



Insight Yoga Retreat in Beautiful Bali

A six-night Retreat with Sarah Powers

10th to 16th December 2009

Offering twice daily classes for five days, this Retreat at COMO Shambhala Estate – also open to non-residents and for those staying at Uma Ubud – will begin each morning with silent sitting practice. The sessions will explore Sarah's unique style of passive and active Yoga as well as meditation.

Sarah Powers

Sarah, who is California based, has taught Yoga since 1987. She interweaves the insights and practices of Yoga and Buddhism, her style blending both a Yin sequence of long-held poses to enhance the meridian and organ systems, combined with a flow or Yang practice, influenced by Viniyoga, Ashtanga, and Iyengar teachings.

INCLUSIONS:

- 6 nights accommodation (10th to 16th December 2009)
- 5 hours of Yoga instruction per day with Sarah Powers (11th to 15th December 2009)
- Daily breakfast
- Daily brunch on Yoga days (11th to 15th December 2009)
- Welcome dinner
- Farewell dinner
- Return airport car transfer (for double occupancy, only one car trip is provided so both guests should plan to arrive together)

Costs from \$3,515 (single occupancy) for those staying at the Estate.

Costs from \$3,135 (single occupancy) for those staying at Uma Ubud (including daily car transfers to and from COMO Shambhala Estate).

Costs \$1,210 for non-residents (including daily classes, daily brunch and use of the 25-metre lap pool, steam and sauna facilities at COMO Shambhala Estate).

For more information and to make a reservation:

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