



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.

Learning forum as opposed to teaching forum... if you are looking for a challenging and enjoyable retreat which enables you to learn and perfect your practice – no matter how long you have been a yoga practitioner – Nicky and James' retreat is the one. This is a learning forum where you have to fully take part, i.e. be focused and committed in order to reap the benefits of the knowledge and expertise mentioned earlier. It's a two way process and not for the lazy.

The location was lovely and I was happy to meet a great bunch of people of different backgrounds. Everyone made a lovely effort to get to know one another and spend time. It was like meeting old friends. I would certainly return for another (re)retreat.

Moji, Bali Retreat 2017



The Bali Mandala Resort was quiet and authentic. Plenty of fresh delicious healthy food to eat as we chatted and gazed over the ocean.

It was great to do so much yoga every day with two inspirational and knowledgeable teachers. You shared your amazing yoga and life experiences on and off the mat. Everyone felt welcome and every question answered patiently and from the heart. The yoga was real grassroots yoga with a wealth of knowledge and experience to back it up.

Sheree, Bali Retreat 2017



**KNOFF
YOGA**
energise • elevate • evolve

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

2-10 September 2019



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

Arriving in Bali on Monday, 2 September, we stay overnight in Legian at the luxurious Jayakarta Bali Hotel*. Visit their website for more information: bali.jayakartahotelsresorts.com

The next morning (Tuesday), we travel through breathtaking countryside to Bali Mandala Resort, stopping on the way for lunch at Mt Batur volcano (Kintamani Restaurant).

The yoga sessions begin that afternoon. We spend 7 heavenly days and nights here before departing on Tuesday, 10 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 1.3% transaction fee). A non-refundable deposit of \$300 will secure your spot, with the balance to be paid by 22 July 2019.

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

** First night's accommodation subject to change*

“Nicky, James and Owen make both new and familiar people feel very welcome. Their easy warmth spread throughout the group and made us all feel relaxed and ready to work hard at the Yoga practice.

The quality of instruction was excellent. Our group had a mix of abilities and Yoga levels but I could see that each person's needs were fully addressed and that created a great sense of inclusiveness at all times.

The Bali Mandala Resort is beautiful. I travel often to Bali and have stayed in many hotels in different areas but the Bali Mandala is definitely one of my favourites. So many places in Bali lose their charm because they are run as part of a tourist business but Bali Mandala has the most extraordinary genuine, authentic atmosphere.”

Nina Wexler, Bali Retreat 2017



Retreat Inclusions

- 1 night's luxury accommodation in Legian on the day of arrival in Bali *
- 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
- Taxi transfer from Bali International Airport to Legian/Legian to Bali Mandala Resort
- Balinese offering and sarong tying classes

** First night's accommodation subject to change*

Fees

Twin share	\$1499 per person
Single room	\$1999 per person

Limited to 28 guests.

