

## RETREAT CO-FACILITATORS



Born and raised in Bali, **Savitri Inggah Talahatu BA, BEd, CYT** is a Certified Yoga Teacher (Hatha, Kundalini for Children, Restorative), Reiki Master, Life Coach and Licensed Holistic Practitioner,

practising Reflexology and various massage techniques. She has more than 2 decades of teaching experience, having taught in the public system in Toronto and Indonesia and co-taught Reiki I & II with Lori-Ann Kim at the Holistic Health Certificate Program at Seneca College. Savitri has been teaching Yoga and facilitating Holistic Lifestyle and Empowerment workshops at women shelters in Toronto for many years.



**Lori-Ann Kim MA, RIHR, RYT** is a Certified Yoga Teacher (Hatha and Ashtanga), Reiki Master and Registered Psychotherapist in private practice since 1997, using an eclectic holistic approach to psychotherapy counseling.

She has been facilitating workshops in Toronto and abroad for over 10 years. Lori-Ann has co-developed and coordinated the Holistic Health Certificate Program at Seneca College, and instructed several courses, including Psychology, Emotional Healing, Meditation, Chakras, Holistic Health, Pain and Stress Management, Reiki and Yoga.

Savitri and Lori-Ann are long time Yoga and meditation practitioners. Their classes are uplifting and poetic, energizing and restorative, suitable for beginners and seasoned practitioners alike. Their approach is holistic and client centered.

Together, they will hold a safe space for you to explore and rediscover your true self in the magical and sacred island of Bali.

# SOUL RENEWAL

A Yoga and Wellness and Bali Retreat

December 5 - 18, 2008



**Become reacquainted with your soul!**  
**Enjoy soulful relating and sacred time in beautiful Bali.**

**Soul Renewal Yoga and Wellness Bali Retreat** is an invitation to renew ourselves at the soul level. Here is an opportunity to nourish your wellbeing, rejuvenate your body, embrace peace of mind and realize the sacredness of your connectedness with everything in the Universe.

This Yoga and Wellness retreat is designed to provide you with a haven of peace and tranquility, an indulgence escape from your busy world, and a holistic cultural adventure to fully enliven your senses.

Beginning with a survival Indonesian lesson and etiquette geared to foster a cross-cultural understanding, this 12-day retreat will conclude with group reflection on renewed understanding of wellbeing and connectedness.

Our Soul Renewal daily Yoga, meditations and other self-rediscovery activities are designed to strengthen the heart energy—that feeling capacity present in all of us—in order to heal ourselves, each other and the Planet.

**Rediscover yourself in Bali!**



**e-mail:** [danu@earthlink.net](mailto:danu@earthlink.net)

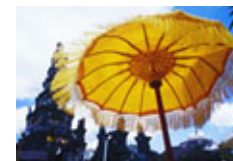
**toll free:** 1-888-476-0543

**fax:** 1-831-476-0543

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breathe ... release ... renew

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*with*

*Savitri Inggah Talahatu*

*Lori-Ann Kim*

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# SOUL RENEWAL

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### ITINERARY

Fri, Dec 5 - Travel days Depart Canada or the USA aboard regularly scheduled Singapore Airlines .

Day 1, Sat, Dec 6 – Arrive in Bali.

Day 2, Sun, Dec 7 – Welcome remarks, orientation session, guided walking tour of the area and excursion to the southern tip of Bali for sunset at Pura Luhur Ulu Watu, Bali's sea temple.

Day 3, Mon, Dec 8 – Morning Yoga, depart for Ubud (Bali's cultural center), visit Pura Tanah Lot, guided tour to the archeological museum in Denpasar, talk on Balinese Hinduism and Rites of Passage and evening performance of the Kecak and Fire Trance Dances.

Day 4, Tues, Dec 9 – Visit Ubud market with your offering making teacher, workshop in the making of offerings, Yoga Pranala class with guest Instructor Linda Madani, guided tour of Neka Museum, tracing the evolution of Balinese painting and enjoy your first traditional Balinese massage.

Day 5, Wed, Dec 10 – Trekking through small villages and terraced rice fields to Tegal Lalang artist village, visit Goa Gajah, a 9th century temple, and afternoon Yoga.

Day 6, Thur, Dec 11 – Morning Yoga, visit to a highly respected Balinese shamanic healer, talk on local healing practices (you may opt for a Reiki session) and discussion on the day events.

