



Also known as the Land of the Gods, Bali appeals through its sheer natural beauty of looming volcanoes and lush terraced rice fields that exude peace and serenity. Bali enchants with its dramatic dances and colourful ceremonies, its arts and crafts, its luxurious beach resorts and intricately carved temples.

There is a special vibe, an essence, something authentic that is difficult to describe, which has touched and inspired visitors from all over the world for decades.

Promising a deep insight into yoga for all levels, this retreat is suitable to anyone wanting to relax and rejuvenate in a peaceful and beautiful environment, enjoy amazing and healthy food, and learn from two of Australia's most highly knowledgeable and respected Master yoga teachers Nicky Knoff and James Bryan. Complete beginners to experienced yogis are all welcome and will benefit greatly from this immersion into the healing powers of this ancient art.

The retreat was absolutely wonderful. Nicky and James were very approachable and generous with all the knowledge they share! They are certainly Masters of everything Yoga!

Having seven days to nourish, nurture, strengthen and purify my body through the Knoff Yoga practices of asana, pranayama and meditation was indeed the medicine I needed on a physical, mental and emotional level to fully recover after a very recent appendectomy.

Jenny Warburton, Bali Retreat 2019



Bali Mandala Resort is a very special place, this Yoga retreat far exceeded my expectation in every way. The yoga and teaching was consistently of a very high standard. I really loved the way Nicky and James teach. I felt I learned so much in a few days. I now question the way some things are taught now I'm back home. A wonderful, wonderful way to completely indulge in a love of yoga, Bali and making new friends. A stand out retreat!

Christine Ford, Bali Retreat 2019

I love Nicky's sense of humour and generosity of heart and that she works so hard to help us in our yoga journey (thank you.) I love James' honesty and openness and humour too. Combining these with other yogis, a beautiful space, warm sun, skilled massage and wholly scrumptious food, is a totally magical and restorative combination. Heaven.

Josie Crawford, Bali Retreat 2019



For more information contact our Concierge, Owen Scotts
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or visit: www.knoffyoga.com



Bali Yoga Retreat

with Masters
Nicky Knoff & James Bryan

29 August to 5 September, 2020



Our Accommodation

The **Bali Mandala Resort** lies on the fringe of the small Balinese village Bondalem surrounded by Bali's biggest palm grove, tucked away from the hustle and bustle of the tourist centres of Bali.

With exclusive use of the entire resort this secluded piece of paradise will be **our home for 7 blissful nights**. There are two yoga classes per day with ample free time to enjoy the resort's facilities and local activities.

- Indulge from head-to-toe in the resort's two Wellness Spas
- Take a cooking class with the kitchen staff
- Have a dip in the beachside pool
- Snorkel in the ocean
- Try the fun activity StandUp Paddling (SUP)
- Rent a kayak
- Balinese offerings and sarong-tying classes
- Relax in the comfortable lounge chairs
- Visit the local authentic Balinese villages and markets

As a mandala is a metaphor of wholeness, the Bali Mandala Resort is an open place of hospitality for **people who seek for restfulness in breath-taking nature, meaningful conversations with inspiring people, and insights into the enchanting Balinese culture**. Arriving here is like crossing a threshold into a world of tropical beauty and abundance.

Nicky Knoff and James Bryan

Master Teachers, Nicky Knoff and James E. Bryan have refined the Knoff Yoga System with over 70 years of combined experience and through direct study with B.K.S. Iyengar, Pattabhi Jois, Desikachar and Bikram to offer you the highest standards for best practice and teaching.

Getting There

Meeting at a central hotel in Legian (details to be confirmed) on Saturday, 29 August at 10am sharp for a 10.15am departure. We travel through breath-taking countryside to Bali Mandala Resort, stopping on the way for lunch at Mt Batur volcano (Kintamani Restaurant).

Please note: for your convenience and to fit in with your individual travel arrangements, you are welcome to make your own way to Bali Mandala Resort. Please be sure to arrive before the first yoga session at 4:30 pm.

The yoga sessions begin that afternoon. We spend 7 heavenly days and nights here before departing on Saturday, 5 September after lunch.

Payments

Payments can be made by cash, cheque, via internet banking or credit card (Visa and MasterCard are accepted but both attract a 1.5% transaction fee). A non-refundable deposit of \$300 will secure your spot, with the balance to be paid by 18 July 2020.

Please refer to our booking and payment form (via the **Bali Retreat** page on our website) for terms and conditions.

"I've been doing yoga twice a week for 5 years now and it was always a struggle for me until I joined this retreat. In fact, this retreat is the first time that I have actually enjoyed yoga. I feel I have a clear understanding of what I want to do and where I want to go. And most importantly, I feel like I am improving and developing."

The retreat was invaluable for giving me an understanding of important alignment principles and also for motivating me to continue practising on my own.

Nicky and James are very special – they are knowledgeable and kind and they have their students best interests at heart. They are generous with their knowledge and experience – true masters."

Nina Wexler, Bali Retreat 2019



Retreat Inclusions

- Transfers to Bali Mandala Resort from a central meeting point in Legian (details TBC). Return taxis can be arranged by Bali Mandala Resort but are not included in the retreat fee
- 7 night's accommodation at Bali Mandala Resort in Tejakula (including resort staff tip)
- Yoga classes daily: Intensive 2.5hr AM yoga session (7.00 am-9.30 am). Blissful 1.5hr PM session including pranayama and chakra meditation (4.30 pm-6.00 pm)
- Luxury twin and single share accommodation in Balinese-style huts
- Buffet-style breakfast, lunch and dinner. Tea, Balinese coffee and fruit available 24/7
- Balinese offering and sarong tying classes.



Fees

Twin share	\$1599 per person
Single room	\$1999 per person

Limited to 28 guests.