



„Heal Yourself” Ashtanga Yoga & Meditation Retreat Ubud, Bali | Gili Meno Island | | April 20th - 4th May 2019

Come awaken yourself through daily Ashtanga yoga practice and discover your true power during this retreat in Ubud, Bali and Gili Air Islands. First week you'll be nestled in plush tropical gardens and surrounded by rice fields, then we'll take you to heavenly white beach house at the turquoise waters of the Balinese Sea. You will enjoy Ashtanga yoga, meditation, relaxation, and deep transformation. This Ashtanga yoga, meditation retreat is designed to enhance the capacity of the emotional body while exploring the strength of the physical body. This combination has been proved to allow countless individuals to recover from mental, physical and emotional ailments.

Two unforgettable weeks will provide you the space and time to focus on the spiritual and physical pursuits of your life and also your yoga practice. You will be led through morning Mysore and led class sessions, depending on your level, evening sessions with the guided meditations, pranayama, and chanting, where you will learn how to use these time-tested techniques to heal yourself.

This trip is the perfect place to come back to what you have known all along, that everything you could possibly need is already within you.

VENUE



UBUD, BALI

The retreat centre in Ubud, Bali is only a 5 minute drive from the heart of Ubud. You will have quick and convenient access to Bali's renowned cultural hub, but will be far enough from the crowds to enjoy the magic and essence of rural Bali. When in town, you can enjoy the unique cultural, spiritual and culinary delights of Bali's cultural epicentre, also from carefully chosen excursions prepared by our staff.

Daily practice will take place in an open-air 130 sq mt yoga shala surrounded by nature with waterfall soundtrack. After practice, you can cool off as you step into the adjoining infinity pool. Enjoy the venue's surroundings by taking a rice paddy walk which extends in every direction as soon as you walk out of the premises. Watch the stunning sunsets while taking in the surround sound of birds, crickets and frogs. Relax your body with traditional Balinese massage at the nearby spa.



GILI MENO ISLAND



The retreat centre in Gili Meno Island surrounded with white sands, turquoise bays, serene beach life and coral gardens will let you relax even deeper. This leisure time offers simple sophistication on an island where peace is possible. Where the only footsteps in the sand may be yours, where each day dawns on a tropical paradise, where you can swim in turquoise waters and lay on unspoiled beaches. Where your day is filled with morning yoga, good books, fresh food and long walks, cocktails by the pool and the sound of lapping waves, finished with meditation into your perfect evening. Enjoy snorkelling directly off the beachfront in pristine coral gardens. Swim in turquoise lagoons. Explore the saltwater lake in the centre of the island and visit the turtle sanctuary. Marvel at the sunrise and the sunset. Enjoy simplex cafes and sophisticated dining, spa and wellness treatments. Visit neighbouring islands; take snorkelling trips to swim with the turtles. Unwind, relax, enjoy. Cycle around the island. Stroll along powdery beaches. Wake up early or stay up late. Do it your way.



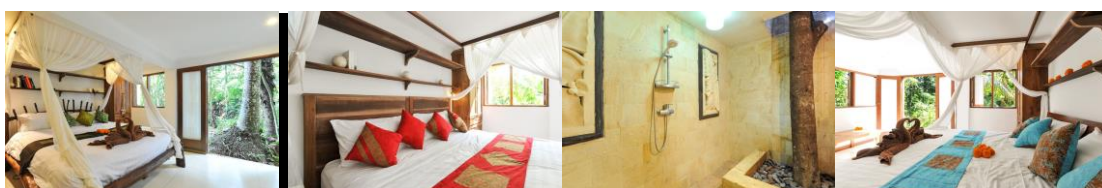
FOOD



Nourish your body and mind by delighting the senses through wholesome and healthy breakfast in each resort, sourced by fresh local organic products. Enjoy delicious breakfast with wide choice of fresh fruits, contained within the retreat offer, then choose your perfect lunch and dinner location to relish in proposed by us location with a group of yogis or to delight your own company. We're here for you to help with choosing a perfect location that will respond your expectations. The kitchen in each resort also offers a wonderful array of international, vegetarian and non-vegetarian cuisine. Raw or vegan meal requirements can be met upon request.

