



MAGICAL BALI: A YOGA & ACUPUNCTURE RETREAT

with Bula Wellness

August 13-20, 2016

Welcome to the trip of a lifetime. Join Bula Wellness for a weeklong yoga retreat designed to awaken the heart fire, nurture the spirit and soul, give to yourself and others and rejuvenate the bliss body.

The retreat will take place at two picturesque locations in the tropical destination of Bali; we will begin our retreat nestled in a village near Sukawati [Floating Leaf Eco Resort], surrounded by rice fields and organic gardens with a view of the ocean from the yoga pavilion, our second accommodations will be on a private beach in the Northern Region of Bali in Tejakula [Poinciana Oceanside Resort].

You will enjoy one yoga class a day*, which will include energetic Prana Flow/Meditation/Mantra or AcuYin [Ear Acupuncture + Yin Yoga]. There will be ample downtime to relax, nap, read and explore.

*On Day 3 we may not have a yoga session, but instead will have two classes one day later in the week.

Open to late beginner to advanced students, all classes will be taught at an open level with variations and modifications offered so that you can cater the practice to your body.

INCLUDED: Seven yoga and meditation sessions, two ear acupuncture sessions while in a luxurious savasana; one Balinese jet lag foot massage during savasana, accommodations for 7 nights; transportation from DPS [Denpasar Airport] to Floating Leaf [additional fee may apply if arriving off hours]; temple purification ceremony; one [60min] massage at Poinciana; local coffee/tea tasting; cultural excursions to two villages; donation trek to cashew farm; full moon beach bonfire; seva cultural exchange with a local village; a live music and traditional dance performance; 18 healthy meals [2 will be on your own], coffee and tea.

Once reservation is confirmed and the departure date draws near Bula Wellness will email with further information regarding schedule, transportation recommendations for airport transfer, packing list and some recommendations in booking flights and/or other lodging arrangements for those coming early or staying late.

NOT INCLUDED: Airfare, transportation at end of retreat, spa services [unless otherwise noted], 2 meals [these will be on your own], juices/smoothies/alcoholic beverages; cost of obtaining passports and visas; extra baggage fees; phone calls; tips/some service fees; travel insurance; [optional] excursions; and treatments with Balinese Healer.

TRAVEL: Please plan to arrive at Floating Leaf after 11am and before 3pm on Saturday, August 13. Check-out is by noon on Saturday, August 20.

ACCOMMODATIONS + TUITION:

- Single (double/queen): \$3299 USD pp
(\$95 discount if paying by check)
- Double/Shared (2 twin beds or double/queen): \$2730 USD pp*
(\$79 discount if paying by check)

[\$100 of cost of retreat per person will be donated to a local Village. This is the Cashew Trek Excursion.]

*You must register with a partner or friend to reserve a shared room. If you come with someone and want to share a room with them, please note their name and if you prefer 2 twin beds or double/queen when registering.

DEPOSIT: \$515 non-refundable deposit (\$15 discount if paying by check) to secure your spot and balance due by May 15, 2016. If registering after May 15th, full payment is due at that time. Please refer to our cancellation policy below.

CANCELLATION POLICY: No refunds will be issued for your deposit. No refunds for your balance will be issued unless your space can be filled with someone from the waiting list. If the event is canceled due to insufficient enrollment, your deposit and paid balance will be refunded fully. Bula Wellness is not responsible for other costs incurred by members preparing for the trip.

PAYMENT OPTIONS:

- Check to Bula Wellness. Email Bula Wellness at jodi@bulawellness.com for mailing address. Please note there is an additional \$100 fee for a returned check.
- Credit Card. Payment by Credit Card is available online.

TERMS AND CONDITIONS:

- There is a \$515 non-refundable deposit [\$15 discount if paying by check] due at the time of registration to reserve your spot on the trip.
- Full tuition is due by May 15, 2016.

- If written notice of cancellation is received after May 15, and if the spot can be filled, the entire tuition less the \$515 non-refundable deposit will be returned. If the spot cannot be filled, the participant will forfeit the entire tuition.

Any participant who returns home or chooses to leave the group prior to the end of the trip will not receive a refund. If a participant acts in any way that is injurious to him/herself, people of the host country, other participants on the trip or generally conducts him/herself in a way that is disruptive to the trip, Bula Wellness reserves the right to send the participant home without refund. Abuse of alcohol and the use of illegal drugs are cause for dismissal. Participants sent home early, or who choose to return for any reason, including sickness, personal emergencies, or injury, will be responsible for all medical costs and will absorb travel and related costs associated with an unscheduled departure.

TRAVEL DOCUMENTS:

Every participant must be in possession of valid passport for international travel. Travel visa for Indonesia is issued at the airport in Bali. US \$25 [when applicable]

HEALTH REQUIREMENTS AND SAFETY CONSIDERATIONS:

This retreat requires good physical conditioning. If you have any questions regarding the physical demands of the retreat, please contact Bula Wellness.

CHANGES IN ITINERARY

Bula Wellness reserves the right to make changes to the itinerary and accommodations prior to or during the retreat.

Please complete the registration agreement and assumption of risk form [Keep a copy]. Email to jodi@bulawellness.com. Bula Wellness will notify you by email to confirm your reservation. Thank you. Bula Wellness is looking forward to sharing this adventure with you!

* This flyer is for informational purposes only and does not create a contract, express or implied, between you and Bula Wellness or any other party.