

# Bali

## YOGA RETREAT

### *The “Secret” Gifts and Power of Yoga*

with ANDREW MOURNEHIS



In the beginning OM arose from the primal silence. OM is said to be the primordial sound that was present at the creation of the universe. OM is not a word but rather an intonation, which, like music, transcends the barriers of age, race, culture and even SPECIES.



*9 days / 8 nights*

*Oct 23 – Oct 31 2009*

*Melati Cottages, Ubud Bali*

Bali ....glorious 'Island of the Gods' ...where the connection with the Divine is unmistakable and the secrets powers of Yoga can be truly revealed...come away and discover these gifts for yourself on this transformative 9 days away.

The Yoga Sutras of Patanjali clearly describe practices that lead us to Self Realization and teach us the most efficient and optimal steps towards Enlightenment. The disciplines of cleansing and purifying our 3 human constituents... body speech and mind allow our Creative Spirit to be set free. Our Bodies are purified by self discipline and dynamic practices (Tapas) Our Words through Self enquiry and Spiritual study ( Svadhyaya) and Our Minds through Love and Surrender and opening our Hearts and Souls to the Divine (Ishvaraprahnidhani) .Three Great Paths of Yoga are united here...Hatha Yoga, Jnana Yoga and Bhakti Yoga...these 3 wonderful practices combined, provide extraordinary keys and gifts for unlocking the greatest gifts and the "secret" powers of yoga. All three Yogic paths promise true benefits towards a long and healthy life. A strong healthy body...a sharpened clear mind ...and open pure heart and ultimately a free soul. This retreat will give you the opportunity to participate in the world both inside and outside of yourself...allowing these powerful yogic practices to be infused in every part of your life ...every day. Through Opening to Grace, daily ritual and intention, dynamic asana practice, Self enquiry, sacred sounds and mantras, Kriya techniques, meditations, and offering our Hearts to the Divine Ocean of Love, we will open our bodies, minds and souls to the Beauty Bliss and Power of Universe...and the fundamental Healing it brings! To heal is to achieve balance and be whole. Are you ready to give this to yourself?

Let it be the gift of love, you give to yourself ...your loved ones... and the world...our planet needs you right now !!!



*"Yoga has been a Divine and Saving Grace in my life and for all those Beings that have I have been blessed to cross paths with.. I have been so fortunate to have some extraordinary teachers and teachings in my life and they have revealed some amazingly transformative gifts and powers that still grow, expand and evolve in my life to this day. I can't wait to share these with you on this fun-filled, creative, informative and joy-filled 9 days away" Namaste Andrew Mournehis*

**For Reservations Please Contact: Andrew Mournehis**

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**Numbers are limited, So early expressions of interest are advised.**

**[www.divinegrace.com.au](http://www.divinegrace.com.au)**



**Investment: Land/Yoga Only  
Price\$1410 twinshare/ \$1490 Single**

(8 nights accommodation, daily buffet breakfast, welcome dinner first evening, Daily Yoga sessions and ALL evening workshops)

**Flight/ Yoga Package  
Available on request**

**Also airport transfers available on request at small additional cost**

### **Schedule:**

Mornings begin with asana & meditation practice from 6.30-8.30am followed by a sumptuous buffet breakfast & free time. Free to enjoy spa treatments, pool, massages, day trips, tours or simply relaxing, before the creative afternoon themed workshops from 430- 630pm

### **3-step payment:**

1. \$450 (non-refundable) deposit to be paid upon registration
2. \$850 (non-refundable) to be paid by 25<sup>th</sup> August 2009
3. Balance to be paid by 29<sup>th</sup> Sept 2009