Day 7, Fri, Dec 12 – Optional purification ceremony at Tirta Empul temple (Sacred Spring) in Tampaksiring, visit Gunung Kawi temple, optional Gamelan music or dance class, late afternoon sacred circle and evening performance of Legong dance

Day 8, Sat, Dec 13 – Free day.

Day 9, Sun, Dec 14 – Morning Yoga, visit Pura Besakih, the "Mother Temple", lunch in Candi Dasa, visit Tenganan, Bali Aga (aboriginal) village, watch the process of making double ikat (Gringsing) and traditional lontar leaf books, and late afternoon talk on Sad Kahyangan.

Day 10, Mon, Dec 15 – Snorkeling at the coral gardens in "Blue Lagoon", enjoy your second massage and late afternoon Yoga.

Day 11 Tues. Dec. 16 – Morning Yoga, cycling in neighboring villages, lunch at Bali's only Ashram, late afternoon sacred circle.

Day 12. Wed., Dec. 17 – Morning Yoga, transfer to South Bali. Free afternoon. Enjoy a Reflexology treatment and ast sacred circle: group reflection, evaluation, discussion, followed by Farewell to Bali feast and dance performance.

Thur. Dec. 18 – Travel Day.  
Rest and relax before leaving Bali.

Itinerary may change subject to unplanned opportunities. Although nobody is required to attend any activities, there will be no refunds for missed activities. Those who leave the tour at any time or reason is on their own.

#### Inclusion

- Yoga classes or sacred circles almost every day
- 2 traditional massages and 1 Reflexology session
- 1 visit to a Balian, Balinese traditional healers
- The art of making Balinese temple offerings
- 3 classical dance and Gamelan music performances
- Island tours: Visits to important temples (Uluwatu, Tanah Lot, Gunung Kawi and the "Mother Temple"), Tenganan aboriginal village, traditional markets, and anthropological and visual art museums
- Purification ceremony at Tirta Empul healing springs
- A dance or Gamelan music class
- A snorkeling excursion to the Blue Lagoon
- A trek through small villages and rice fields, and a bicycle ride to remote countryside.
- Breakfast each day, 4 lunches and 5 dinners
- Workshops/talks on survival Bahasa Indonesia, offerings making, Balinese customs and culture, Hindu religion and ceremonies, trance and rites of passage, East vs. West medicine, etc.
- Group reflection: evaluations and discussion
- Services of Made Surya, professional guide and tour organizer who speaks Balinese and English
- 3 nights at a beach front hotel in South Bali
- 6 nights in Ubud, Bali's cultural center
- 3 nights in beachfront hotel in East Bali
- Lavish traditional farewell to Bali dinner with dance performance
- Air transfers from airport to hotel and return for those who take the entire package, including air
- A round-trip option and Canadian departure points (Vancouver and Toronto) or LAX and SFO

#### Cost:

- USD\$2800
- Early bird registration of USD\$2650, if registering by April 15, 2008
- Based on two persons sharing a room with bathroom
- Single supplement available
- Minimum 6, maximum 16 participants

**Not Included:** Laundry, airport taxes, overweight fees, additional sightseeing, tips.

#### Airfare:

- Air Package on Singapore Airlines
- Airfare from Toronto YYZ (via NYC) USD\$1625
- Airfare from Vancouver YVR (via Seattle): USD\$1500.00
- Airfare from SFO: USD\$1220.00

#### Roommates:

- Single people may sign up for accommodations desired on a shared basis
- Roommates can be chosen from other tour members
- If a roommate is unavailable, the participant will be notified of the adjusted price for a single supplement

#### Deposit:

- A deposit of USD\$350.00 per person is due at the time of booking
- Final payment is due on Oct. 15, 2008
- Deposit, minus USD\$75.00 cancellation fee, is refundable until 45 days prior to departure
- After tickets have been issued there is a further airline penalty
- No refunds will be made after departure

#### Passport, Visa, and Health:

- A passport, valid six months from date of entry with proof of onward transportation is required for entry into Indonesia
- Visa on arrival with payment of USD\$25.00 fee valid for 4 weeks
- If you wish to stay longer, apply to the Indonesian Consulate where you live for a 2 month visa, prior to arrival
- No inoculations are required or advised
- Everyone participating in this trip is expected to be in good health and able to walk at least three miles unaided

Om Swastyastu \_^\_ Welcome to Bali

#### To register :

e-mail: [danu@earthlink.net](mailto:danu@earthlink.net)

toll free: 1 888 476 0543

fax: 1 831 476 0543

#### on-line:

[http://www.danutours.com/bali\\_soul\\_renewal.htm](http://www.danutours.com/bali_soul_renewal.htm)

