

# HILLSYOGA BALI RETREAT

6 day yoga program & 7 nights

15 to 20 April 2012



## Give Yourself a Well Deserved Break!

UNWIND, LET GO & RELAX...

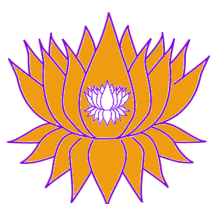
Immerse yourself in your yoga practice whilst resting and having a great time in the beautiful and lush surroundings of Bali. A wonderful opportunity to come back to simplicity and get some "me time" away from daily life distractions, pressures, deadlines and stresses.

Take the time to restore your mind and body, and return to your life inspired and invigorated!

This retreat offers daily practice mornings and afternoons with plenty of time to rest and explore the wonders of Bali.

Located at the end of a quiet road lined by rice fields, *puri anyar* is the perfect place to unwind and recharge. Within close proximity of Seminyak, the entertainment centre of Bali, *puri anyar* is both private and central.

[www.purianyarbali.com](http://www.purianyarbali.com)

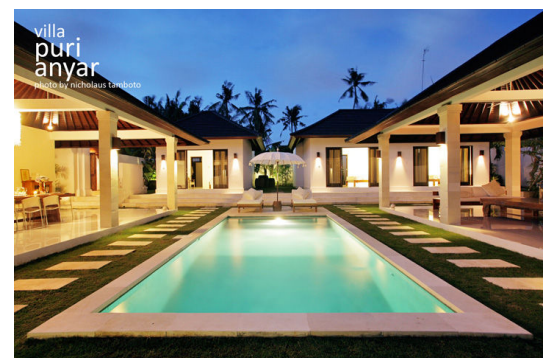


### This retreat offers

- Daily morning and afternoon meditation, yogasana and pranayama
- 7 nights LUXURY accommodation
- Daily traditional Balinese breakfast
- Transfer to and from airport
- Transport to restaurants for dinner
- Complementary evening banquet on your last day

### COST DOES NOT INCLUDE

- Lunch, dinner
- Airfares



## MORE INFO!

Full programme, details and registration

Please email  
[retreat@hillsyoga.net.au](mailto:retreat@hillsyoga.net.au)

[www.hillsyoga.net.au](http://www.hillsyoga.net.au)