowds of tourists. This private property evokes peacefulness and tranquillity. Located on a headland, it has beautiful views to sea and along the coast. Individual villas offer their own unique taste of Balinese tradition. A stunning infinity pool looks out to sea.

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Julia Symington will guide you through your yoga week. Julia has been teaching since 1996 and practicing yoga for nearly 30 years. She is the founder of Symphysis Yoga and is a Senior YTAA teacher. Julia initially trained under the Iyengar tradition and was a certified teacher. This "Yoga Connection" is suitable for all levels of yoga practitioners. You will be encouraged to explore and expand *your* potential and to appreciate the beauty and grace of movement.

We will greet the dawn each day and use yoga to energise and enliven bodies and minds. Afternoon yoga sessions will focus on deep rest.

The program will include some local excursions to introduce us to the culture and way of life in East Bali. Additional excursions are available at your own cost, e.g. cooking schools.

The program includes

- Daily Yoga classes
- 7 nights accommodation on share basis (first night close to the airport),
- Transfers
- All meals at Seraya Shores.
- Cost \$1800. Early Bird Discount of \$1700 if paid by January 22
- Single supplement \$300
- Flights, insurance, visas, departure taxes, personal expenses, etc. are your own responsibility. (Jetstar has direct flights to and from Denpasar on Saturdays and Tuesday evenings. Flights are very good value at the moment.) You may wish to explore more of Bali by extending your stay.

A deposit of \$500 is required to confirm your booking. The balance is due on March 1, 2010. Bookings for this **Yoga Connection in Bali** are accepted on a double, twin-share or triple occupancy basis. One single accommodation space is available and a supplement of \$300 is applicable.

Itinerary and trip notes will be forwarded separately.

Our first night will be at a hotel close to the airport as the direct flight from Melbourne arrives late on Saturday evening. Start to unwind with a swim and leisurely breakfast before we are transported to Seraya Shores, our home for the week.

Accommodation

The villas at Seraya Shores are built in traditional Balinese style with wooden floors, alang-alang pitched ceilings, timber decks and east meets west open bathrooms. Each of the villas has its own special flavour, offering something special and different. The villas are offered on a share accommodation basis and are perfect for couples, friends, or those wanting to explore or deepen friendships.

Preferences for accommodation will be allocated in the order of deposits received. The choice of villa cannot be guaranteed.

The website for Seraya Shores www.serayashores.com has a gallery of photos that will introduce you to this wonderful place and give you an indication of the individual flavours of each villa.

Accommodation Descriptions

Villa 1 – the Loft – suitable as double or twin

Double bed upstairs, double day bed downstairs, large garden bathroom with bath, deck with daybed outdoors.

Villa 3 - Seaview Downstairs – suitable as single, double or twin share

King size bed and single day bed in same room, open air garden bathroom and large deck.

Villa 2 – Seaview Upstairs – suitable as double or twin share

King size bed and double day bed in same room, open bathroom, no deck but open out windows and seaviews.

Villa 4 – bungalow - double or single occupancy

Double bed in smaller villa with garden bathroom.

Villa 5 – Daydream – suitable as double, twin share or triple.

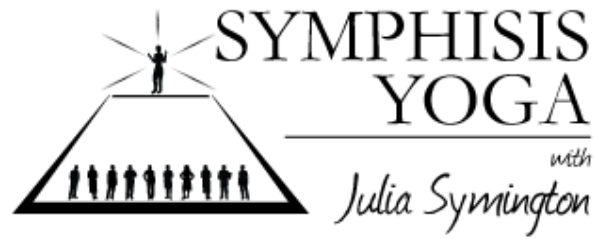
2 storey villa with queen size bed downstairs, and two day beds upstairs (double and large single) which can be converted to beds. Loft living area has large open out windows. It has an outdoor garden bathroom, small deck downstairs.

Villa 6 – Seabreeze/Poolview Upstairs – suitable as double, twin or triple share

King size bed upstairs, with 2 x triple size day beds in very large room with lounge area, bathroom features a huge bathtub and shower. Open out windows throughout, no deck.

Villa 7 – Seabreeze/Pool view – downstairs – suitable as double, twin or triple share

King size bed, with two double size day beds in a very large room with lounge area. Large entertainment deck overlooking the pool. Huge bath in the indoor/outdoor bathroom.



Booking Form

Name:

Address:

Telephone: Home

Mobile

Email:

I am booking with:

Accommodation Villa Preference:

I would like to share with

I will be travelling alone

Deposit full payment of is attached/will be transferred. Payment can be made in cash, by cheque or by electronic bank transfer to

Symphisis Yoga
BSB 083 789 Account No. 8969 34876.

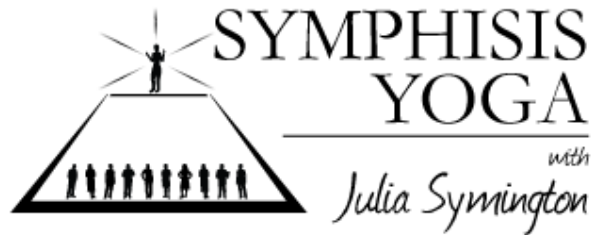
The personal information form should be completed and returned by March 15, 2010.

Cancellation and Insurance

This Yoga Connection depends on a minimum of 8 participants. If there are insufficient numbers by April 1, you will be immediately notified and all payments refunded in full. Travel insurance is recommended.

If you have to cancel your booking, a refund will be made if your place can be filled. A handling fee of \$500 will be charged.

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Personal Information

Flight/travel Details

Name as shown on Passport:

Passport Number:

Issued at:

Nationality:

Date of Issue:

Date of Expiry:

Date of Birth:

Note passports must have a minimum of 6 months validity. Tourist visa is purchased on arrival at Denpasar airport.

Contact name and phone number (in case of unforeseen circumstances)

Travel Insurance - Name of Insurer

Policy No.

Details of any medical conditions/injuries that may affect your yoga:

Brief Description of your yoga experience: