

UBUD BALI MARCH 20-28 2018

WITH JAMES HIGGINS

ENJOY A MAGICAL YOGA AND MEDITATION RETREAT ADVENTURE FOR EIGHT NIGHTS OF REJUVENATION AND EMPOWERMENT ON THE BEAUTIFUL ISLAND OF BALI. SURROUNDED BY THE POWER OF THE INDIAN OCEAN BALI IS A MYSTICAL DESTINATION UNLIKE ANY OTHER. THE RETREAT FOLLOWS BALINESE NEW YEAR MARCH 17 - NYEPI (A SPIRITUAL DAY OF QUIET REFLECTION WITH TOTAL ISLAND STILLNESS AND SILENCE).

THIS RETREAT IS DESIGNED WITH SUPPORT AND POSITIVE INTENTIONS FOR THOSE LOOKING TO DEEPEN THEIR YOGA AND MEDITATION PRACTICES, TO GAIN MORE STABILITY AND STRENGTH IN THEIR LIVES, TO TAKE TIME FOR PERSONAL REFLECTION AND GROWTH, TO MOVE FORWARD IN A GOOD WAY, TO FURTHER DEVELOP IN SPIRIT, HEART, AND SOUL, TO HAVE A GOOD TIME, AND TO ESTABLISH A DEEPER FOUNDATION IN THE TIMELESS MEDITATIVE QUALITIES OF LOVE, CARE, KINDNESS AND COMPASSION.

INCLUDED IN THE PRICE OF THE RETREAT ARE THREE HOUR MORNING PRACTICES, DAILY GROUP BRUNCH, EVENING MEDITATION SESSIONS, AND A CLEANSING PURIFICATION TRIP TO THE WATER TEMPLE.

THE RETREAT LOCATION IS ALAM SHANTI IN A QUIET AREA OF UBUD CALLED NYUH KUNING NEAR THE MONKEY FORREST, THE LOCATION PROVIDES ACCESS TO EXCELLENT RESTAURANTS, GREAT SHOPPING, EVENING EVENTS, AND EVERYTHING ONE NEEDS INCLUDING SWIMMING POOL, SPA, AND MASSAGE SERVICES.

SPACE LIMITED IS LIMITED FROM 10-16 PARTICIPANTS

DOUBLE: \$1595 TRIPLE: \$1395 SINGLE: \$1795

SEND \$600 DEPOSIT VIA VENMO OR PAYPAL TO JAMESHIGGINSX@GMAIL.COM TO SECURE YOUR SPACE. (ADD 6% FOR ALL CREDIT CARD PAYMENTS)

PERSONAL CHECKS TO JAMES HIGGINS PO BOX 2562 SAN ANSELMO CALIFORNIA 94979
FOR QUESTIONS & INQUIRY 01-415-994-8955 OR JAMESHIGGINSX@GMAIL.COM

DEPOSIT NON-REFUNDABLE AFTER JANUARY 20, 2018

FULL PAYMENT DUE ON OR BEFORE FEB 01, 2018

RETREAT NON REFUNDABLE AFTER

WWW.JAMESHIGGINSYOGA.COM

[HTTP://WWW.ALAMINDAHBALI.COM](http://WWW.ALAMINDAHBALI.COM)