



‘Namaste Bali’
A Yoga Holiday
 Filled with fun, beauty and love .
 22-27 June 2014 (6 nights)
 Namaste Bali **PLUS** Extend your Yoga Holiday with
 a 3 day North Bali stay (yoga sessions included)
 It is possible to do the 3 day North Bali stay
 as a stand alone experience

Our villa accommodation (Photo courtesy Ubud Artvilla)

Join Nicole with Guru Made Sumantra for a unique Balinese experience
 Be nurtured as you experience Balinese Yoga and ceremony
 Accommodation in Ubud is an artist's villa filled with
 beauty, love and creativity
 Extend your stay in a secluded resort located on the black sands of beautiful North Bali

More details - Contact Nicole: M: 0404842601 E: yogaventures@netspace.net.au W: www.nurtureworks.com.au

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 22nd-27th 2014 may be perfect for you.

This will be my sixth 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 Everyone so welcome, in particular, those that have done little or no Yoga or haven't practised for some time.

My classes at Ettalong and Kincumber are available to anyone who is coming on the Yoga Holiday for only \$10 per class, 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 2014 is on an **Early Bird offer for \$1100** (twin share),

\$300 deposit to secure this deal and place by 22nd November 2013.

There is an option to extend your Yoga Holiday with a **3 day North Bali stay**

(add \$500 twin-share includes yoga, transfers and all meals).

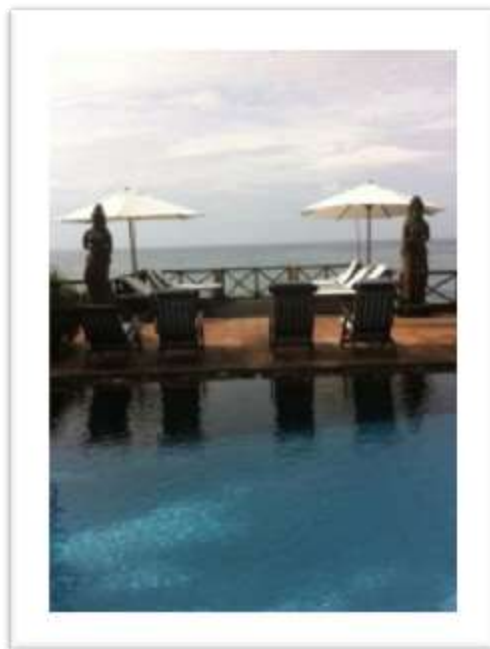


The plunge pool at our North Bali resort



Black sands of North Bali in front of the resort

Or, if you just want a mini Yoga Holiday, you can book for the 3 day program and enjoy the sound of the North Bali sea as you relax in this tranquil and beautiful resort,



This is an ideal opportunity to travel on your own or with a friend joining a small group, (up to 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, choose 6 nights, 9 nights or 3 nights!!

To express your interest or for more details email me at

yogaventures@netspace.net.au or call 0404842601

Namaste Everyone, Yoga Love Nicole xxx

To see more photos from 2012 and 2013 visit

http://www.facebook.com/nicole.turnerbutler?ref=tn_tnmn#!/pages/Nurture-Works/162265970451217

Testimonials

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

‘great venue, marvellous, supportive, caring, nurturing, fun, sharing, interesting...’

‘wonderful intro to Bali, excellent yoga, great food, beautiful accommodation.’

‘relaxed, easy and balanced’

‘fun, interesting, exciting and rejuvenating’

‘wow!’

‘nurturing, fun, exciting, interesting and beautiful’

‘I loved every moment and every experience... I feel a real connection with Bali’

‘It was awesome!’

I feel ‘peaceful, nurtured’, ‘gratitude, sun energy’, ‘courage, determination’, ‘more smiles, more clear light’

Thank you to the beautiful Namaste Bali 2013 group for sharing such a wonderful

Yoga Holiday with me, I love my work!!



Namaste Bali 2013 Group

www.nurtureworks.com.au

Inclusions

Namaste Bali 22nd -27th June 2014 (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 25th 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 23rd June 2014 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 23rd June) are at your own expense.)

Cost: \$1100 (twin-share) or \$1400 (single)

If a \$300 deposit (non- refundable) is received by 22nd November 2013.

Namaste Bali PLUS 28th -30th June (3 nights)

is a fully escorted small group tour available as an 'add-on' to above or a separate package.

While Ubud offers a wide variety of activities, so that you can be as busy or relaxed as you wish, this part of the program is all about relaxation in a beautifully appointed Balinese Resort. Villa Boreh offers a full range of Spa treatments, beautiful pools to plunge and swim in; it is a tranquil and private environment.

There are no shops only the local village, black sand beach, temples and nature.

(a waterfall visit is an optional tour)

- Twin-share accommodation is included at Villa Boreh, North Bali (single rooms at the additional single supplement of \$150 are available)
- All meals (3 meals, plus snacks), at the resort, are included in the package.
- Other inclusions: Transfers from Ubud to North Bali and return, Yoga Circle sessions with Nicole.
- Optional Tours are offered at an additional charge.
- Spa Treatments are at your own expense.

Cost: \$500 (twin-share) or \$650 (single)

if a \$150 deposit (non-refundable) is received by 22nd November 2013.

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

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