ACCOMMODATIONS

Eco Villa in Ubud, Bali



Eco Villa features Indonesian architecture, modern amenities and comfort, forming a tranquil world of your fantasies. Surrounded by rice fields, tropical trees, with very fast fiber optic Internet (50Mbps) for when you'll want to share your glorious time with friends and family away. Each of the rooms are integrated with a beautiful landscape, maintaining a harmony with the natural environment, embracing you with a welcoming, therapeutic and peaceful energy. Eco Villa has a total of 4

comfortable bedrooms, with options for double or shared occupancy. Within each room there is included: Air conditioning, desk, rice fields or jungle forest views, indoor lounge area, spacious bathroom, wi-fi, almost each room has mosquito net.

We are offering King Size Bed Bedrooms with optional one or two single beds, which are perfect room for a single person, couple or a couple with children.

If you'll decide to come alone and share the room, we'll put you with a like minded roommate.

There is also an Open Space setting available to be shared with a group of friends or for solo seekers on a budget.

For all the room coordinates and prices, please contact us directly on:
sabrina.molinari@108oneoeight.com

Seri Resort in Gili Meno Island



Unwind and recline in this modern resort lofted along the beach. White on white is accented with touches of ocean blues, soft white curtains dance on the breeze and king-sized beds are dressed with crisp white sheets. Enjoy the natural breeze or sleep in air-conditioned comfort, the choice is yours.

Sea or Garden View Villas - Ground yourself and feel at home in this modern bungalow. With ceiling to floor wide windows to enjoy the panorama, a private terrace and a fully equipped bathroom, guests have everything they need. This bungalow has 1 queen bed, en-suite bathrooms with rain showers and toiletries, private veranda with plenty of room to relax,, 32 inch LED TV with Satellite Channels, DVD player, personal safe, telephone, and minibar fridge. Come with a friend or we'll put you with a like minded roommate.

Sea View and Garden Suites - Cosy, romantic and comfortable The Longhouse. A nod to colonial architecture, the two-story long house has white columns and wide veranda for enjoying the fresh sea breeze and the island views. Spacious guest rooms are available with king size or twin beds each with en-suite bathrooms with toiletries, high-tech entertainment systems, personal safe, telephone, and air-conditioning. The expansive private balcony is perfect for your personal yoga practice, afternoon reading and relaxing. Come with a friend or we'll put you with a like minded roommate.

All the Villas can be either with a King Size Bed, perfect room for a single person or couple or two Single beds if you come with a friend or want to share a room with like minded roommate.

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ASHTANGA YOGA & OUR TEACHERS

Ashtanga means eight limbs, of which asana practice is merely one branch, breath and pranayama (breathing technic) is another. The method is a living tradition with the relationship between teacher and student at the epicentre of its transmission going back over 5,000 years. At the root, it is a spiritual practice that purifies the heart, body and mind, illuminating ones own divine nature.



Kristina Karifinou - Ireland is a certified Ashtanga Yoga teacher, and has been teaching through the tradition of Sri K Pattabhi Jois since 1991. She was qualified as an Ashtanga Vinyasa Yoga teacher by her late husband Derek Ireland, authorized by Sri K . Pattabhi Jois in 2002 and became Certified by Manju Pattabhi Jois in 2012. The last years she has also been actively involved in the practice of Zen chanting and sitting under the guidance of Zen Master Hyon Gak Sunim. She teaches the Primary, Intermediate and Advanced Sequence and she offers classes, workshops, retreats and TTCs all year round in Greece, Europe and Asia. Kristina's work is a continuation of Derek Ireland's teaching principles and techniques.



Anna Babenko-Elbaz is authorized KPJAYI level 2 Ashtanga Yoga teacher and received as well the blessing to teach from the son of Pattabhi Jois (Manju Jois). She has been practicing yoga for over 25 years. In 2008 she was introduced to Ashtanga yoga and instantly was captured by the beauty of this unique style.

