

SACRED WOMEN'S RETREAT EGYPTIAN DANCE AND YOGA

3rd-11th July 2012: Ubud and Sideman, Bali



Join Alexandra and Nicole Turner-Butler on this amazing, memorable and magical personal journey and discover ways to energise and open your chakras (subtle body energy centres) with this empowering, feminine dance form.

Our 9 day retreat begins with 3 wonderful nights in Ubud, settling into an authentic Balinese experience. Included are a traditional Balinese Feast, Rice Paddy Walk, and Purification Ceremony with Nicole's favourite Balinese family.

A cultural tour of the Balinese Art, Silver & Woodcarving villages, and the famous Barong dance, are all on our way to the tranquil village of Sideman. Both accommodations have a pool, but here you are surrounded by rice paddies as well as amazing views of Mount Agung. During these 4 days you are completely nurtured and immersed in nature, waking to a gentle chakra-focused yoga session to start each day.

In this relaxed setting Alexandra will share her 4 Chakra Belly Dance Playshops. Alexandra is a dedicated teacher and professional performer, and her passion for this dance is infectious as she invites you to delve inside, open the door and dance to free your spirit.

Our retreat will end in Ubud again, with an Arabic Dinner & Dance Celebration, and the option to stay on if you wish. This Retreat is suitable for beginners and experienced students alike.

Take this invitation and join us on this special journey.

Retreat inclusions

Ubud - 4 nights

- ◆ Private Villa accommodation and breakfasts
- ◆ Transfers: to Ubud and Sideman
- ◆ Welcome dinner and Gift package
- ◆ Purification Ceremony Tour to Tithra Empul Temple
- ◆ Rice Paddy walk tour
- ◆ Balinese Massage
- ◆ Arabic Celebration Dinner and Dance

COST

\$1250 Twin Share or **\$1550** Single

Deposit: \$300 to secure your place

Balance due: 3rd May 2012

Sideman - 4 nights

- ◆ Barong Dance and Balinese Villages Tour
- ◆ Mountain accommodation includes all meals
- ◆ All Belly Dance and Yoga classes
- ◆ Experienced Balinese Tour Guide in private air-conditioned van
- ◆ Balinese massage

Bookings or more information contact Nicole

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