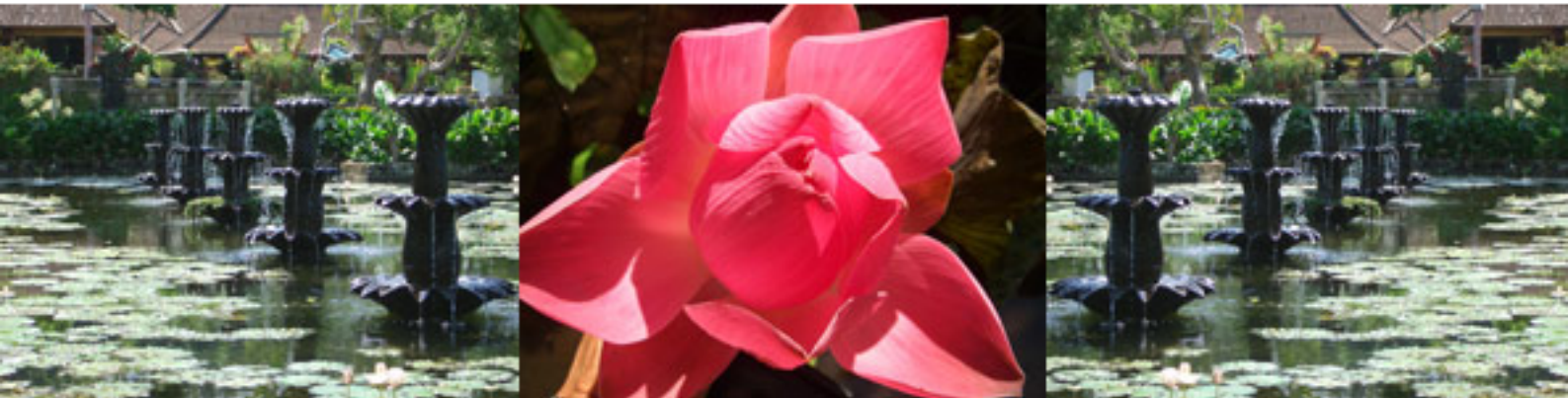


BALI

A vacation for body, mind, and spirit

Be inspired by the magic of the Island of the Gods

From 7th April to 22nd April 2006



Workshop and Guided Tour Yoga - Ayurveda Massage - Meditation...

The path to personal balance and comprehensive health

As part of the oldest system of healing in the world, ayurveda, yoga and meditation guide us on the path to our inner nature. Powers of self-healing become mobilized, giving strength and harmony to our immune system. Step by step we learn Marma-Ayurveda Massage, a detoxifying massage which sharpens our sensory perception, and allows us to experience in body and mind the Touching - Become Touched - Be Touched which guides us to a deeper body-consciousness and closeness.

This workshop and guided tour is suited to every age, and requires no previous knowledge of yoga, meditation, or massage, only the curiosity for a new sensual experience. Alongside the seminar, there is enough time for you to enjoy the wonderful surroundings, to feast yourself on the sun, sea, and luxuriant nature, to visit local artists and craftsmen, to see the volcanoes and Balinese temples, and... simply let your spirit free.

1st Day (Friday 7th April)

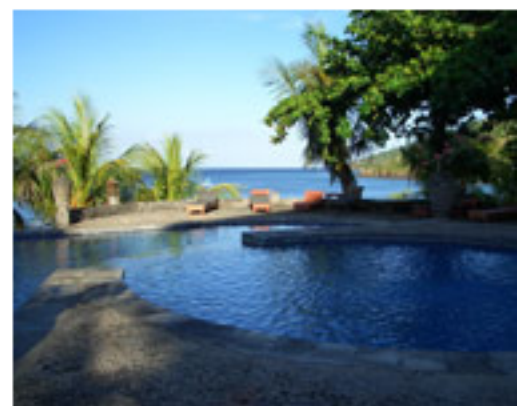
Depart Zurich

2nd Day (Saturday 8th April)

Arrive Denpasar, transfer to Semanak 15 minutes from the airport. Overnight at Hotel Puri Naga, situated directly on the Indian Ocean with its legendary sunsets.