She has been blessed with the opportunity to practice and study with senior teachers such as Richard Freeman and Mary Taylor (participating to their magnificent 200 hours course in USA / Colorado), Manju Jois (various teacher trainings primary and intermediate), David Swenson (teacher training, primary series) and Kristina Karitinou (various teacher trainings from primary and intermediate series). Anna feels that the most important quality for an Ashtanga teacher is to continue to be a student. She keeps practicing on a daily basis under senior teachers' guidance, and every year she returns to Mysore to study with Sharat Jois.

FAQ

What time does the retreat start and end?

It starts at 6pm on Saturday afternoon April 20th, and ends on Saturday morning May 4th, 2019

Do I have to participate in all activities?

This is YOUR retreat, you're never required to do any of the activities and we're planning to give you plenty of free time to explore, shop and relax on your own.

Afternoon excursions around both islands, organized and thoughtfully selected by our staff, are optional and it's only up to you whether you'll take part in them.

Do I have to have yoga and meditation experience to go?

Absolutely not, but know that by the end of the trip, you will fall in love with the practice. All of the classes will be provided accordingly for both beginners and advanced practitioners.

What airport do I fly into?

The airport code is DPS, which stands for Ngurah Rai International Airport (in Denpasar). It is approximately 2 hours from the Ubud retreat centre

If I am coming with another person, can we split the retreat cost?

Retreat costs are per person. If you wish to share a room with the person you're going with, you can make a roommate request once you have booked.

Do I have to bring my own yoga mat?

Mats will not be provided at the retreat centre. You are welcome to bring your own mat.

What will a typical day look like?

You can participate in the retreat activities as much as you like and move at your own pace. We've carefully crafted a schedule to give you plenty of daily practice, free time, group mingling and option to participate in traditional Balinese and/or nature excursions. A typical day will consist of a 1-2hr morning practice, breakfast, free time, evening meditation and chanting, dinner (enjoyed together with the group in one of carefully selected places on your own), free time.

Prices include accommodation, yoga practice, breakfast, transportation from/to airport and to Gili Meno and back.

Flights not included. You must agree to the Terms & Conditions before booking.

Retreat Terms

PAYMENT TERMS & CANCELLATIONS

1. Retreat Pricing

All prices are per person and are set well in advance of the retreat start date. Prices include retreat costs only; they do not include airfare to and from the retreat. Resort gratuities are never included in retreat price.

2. Retreat Payment & Deposit

Payment can be made by bank transfer given in the mail upon your registration. If a deposit is made, then the remaining balance will be due by February 23rd, 2019 (8 weeks prior to the retreat). Participants will receive a reminder email one week prior to the due date. If full payment is not received by 8 weeks prior to retreat start date, we reserve the right to cancel your reservation and fill your spot. We will make every effort to avoid this situation by contacting you prior to and on the day of the balance due date.

3. Strict Cancellation Policy

If you wish to cancel your retreat you must notify Amrita Yoga in writing by contacting anna@yogalugano.ch. There are no refunds on deposits nor on final balances paid. Exceptions to our cancellation policy cannot be made for ANY reason, including weather, terrorism, civil unrest, Zika virus, health changes, personal emergencies or otherwise. There is no refund for arriving late or leaving a trip early. Acquiring a basic trip insurance will protect you for the full amount paid due to cancellation reasons covered by the policy, such as severe weather or illness.

5. Transfer Policy

Reservations cannot be transferred from one retreat to another.

6. Retreat Cancellations

Yoga Amrita reserves the right to make any changes deemed necessary; including, but not limited to: Yoga Amrita staffing assignments, advertised excursions, arranged transportation, advertised meals, etc. In the rare case of a Yoga Amrita Retreat cancellation, Yoga Amrita will offer a transfer to another Yoga Amrita Retreat or workshop (if possible) *** (participation in another related retreat) or a full refund of your payment. Yoga Amrita is not responsible for any expenses or damages incurred as a result of retreat cancellation including preparation costs, airline tickets, travel documents or other expenses. Yoga Amrita reserves the right to cancel any retreat prior to departure in the event that there are too few people booked, in which case you will be given a full refund of any and all payments made to Yoga Amrita. You will not be entitled to claim any additional amounts or seek any compensation for any injury, loss, expenses or damages (either direct or consequential) or for any loss of time or inconvenience which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes).

