

Expanding Light Tours presents

Yoga and Spiritual Health Retreat

New Years' Bali

27 December 2009 - 2 January 2010

with Jayanti Woods and Samantha Hyde

Raise your Vibration for 2010!

Imagine starting 2010 with a nurtured and healthier body, a clear mind, clarity of purpose and a renewed spirit. Join us for this opportunity to move into the new year in an empowered state with greater peace and wisdom, vision and a deeper connection to yourself.

Bali is the world's leading destination for yoga and spiritual retreats, a magical place of ancient temples, spiritual connection and renewal. The retreat will be held at Shankari's Bali Retreat, nestled between the rain forest and the sea at Balian Beach, a secluded surfing beach.

Our intention is to create a sacred environment and a balance between free time and structure, rest and activity, group interactions and personal time - so there will be a daily program schedule that encompasses all of this with plenty of personal time to give you the space to be and to rest.

Retreat includes

- * daily yoga & meditation
- beginners to advanced yogini's and yogis are welcome, as yoga will be taught at a general level.
- * Naturopathic screening & therapy (latest technology)
- * individual healing sessions
- * purification ceremony
- * temple visit and ritual
- * new year ceremony
- * delicious, healthy meals included
- * massage therapies and much more!
- * Airport transfers to and from Retreat Centre.

Investment:

Early (by 3rd September) \$1295;
Thereafter \$1,445 (twin share)

To Register: \$395 deposit

Bookings are essential as participant numbers are limited!

Contact: Jayanti on 0415 382272/(07) 5596 2746 or Samantha on (07) 5598 4070

www.expandinglighttours.com