



If you have ever considered visiting Bali or wish you could go back AND do some Yoga this one week Yoga Holiday in Ubud Bali, June 21-26<sup>th</sup> 2015 may be perfect for you.

**It is my seventh year of facilitating Yoga Holidays, living my passion of sharing Bali and Yoga ☺**

This Yoga Holiday is suitable for beginners through to experienced students. I believe 'Yoga is for Every one' so welcome, in particular, those that have done little or no Yoga or haven't practised for some time.

**My classes at Ettalong , Davistown and Kincumber are available to anyone who is coming on the Yoga Holiday for only \$11 per class, as a term package, a great way to get some practice in before we go.**



Reflection time Ubud Artvilla

This experience differs significantly to the many retreats offered in Ubud, it's a Yoga Holiday infused with culture, special people, special places and lots of smiles 😊

**THIS YOGA HOLIDAY EXPERIENCE IS FILLED WITH FUN, LOVE AND BEAUTY**

You are taught Balinese Yoga by a Balinese Healer and Yoga Teacher. Our teacher/guru is Guru Made Sumantra, a 5th generation Balinese Healer. Each session is an opportunity for gentle healing and harmonisation.

I have trained with Guru Made Sumantra and am honoured to offer his teachings each year.



Wayan Suparta completes the Namaste Bali team which provides successful, spiritual, unique, nurturing, cultural Yoga Holidays filled with fun and smiles 😊. Wayan is an experienced guide and driver who manages the Ubud Artvilla where Namaste Bali is hosted.



Namaste Bali 2015 is \$1350 or on an **Early Bird offer for \$1200** (twin share),

\$400 deposit to secure this deal and place by 21st November 2014.

This is an ideal opportunity to travel on your own or with a friend joining a small group,  
(around 10 people), which focuses on fun, nurturing, good times with a healthy splash of yoga.

Sounds Bliss!??? (It truly is!!)

Consider joining me and I will treat you to a wonderful experience

Something for everyone

To express your interest or for more details email me at

nurtureworks@netspace.net.au or call 0404842601

**Namaste Everyone, Yoga Love Nicole xxx**

To see photos from previous Yoga Holidays visit

<https://www.facebook.com/media/set/?set=a.639107739433702.1073741825.162265970451217&type=1>

<https://www.facebook.com/groups/namastebali/members/>

### Testimonials

Past participants said the following, among many other wonderful things, when asked to describe their  
Namaste Bali experience:

*'Absolutely incredible – more than I could have imagined'*

*'Namaste Bali was very enriching and something that I have never experienced. I loved the yoga and the  
cultural awareness'*

*'Great venue, marvellous, supportive, caring, nurturing, fun, sharing, interesting...'*

*'Wonderful intro to Bali, excellent yoga, great food, beautiful accommodation.'*

*'Inspiring, invigorating and enjoyable'*

*'Bliss from beginning to end. Truly nurturing. Excellent facilitator!'*

*'unforgettable, blissful, OM!'*

*'nurturing, fun, exciting, interesting and beautiful'*

*'I loved every moment and every experience... I feel a real connection with Bali'*

*'Perfect, wonderful to experience, to share yoga with you, to connect with Bali'*

*I feel 'peaceful, nurtured', 'gratitude, sun energy', 'courage, determination', 'more smiles, more clear light'*

*'Life changing experience. I fell in love with Bali and the strength of a group of women'*

Thank you to the beautiful Namaste Bali 2014 group for sharing such a wonderful

Yoga Holiday with me, I love my work!!



Namaste Bali 2014 Group

### Inclusions

**Namaste Bali 21<sup>st</sup> -26<sup>th</sup> June 2015 (6 nights)**

**is a fully escorted small group tour**

**Typical program includes Early morning Yoga (with Nicole), Balinese Yoga with Guru Made Sumantra. Afternoons are free for optional tours, attractions and Spa Treatments, as well as shopping opportunities! Wednesday 24th is when an optional Group Day Tour is offered.**

**A sample program is available.**

- Twin-share accommodation is included at Ubud Artvilla, Penestanan, Ubud (some single rooms at the additional single supplement of \$300 are available)
- Daily Breakfasts and Lunch and Dinner on Monday 22nd June 2015 is included in your package.
- Other inclusions: Yoga Circle sessions, Balinese Yoga sessions, Balinese massage, Airport Transfers, Gift package on arrival, experienced Balinese tour guide.
- Optional Tours are offered at an additional charge.
- Lunch and Dinner (except on Monday 22nd June) are at your own expense.)

**Cost:** \$1350 (twin-share) or \$1650 (single)

A \$400 deposit (non- refundable) is required

**'Namaste Bali' is designed to be an authentic, memorable, fun and relaxing yoga holiday experience.**

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