



*"Your heart  
knows  
the way.  
Run in that  
direction"  
-Rumi*

# A RETURN TO LOVE

==== UBUD ====

24-30 MARCH 2018



# A TYPICAL morning in PARADISE

In the QUIET pause before dawn IMAGINE taking your place in the open air yoga shala supported by LIKE-MINDED souls and connecting to the PEACEFUL spaciousness deep within yourself through the ancient practices of meditation and pranayama.

IMAGINE setting HEARTFOCUSED intentions for the day ahead that guide and shape your retreat experience, and gently opening your eyes as the sun rises across the verdant rice fields on this GLORIOUS new day in Paradise!

With this new sense of BALANCE and PEACE in your mind, organic fruit and yummy juices from the Shala kitchen will prepare you for your breath based asana class.

Each daily INVIGORATING 1.5hr vinyasa flow class will explore a different heart centered theme and you can expect some POWERFUL and DYNAMIC practices! Each level of experience and capability will be catered for so EVERYBODY will come away feeling both STRONGER and more FLEXIBLE in the body, calmer in the mind and centred in the HEART.

Then REPLENISH your body and INDULGE your senses with a fresh, locally sourced and delicious vegetarian ORGANIC buffet breakfast, catered to suit your individual needs.

**What a LIFE SUSTAINING way to start a new day!**



# A TYPICAL afternoon in PARADISE

You will have time JUST FOR YOU each day so you can choose what your Ubud retreat adventure looks like. In addition to your 3 yoga classes per day, you might like to soak up the sun by the infinity pool in the tranquil surrounds of the Shala, or RELAX with a GLORIOUS treatment at the Darshana Veda Spa. You can also venture out and EXPLORE Ubud as we are a 10 minute walk from the cultural hub. Balinese temples, the amazing monkey forest, art museums or traditional rice terraces are all just a short walk away! And of course, sample the culinary delights of this amazing place!



Later in the afternoon we gather in the yoga shala for a replenishing rest and restore practice where you get to completely RELAX and SURRENDER as dusk settles gently over the paddy fields of this sublime healing place. This is your time to dive deep and let go. Healing the body and mind through nourishing yogic practices.

A SUMPTUOUS organic vegetarian feast for dinner will bring us back together once again in the evening to share our experiences.



# Additional Retreat Activities

## Sacred Water Purification Ceremony

We will have the **MAGICAL** opportunity to visit Bali's only female Preist, Ida Resi Alit at her ashram, Ashram Purwa Agung. Here we will participate in a **SACRED** water purification ceremony, known as Melukat. This is believed to **CLEANSE** the human body and soul. Ida Resi Alit currently presides over many of the profound religious ceremonies throughout the beloved island of Bali and is revered for her sacred **WISDOM**, knowledge and **BLESSINGS**.

***A ONCE in a LIFETIME experience!!***



## Welcome Dinner and Blessings Ceremony with Balinese Priest

The island of Bali holds an abundance of spiritual wisdom and traditional practices meant to bring balance to one's life. During our delicious organic welcome dinner and to initiate us into the next days on retreat we will receive a Bali blessing. This is believed to bring more harmony between you and the universe, balance the chakras, release karma from past lives that might still plague you, and encourage prime health, happiness - **PERFECT** for your first night in the spiritually rich heartland that is Bali.



***Experience 7 days and 6 nights of  
BLISSFUL heart-centered YOGA  
at one of Bali's most BEAUTIFUL  
luxury retreats***



**Go on a journey to the HEART of the SELF using PROFOUND and  
POWERFUL ancient yogic practices such as Asana (poses)  
Pranayama (breathing techniques), Meditation, Affirmation  
and Mantra (chanting).**

# The Shala Luxury Accommodation Chic Villa Rooms



Each villa room has a single, double or twin share option and open to stunning views of lush rice paddies, tropical gardens and jungle vistas. Luxurious bathrooms and amenities of the highest standard are provided to enhance your experience of sublime comfort and peace.



