

# THE BREATH OF THE HEART

28 JULY - 5 AUGUST 2018

**Eight day yoga retreat with Anneriek on the car free, idyllic atoll Gili Air (close to Bali).**

Let yourself float in the beauty of your own heart.

Be guided to explore your heart space working with the five elements - earth, water, fire, air & space.

Experience your true self in the present moment to connect to the essence of all life.

Celebrate your heart's desires, empower yourself, your abilities and your passion.

The program includes daily meditation, 2 yoga practices and theme related activities.

Price includes Lombok waterfalls excursion, accomodation, 3 meals a day, and transfer from Bali.

Limited spaces only, early booking essential. Prices start at \$1,450 (all inclusive, excl flight to Bali)

[www.yoga4you.com.au](http://www.yoga4you.com.au)

**Location:**

Arcing away from the northwest corner of Lombok, the Gili Air is an idyllic atoll where the sand is still powdery white, the water a clear sparkling turquoise, and the sunsets simply spectacular. Gili Air is car free, you will rely on bicycles or horse and carts.

Situated in the centre of Gili Air, “Flowers and Fire Yoga Garden“ retreat blends traditional Javanese artisanal teak details with local bamboo and ulang ulang style structures. This has created an intimate and magical space which maximises interaction with the beautiful surrounding environment.

**Anneriek:**

Anneriek, with 18 years of experience in many yoga disciplines, has an unique ability to teach challenging practices in a light hearted and joyful way. She is very passionate about yoga and loves to share her knowledge to help create healthy bodies, peaceful minds and awareness in living.

**Program:**

During this yoga retreat you’ll explore your heart space using the qualities of the five elements:

- Earth - Creating the sense of grounding and belonging
- Water - Experiencing the joy of flowing and moving
- Fire - Challenging your strength and willpower
- Air - Opening your heart space with your breath
- Space - The element that encompasses all other elements

Exploring the physical body, subtle energies and mind-body connection, the aim is to connect to your true self, the essence of all life. relating to your ‘higher mind’ and letting go of your ‘thinking mind’.

Each day you’ll be guided through:

- Early morning meditation
- Two yoga asana classes per day (vinyasa flow in the morning, more devotional styles or yin yoga later in the day/evening)
- Yoga philosophy or theme related activities in the afternoon/evening
- A day trip to the beautiful waterfalls in Lombok is included.

This retreat is suitable for all levels however some yoga experience is recommended.

**Prices:**

Early Bird Pricing (valid till 1 June 2018) per person:

- Dorm Studio (shared) - A\$ 1450
- Large Deluxe bungalow with loft (shared) - A\$ 1850
- Queen (couple) - A\$ 1750
- Queen (single) - A\$ 2350
- Deluxe bungalow (shared) - A\$ 1950

Numbers are limited. A non refundable \$300 deposit is required to secure your spot.

Price includes: Multiple daily yoga sessions, 8 nights accomodation, Delicious vegetarian breakfast, lunch and dinner, Fast transfer from Bali, Lombok waterfall excursion, Access to retreat amenities including: swimming pool, cafe service, Stunning open air yoga studio and high speed Wi-Fi.

**Booking:**

More info and booking: [www.yoga4you.com.au](http://www.yoga4you.com.au)