3rd Day (Sunday 9th April)

Travel to Ubud - the artistic centre of Bali – Check in at Melati Cottages, serene beauty with Balinese village atmosphere and pool, surrounded by lush tropical gardens and rice terraces. Presentation of island information, lecture on ayurveda, determination of individual ayurveda constitution types.



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4th - 8th Day (Monday 10th April - Friday 14th April)

Daily 3-4 hrs 'Yoga – Ayurveda Massage – Meditation' seminar. In the afternoon, visit the local artist colony, walk through the rice fields, or simply hang out at the pool-side. In the evening, dine-out in the restaurants in Ubud and watch traditional Balinese dances. As a special treat visit the Zen-Spa for a Balinese massage followed by a relaxing flower filled Cleopatra Petal Bath.

9th Day (Saturday 15th April)

Island round-trip – experience the sightseeing highlights of Bali

10th Day (Sunday 16th April)

Visit to a Balinese family in their traditional compound with Indonesian buffet and dances. Alternatively, experience a full day meditation journey.

11th day (Monday 17th April)

Travel to Amed at the east end of the island - the hidden paradise. Check-in at the Hidden Paradise bungalow village direct on the sea along with its offshore reefs.

12th - 15th Day (Tuesday 18th April - Friday 21st April)

Daily 3-4 hrs 'Yoga – Ayurveda massage – Meditation' seminar. In the afternoon enjoy swimming, boat trips, and snorkeling, or simply let your spirit relax and take a pleasurable massage from an old Balinese master from Tirta-Ganga

15th Day (Friday 21st April)

Travel to Seminiak. Visit an ancient temple, watch the beautiful sunset or find time for shopping in Seminiak.

16th Day (Saturday 22nd April)

Relax on the beach or spend time shopping. Flight home

17th Day (Sunday 23rd April)

Arrive Zurich

Services included in package:

Flight from Germany/Switzerland to Denpasar Bali via Singapore

Airport taxes

Transfers described in the programme

Accommodation including breakfast in single room/double room (as specified at time of booking)

"Yoga - Ayurveda Massage – Meditation" Seminars

Island round trip

Visit to traditional Balinese family with Indonesian buffet and dances

Visit to spa with Balinese massage and Cleopatra Petal Bath

Traditional massage from a Balinese master

Entrance to Balinese dances

Tour guide and tips

Services not included:



Services included in package:

Flight from Germany/Switzerland to Denpasar Bali via Singapore
Airport taxes
Transfers described in the programme
Accommodation including breakfast in single room/double room (as specified at time of booking)
"Yoga - Ayurveda Massage – Meditation" Seminars
Island round trip
Visit to traditional Balinese family with Indonesian buffet and dances
Visit to spa with Balinese massage and Cleopatra Petal Bath
Traditional massage from a Balinese master
Entrance to Balinese dances
Tour guide and tips

Services not included:

Visa fees US \$25.00 - issued direct in Denpasar airport
Travel cancellation insurance
Personal expenses
Evening meals

Please bring with you:

A yoga mat and 2 sarongs (which can also be purchased in Bali)

Price

€1700.- Sharing double room
€1950.- With single room

Number of participants: From 10 to 18 persons

Reservation and booking: Doris Haacker-Kübel,

Telephone: 0049-7633-808941

e-mail: office@veda-balance.de

Closing date for bookings: 1st February 2006

Deposit of € 200.- at time of reservation, balance to be paid before 1/2/2006

Renate Eisenmann

For over 25 years I have traveled regularly to this wonderful dream island in the Indian ocean, over time forming a close relationship to a Balinese Priest and his family who introduced me to the traditions of the Hindu religion, rituals, and customs. As a physiotherapist on the path to holistic medicine, I have lived, worked and studied ayurveda, yoga und meditation over many years in India. Throughout the years I have conducted workshops and training courses in many different countries.

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