8. Travel Documents and Insurance

It is the responsibility of each traveller to obtain all required travel documents including Visas unless otherwise noted. All European and American passport holders are required to have at least 6 months validity on their passport at time of travel. Information regarding necessary documentation is provided as necessary on our website or you can contact us for more detailed information. All students are strongly recommended to have their own travel insurance to cover any loss or injury, including repatriation if necessary.

ROOMMATES

9. Roommate Assignments

Retreat rates are per person. Double or otherwise advertised shared rooms require shared occupancy for the specified room rate. If you book a shared room without specified roommate(s), we will do our very best to match you with your desired room type and price point. In the event we can't find you a roommate for your first pick, we will present you with different rooming options. If Yoga Amrita decides to offer a discount to some students, or last minute discount places, this does not affect the status of any students who have previously paid the full price, and no discount will then become due to them. Students who have paid a supplement for a single room will not qualify for any discount regardless of whether another student happens to be alone in a 'shared'

ACKNOWLEDGEMENT

10. Assumption of Risk

I acknowledge that I have voluntarily enrolled to participate in this Yoga Amrita retreat. In consideration of Yoga Amrita allowing me to participate, I agree to this release of claims, waiver of liability and assumption of risks. On behalf of myself, my heirs, executors, successors, administrators and any other person who may have an interest at common law or by operation of statute, I hereby waive any and all claims I or such parties may have now or in the future. I release from liability Yoga Amrita and any teachers, employees, guides, agents or representatives ("the releases") for any personal injury, death, property damage or loss or any nature suffered by me as a result of participation in any activity on the retreat. I release from liability Yoga Amrita for any cause whatsoever including those arising out of, or in any way connected to or occasioned by the negligence of the releases. I acknowledge that both EcoVilla Ubud and Seri Resort accepts no liability for loss, damage, injury or illness, which may occur while at EcoVilla Ubud and Seri Resort, or travelling to or from EcoVilla Ubud and Seri Resort. The terrain, natural areas and the ocean are subject to natural forces which result in obstacles and hazards. In some instances activities that contain water can be cold and/or turbulent and extended immersion can be life threatening. Risks can include but are not limited to:

- i) Isolation: This Yoga Amrita retreat may be in wilderness and natural areas which may not be regularly patrolled, communication may be difficult and rescue and medical treatment may not be available for hours.
- ii) Animals: This Yoga Amrita retreat may include hiking in natural areas which may result in encounters with wild animals and insects which may injure or kill.
- iii) Weather: conditions vary from retreat to retreat and may include but rapid and/or extreme changes presenting significant challenges.
- iv) Environmental Risks and Hazards: varying but may include but are not limited to: rapidly moving,

deep or cold water; insects, snakes and predators, including large animals; falling and rolling rock; lightning, flash floods and unpredictable forces of nature, including weather which may change to extreme conditions without warning. Possible injuries and illnesses include high altitude illnesses, sunburn, heatstroke, dehydration and other mild or serious conditions.

Throughout the retreat, participants are responsible for their own safety.

PHYSICAL TRAINING RELEASE OF LIABILITY

11. Express Assumption of Risk

I, the undersigned, am aware that there are significant risks involved in physical training, including but not limited to, the physical training inherent to all yoga exercise activities, and that my participation in any such physical training program carries with it the potential for death, injury, and/or property damage. During my stay at retreat the staff takes every step to ensure that students are not stretched beyond the limit of their capabilities and to avoid such I commit to tell the teacher if I have any particular pre-existing injury or illness that is relevant, and tell the teacher if I am finding the class too difficult. If I am feeling any pain or illness during class it will be in my own interest to stop and rest. The risks include, but are not limited to, falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains; those risks caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, and trainers and lack of hydration. These risks are not only inherent to physical training and athletics, but are also present for volunteers and spectators. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participating, volunteering or watching in any physical training, including this yoga program. I realize that liability may arise from negligence or carelessness by the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

I acknowledge that I am willingly participating in these activities and that I have assumed all risks as described above. In consideration for my being allowed to participate in the activities offered, I, the undersigned hereby release Yoga Amrita, their principals, teachers, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with the hosting organization to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification: The participant recognizes that there is risk involved in the types of activities offered. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Yoga Amrita and the hosting organization, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main building, and/or any area selected for training.

