

BALI OR BUST

2013 YOGA ADVENTURE & RETREAT JANUARY 25TH - FEBRUARY 6TH



ARE YOU READY TO REVOLT AGAINST WHAT ISN'T AND EVOLVE WHAT IS?

Join Amanda Giovanna of Revolution Yoga and Rebecca Lammersen of Yogalution for the Yoga Adventure of a Lifetime. Embrace everything yoga from the physical to the philosophical. You will return with experiences you will remember forever and knowledge that will change how you see yourself and the world.

BALI. Island of the Gods is paradise on earth. The island is saturated with a rich history and spiritual and cultural influences infused by the migration of Hinduism into the country. Everyday life in Bali is laced with ritual and offering. The Balinese live to worship their Gods, Brahma (creator), Vishnu (preserver) and Shiva (destroyer). The Balinese live with Karma as their breath and action. They believe everything they do will be done to them. As a result, the Balinese are kind, caring and giving. They live to serve their Gods, their Families and their Community. From the varying landscapes of ocean and sand, hills and mountains, to the lush rice terraces and volcanic peaks, one stands in awe of nature's creation and the generous and devoted people who inhabit this Island.

OUR 13 DAY ADVENTURE INCLUDES

- 2 MASSAGES (BALINESE)
- DAILY YOGA CLASSES (VINYASA, YIN, RESTORATIVE)
- MEDITATION
- 3 FRESH ORGANIC MEALS A DAY INCLUDING SNACKS
- DOUBLE OCCUPANCY
- LUXURY ACCOMMODATIONS WITH AIR CONDITIONING
- INTENTION WORKSHOP AND PUJA FIRE CEREMONY WITH AMANDA DIGIOVANNA
- DIRECT BEACH ACCESS, POOL ACCESS
- AIRPORT TRANSFER (ARRIVE IN DENPASAR, BALI BY 4P JAN 25, 2013 DEPARTURE AFTER 1P ON DENPASAR FEBRUARY 6, 2013)
- 25 YOGA ALLIANCE CEU CREDITS...AND MORE!

EXCURSIONS

- VOLCANO TREK
- BALINESE COOKING CLASS
- BALINESE DANCE PERFORMANCE
- SNORKELING
- DOLPHIN WATCHING
- JUNGLE TREK TO SECRET WATERFALL
- VISIT BALINESE HEALER
- VISIT TO THE RICE TERRACES
- THERAPUTIC HOT SPRINGS
- TEMPLE VISITS
- MONKEY FOREST
- SHOPPING IN THE MARKETS OF UBUD

****Other Excursions Participants Responsibility to Cover Fee:** Body Work (Thai Massage w/ Marma Therapy, Reiki Healing Sessions) Massage, Facial and Body Treatments. **OTHER ELECTED EXCURSIONS TO BE ARRANGED BY REBECCA AND AMANDA UPON BOOKING** (Surfing, Elephant Rides, Hiking, Boating etc.)

COST OF TRIP

\$1999 (not including airfare) \$500 non refundable deposit due by August 1st. Full Payment by November 1st. Visa upon Arrival \$25 at airport. Book flights with WWW.CHEAPTICKETS.COM (Fly out of SFO on West Coast) \$50 from each trip reservation will be reserved for charity. We will be donating the money to an organization in Bali called Sengang Hati Foundation, supporting people with disabilities. (WWW.SENANGHATI.ORG).

JAN 25-FEB 2: Villa Boreh Northern Beaches of Bali located in Desa Sembiran (WWW.VILLABOREH.COM)

FEB 2-FEB 6: Gaia Retreat Center located in Ubud (WWW.GAIARETREATCENTER.COM).



REBECCA LAMMERSEN is the founder and owner of Yogalution® Studio. She has always had a passion and love for diverse physical disciplines. She has been a yoga practitioner for 12 years, and became dedicated and devoted to her daily practice 5 years ago. As she began to assist her teacher and mentor, John Salisbury, She realized her ability to read students' energy and adjust them into proper alignment while offering a healing and loving touch. Her mission and purpose in life is to provide a safe space for people to express themselves through their yoga, and guide people on their path to their personal liberation. Through her challenging yoga classes, healing touch, and words of inspiration, her students are re-energized, renewed, and leave feeling understood, aware, and complete. Contact Rebecca for more info rebecca@yogalutionstudio.com. or visit www.yogalutionstudio.com

AMANDA DIGIOVANNA, owner of Revolution Yoga® and Director Flying Frogs Yoga has been practicing and studying the science and art of yoga for over 16 years. A traveling connoisseur, Amanda, having travelled all over the world believes pairing our studies while exploring ancient cultures create a new dimension of experiential learning. Not only is one saturated in the culture of the space you're in, there is a special kind of Sangha (community) that develops with your fellow travelers. We all get to step away from the distractions of the every day to really experience some magic together. "I love to learn, touch, taste, explore and really experience new places and I cannot wait to take you all on this adventure of a lifetime." Amanda runs 200- hr teacher trainings on Long Island and will be facilitating special workshops on our trip including sankalpa (intention setting) with puja (fire ceremony), restorative yoga classes, vinyasa classes, philosophy and meditation studies. Amanda also loves kirtan and will be singing her way through Bali and facilitating Kirtan celebrations every night!



yogalution



FOR MORE INFO OR TO RESERVE YOUR SPOT VISIT
WWW.REVOLUTION-YOGA.COM OR WWW.YOGALUTIONSTUDIO.COM