



# Bali Yoga Retreat

with Masters Nicky Knoff and James Bryan  
Thursday, 21 to Friday, 29 September 2017

Journey into radiant health and relaxation with this rejuvenating seven day retreat. Staying at the beautiful **Bali Mandala Resort**, located at the northern most point of the island, we will enjoy exclusive use of the entire resort.

This piece of paradise is secluded, private and tucked away from the hustle and bustle of the tourist centres of Bali.

Enjoy a dip in the beachside pool or a snorkel in the ocean, visit the local authentic Balinese villages and markets or pamper yourself in the resort's two wonderful day spas — the choice is yours.

Twin share: **\$1499 per person**  
Single room: **\$1999 per person**  
Limited to 28 guests

## 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 (7.00 am-9.30 am and 4.30 pm-6.00 pm)
  - Intensive 2.5hr am yoga session
  - Blissful 1.5hr pm session including pranayama and chakra meditation
- 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 › Legian / Legian › Bali Mandala Resort
- Balinese Offering and Sarong Tying classes



## 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.

## Bali Mandala Resort

In the midst of rapidly changing times on all levels of human life, Bali Mandala Resort offers a very special space for inner contemplation and stillness. It is a powerful place where people can have an exceptional experience of reconnecting with their essential wholeness. Visit their website for more information: [www.balimandala.com](http://www.balimandala.com).

## Limitation of Liability

Knoff Yoga only acts as an agent for the owners and provider of services and cannot be responsible nor liable for any injury, loss or damage of property, cancellation or disruption of the program due to circumstances beyond the control of Knoff Yoga. Any extra cost due to circumstances beyond the control of Knoff Yoga will be the responsibility of the participant.

## Refunds

Refunds, other than the \$300 non-refundable deposit, will only be available if a replacement guest can be found in a timely manner. Because of frequent volcanic eruptions and air traffic interruptions, travel/cancellation insurance is highly recommended.

## Passports

It is essential that passports have at least 6 months of remaining validity upon entry into Indonesia. Visas are issued at the airport on arrival and cost \$35 US.

## Getting There

Arriving in Bali on Thursday, 21 September, we stay overnight in Legian at the luxurious Jakarta Bali Hotel. Visit their website for more information: [bali.jayakartahotelsresorts.com](http://bali.jayakartahotelsresorts.com)

The next morning (Friday), we travel through breathtaking countryside to Bali Mandala Resort. The yoga sessions begin that afternoon. We spend 6 heavenly days and nights here before departing on Friday 29 September after lunch.

We recommend you contact the Official Knoff Yoga Travel Agent to discuss your flight options.

**Tracey Standing (Gregor & Lewis Travel)**

**T +61 7 5447 4666**

**E [traceystanding@gregorlewis.com.au](mailto:traceystanding@gregorlewis.com.au)**

**[www.gregorlewis.com.au](http://www.gregorlewis.com.au)**

## Payments

Payments can be made by cash, cheque, via internet banking or credit card (Visa and MasterCard are accepted but both attract a 1.75% transaction fee). A non-refundable deposit of \$300 will secure your spot, with the balance to be paid by 10 August 2017. **Please note: there will be no refunds after 23 August 2017, if you cancel your booking.**

For more information contact our Concierge,  
Owen Scotts on **0402 278 959**  
**[owen@knoffyoga.com](mailto:owen@knoffyoga.com)** or visit:  
**[www.knoffyoga.com](http://www.knoffyoga.com)**



**KNOFF  
YOGA**

energise • elevate • evolve