

# FINDING BALANCE AT THE “SHIVA & SHAKTI” RETREAT

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

Creating balance in our busy life takes a central position in this 6 day retreat Gili Air. Gili Air is a car free, idyllic atoll close to Bali, where the sand is powdery white, the water a clear sparkling turquoise, and the sunsets simply spectacular. In this beautiful setting we will be finding balance, letting go of the old to make space for the new.

Balance is a state of mind that comes from knowing yourself at your deepest level of truth. When you find that stable centre within yourself that yoga helps you uncover, you connect to your inner power, this eternal place of peace within.

The program includes daily: meditation, 2 yoga practices and theme related activities. Price includes accomodation, 3 meals a day, and transfer from Bali.

Limited spaces only, early booking essential. Prices start at \$1,250 (all inclusive, excl flight to Bali)



**Location:**

Arcing away from the northwest corner of Lombok, the Gili Air is an idyllic atoll where the sand is 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.

**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:**

In this retreat we'll explore our balance. Balance is a state of mind that comes from knowing yourself at your deepest level of truth. When you find that stable centre within yourself that yoga helps you uncover, you connect to your inner power, this eternal place of peace within.

Using the metaphor of 'Shiva & Shakti' we try to 'undo' old patterns of behaviour and lay down new ones creating more balance in our life. Even if learning about folklore and deities doesn't normally strike your fancy, paying attention to Shiva and Shakti is worth it, since they embody the ideas of psychological change and growth to create BALANCE.

**Shiva** represents the male energy, and the embodiment of destruction, in a good way breaking down the old to create space for the new. Focusing on Shiva helps us experience our true selves in the present moment.

**Shakti** represents a feminine form of energy. The energy that fills the universe. Where Shiva represents the void, out of this emptiness comes Shakti, the essence of all life.

Each day you'll be guided through:

- Early morning meditation and breath work
- Two yoga asana classes per day (vinyasa flow in the morning, more gentle styles or yin yoga later in the day/evening)
- Yoga philosophy or theme related activities in the afternoon/evening

**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\$ 1250
- Large Deluxe bungalow with loft (shared) - A\$ 1550
- Queen (couple) - A\$ 1450
- Queen (single) - A\$ 2050
- Deluxe bungalow (shared) - A\$ 1650

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

Price includes: Multiple daily yoga sessions, 6 nights accomodation, Delicious vegetarian breakfast, lunch and dinner, Fast transfer from Bali, Access to retreat amenities including: swimming pool, cafe service, Stunning open air yoga studio and high speed Wi-Fi.

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