# The Shala Luxury Accommodation Darshana Wooden Bungalows



Surrounded by lush, tropical gardens the Darshana Bungalows are fully furnished with an open, attached ensuite bathroom. These 2 beautiful private bungalows are built in traditional Javanese style and made from 100% recycled wood with some of the carved panels are works of art. There is an attached bathroom, half open to the outside, to give you the feeling of being in nature. It is a 3 minute walk through the ricefields to the main retreat area, yoga shala and swimming pool.



## Included in your retreat package:

- \* Welcome dinner and blessings ceremony, led by Balinese Hindu priest
- \* Daily centering sunrise meditation/pranayama sessions
- \* Daily invigorating morning vinyasa flow classes
- \* Daily Rest and Restore afternoon sessions
- \* Water purification ceremony with Bali's only Female High Priestess
- \* Fresh organic vegetarian buffet breakfasts and fresh morning juice
- \* Fresh and organic vegetarian dinners
- \* Transfers from Bali Denpasar airport on arrival
- \* Unlimited juices, fruit and water throughout the day
- \* Time to relax and restore, read a book, or indulge in a treatment at the spa
- \* Use of all yoga props - including blankets, straps and bolsters
- \* Use of all facilities including infinity pool

## Not Included in your retreat package:

- \* Airfares to and from Bali Denpasar airport
- \* Additional Spa treatments
- \* Lunch meals throughout the retreat. (For lunch you have the option to explore the many amazing eateries close by!)

## Your Investment:

- Darshana Bungalow - Twin/double share: \$1000 per person
- Chic Villa rooms - Twin/double share : \$1200 per person
- Single Occupancy in Darshana Bungalow or Villa room: \$1500 per person

(All prices are in US dollars)

A deposit of \$500 is required to secure your place. The full amount is to be paid by **24 January 2018**. See the Cancellation Policy before you pay your deposit. To pay follow the link <http://PayPal.Me/nickythomas yoga> and claim your place in **PARADISE!**

Pay your deposit by **December 1st** and you will be **GIFTED a luxurious massage** using only organic products at The Shala onsite spa! <http://www.theshalabali.com/>

# Nicky Thomas



## *Yoga Teacher*

I have been teaching yoga internationally for over a decade and have been a devoted yoga practitioner for 15 years. Over this time I have come to understand that the most precious gift this ancient system of YOGA may offer us is the cultivation of a DEEP and visceral INTIMACY with the self. That is, ALL of the self, the light and the shadow that is part of our human experience and which causes us great suffering when unacknowledged or denied.

To fully accept the self is an act of great COURAGE, an act of such SELF-LOVE, that it is almost revolutionary! But self-acceptance is the journey back towards the heart, back to WHOLENESS, back to our HOME. During this retreat it is my deepest wish to help you on this journey home.

I have seen the profound and powerful effects we collectively create on the mat. Laughter and tears as we share and soften into this experience of life we are having together. Together we realise our oneness, who we really are at the core of the self, that which is LOVE.

Join me on this very special retreat as we walk each other home and

***"Return To Love"***

## Cancellation & Payment Policy

Please ensure that you read and understand the cancellation policy so that you are completely comfortable before paying your deposit. Unexpected events do occur and I encourage you to purchase travel /cancellation insurance to cover any unfortunate eventualities. You are responsible for all your travel arrangements including obtaining up to date Visa information and ensuring your passport is up to date and valid for travel. Please note that this retreat has limited numbers so it allows for a more personable, intimate experience and the non-refundable cancellation policy is in place to ensure the highest quality of service and experience for all. Exceptions cannot be made for any reason, including weather, injury/ illness, or personal emergencies. No refunds for arriving late or leaving early are available. Deposits and final amounts are non-refundable. The final payment must be made by **24 January 2018**. If you sign up for the retreat within 60 days of the retreat starting full payment is required upon registration.

## Questions or retreat booking enquires?

I understand it can be a big committment to attend a retreat, so if you are at all unsure, have a question or concern or would like advice on anything about the trip then please get in touch! I would LOVE to hear from you. If you would like to attend and pay your deposit please also get in touch and I will send you the secure paypal link. Thanks!

Contact me on email: [nickythomas@gmail.com](mailto:nickythomas@gmail.com)

If you would like to meet me we can also **Facebook chat or Skype!** Just email and book in a time.

