

Yoga and Culture in Bali

with Erin Fleming & Sherri Baptiste
and the Bali Institute

January 15 - 22, 2012

Join us on a trip of a lifetime to explore the beauty and rich culture of Bali. Delve deeper into your yoga in one of the most gorgeous settings in the world. The Bali Institute, Ubud's premiere cultural organization, will guide us on exclusive, off-the-beaten-track tours to some Bali's most colorful markets and sacred local temples. We will observe ancient spiritual practices and meet community leaders and dignitaries to develop a better understanding of this unique culture.

Our daily yoga practices will take place on a spectacular platform overlooking terraced, green rice paddies. Accommodation in this 5-star hotel is in private villas with their own spring-fed pools. Enjoy spa treatments, gourmet cuisine and great company for an unparalleled exploration into the heart of Bali.



Erin Fleming is the Yoga Director for Bay Club Marin. She draws her inspiration from a blend of the essential aspects of Ashtanga, Iyengar, Anusara, Qi Gong, Taoist Yoga, Yin Yoga. Her audio cd, "YIN YOGA: The Essential Practice" is available on iTunes and has received rave reviews by Yoga Journal. www.yogadeva.com



Sherri Baptiste - Baptiste Power of Yoga™ is an inspirational teacher, author and daughter of renowned yoga-health-and fitness-teachers. A top expert in her field of health, fitness and wellness she is the founder of Baptiste Power of Yoga™, a nationally recognized yoga method. Sherri's way of teaching is accessible to everyone; offering depth, renewal, dynamic results, and inspiration. www.powerofyoga.com

Reserve your space today! All levels welcome!

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\$2495 (\$2795 after Nov 15, 2011)

Included: 7 nights double occupancy in your own private villa w/pool, airport transfers, taxes, brunch, yoga classes, one massage, cultural excursions. **Not included:** airfare, dinner, additional spa treatments, gratuities.

Contact Michelle Fliegau 415.250.0712
michelle@internationalyoga.com

Payment Policy: Non-refundable deposit of \$300 to reserve your space. Final balance due Nov 15, 2011 and is non-refundable after this date.



www.internationalyoga.com