ALLERGEN ENVIRONMENT

12. Food Allergies and Allergies Notification, Acknowledgement, and Release of Liability

An environment free of allergens, including but not limited to food allergens, CANNOT be guaranteed on a Yoga Amrita retreat. Therefore, the released parties cannot guarantee that any particular food product is free of all traces of any particular allergen, that consumption of a food product will not result in some form of allergic reaction, or that the participant will not come into contact with any allergens while in attendance on Yoga Amrita retreats. The undersigned acknowledges and agrees that i) she/he is aware of such risks and that participation in the event will expose the participant to food, activities and persons that may result in exposure to allergens and injury and, in that regard and assuming such risks, the undersigned hereby fully releases and discharges the Released Parties from any and all liability and/or responsibility to the participant, the undersigned, or any third party for death and/or injuries to the participant, and/or any direct, indirect, punitive, incidental, or any damages that arise out of or relate to participant's participation in Yoga Amrita retreats and/or exposure to food allergens.

MEDIA

13. Permission for Capture and Use

Media is defined as photography, video, written or verbal testimonial, or any other form of capturing likeness. For valuable consideration received, I grant to Yoga Amrita the absolute and irrevocable right and unrestricted permission concerning any captured media that she/he has taken or may take of me

or in which I may be included with others, to use, reuse, publish, and republish in whole or in part, individually or in connection with other material, in any and all publishing platforms now or hereafter known, including the Internet, and for any purpose whatsoever, specifically including illustration, promotion, art, editorial, advertising, and trade, without restriction as to alteration; and to use my name in connection with any use if she/he so chooses. I release and discharge Yoga Amrita from any and all claims and demands that may arise out of or in connection with the use of the media, including without limitation any and all claims for libel or violation of any right of publicity or privacy. This authorization and release shall also inure to the benefit of the heirs, legal representatives, licensees, and assigns of Photographer, Videographer, Interviewer, Editor, as well as the person(s) for whom he/she captured the media. I am a legally competent adult and have the right to contract in my own name. I have read this document and fully understand its contents. This release shall be binding upon me and my heirs, legal representatives, and assigns.

WAIVER

14. Release and Waiver of Liability

As consideration for being permitted by Yoga Amrita to participate in these activities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue or attach the property of Yoga Amrita, their affiliates, teachers, employees, agents or volunteers or any of their affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor, or any of their affiliated organizations, as a result of my participation in Yoga Amrita retreats. I hereby release Yoga Amrita, and any of their agents or affiliated organizations from all actions, claims or demands that I, my assigns, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury, damage, or death resulting from my participation in Yoga Amrita retreats.

I am medically, physically, emotionally and in all respects fit and able to participate in Yoga Amrita retreats.

I agree I will be fully and financially responsible for my own physical condition and well-being during the retreat and will follow the safety precautions and instructions prescribed by Yoga Amrita.

I acknowledge that Yoga Amrita may make suggestions from time to time that are intended to help me and my well-being. However I take ultimate responsibility for my choices and realize that Yoga Amrita is not licensed medical provider and that I must consult my doctor.

If I experience pain or discomfort during the retreat, I will modify Yoga Amrita's instruction to suit my individual needs. I will not hold Yoga Amrita responsible for any pain or discomfort I experience during or after the retreat. I understand that the activities offered on this retreat are not a substitute for medical care. I understand that Yoga Amrita is not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat physical or mental illness.

For the benefit of everyone on your Yoga Amrita retreat, Yoga Amrita reserves the right to accept or reject any participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the retreat, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the retreat. Yoga Amrita will carry no responsibility or liability for any participant who leaves the retreat prior to its conclusion or for any activity undertaken by any participant which is not included on the retreat itinerary.

By agreeing to the terms outlined here and elsewhere on the Yoga Amrita website I hereby release and discharge my rights and claims for damages or liabilities that may occur as a result of participation on a Yoga Amrita retreat.

This Agreement shall be governed by and construed in accordance with the Switzerland laws, without regard to its conflict of laws rules.

QUESTIONS?

If you have any questions regarding our policies, please contact the retreat coordinator, via email at anna@yogalugano.ch