



Bali Yoga and Meditation Retreat
Awakening the Energetic Body
20th - 27th March 2016

This retreat takes place after the rainy season (and the winter here in Europe), when after having had time to turn in and nurture our roots, we will now be asked to blossom forth and bring our plans and visions to fruition. Join Selina Gullery for her annual ritual retreat of nurturing Vinyasa and Yin Yoga, meditation, guided journaling, wonderful spa treatments, celebration and silence, purification and fun, stillness and movement.

About

You will deepen your yoga practice, enjoy long periods of contemplation and celebrate your life in its many forms at a beautiful Balinese resort where tropical gardens meet the ocean. Our retreat includes learning more about Balinese culture and visiting a Balinese farm, with coconut groves, rambutan trees, turmeric plants, wild bees, ... a traditional fire ritual, visits to local temples, ...

Begin the New Year rejuvenated, inspired, and in touch with your self!

Accommodations

Villa Boreh offers beautiful Balinese houses each with their own bathroom and single accommodation in rooms close to the seminar area. Being a private beachfront resort located in a secluded jungle environment, you will feel wrapped in the lush tropical arms of nature, and cared for by the hands and hearts of conscious staff. The intimate yet spacious grounds will allow both interaction and time alone to contemplate as desired.

What's Included

- Daily sunrise meditation
- Daily morning invigorating Vinyasa Yoga classes
- Daily evening restorative Yin Yoga classes
- 3 gourmet vegetarian meals daily (with fresh fish options, too)
- Personal study book
- One complimentary massage at Villa Boreh's spa
- Ground transportation to and from Ubud on 20th and 27th March
- Accommodation
- Snorkelling equipment, kayaks

Optional Services at an Extra Fee

- Massage treatments at the spa
- Archery, cooking classes
- Optional eco-adventures include: snorkelling, dolphin watching at dawn, visiting local waterfalls, ...
- Visits to traditional Balinese healers
- Laundry services

Book your spot now, if you would like to experience transformation!





About Selina

Selina Gullery is a certified yoga and meditation teacher, English teacher, translator and intuitive cook. While studying yoga with the contemporary Guru Swami Samarpanananda in Rishikesh, India, Selina discovered her life's purpose, a way to live life consciously and to its full. She has since studied with many modern western teachers, notably Shiva Rea and Twee Merrigan. She leads the yoga teacher training at the Paracelsus Naturopath School in Kempten, Germany and has also had the honour of translating at conferences on mindfulness for some of the world's leading neuroscientists. In Selina's Teacher Trainings, in her classes and on retreat, she encourages the growth of the spiritual and individual self in her students. She attempts at living a mindful and joyful life, embracing imperfections and residing in the gentle strength of the higher Self.

Certified Yoga Alliance Teacher USA: YA 500, E-RYT 200
Member of the German Association of Yoga Teachers (BDY)

Pricing

Early soul price - double occupancy, shared bathroom in Balinese Villa - deposit received by 31st December 2015: **€ 1,108.--** (prices thereafter €1,208.--)

Early soul price - single occupancy in Balinese Villa, shared bathroom - **€ 1,308.--** (price thereafter € 1,508)

Early soul price - single room, own bathroom in Seminar Area - **€ 1,308.--** (price thereafter € 1,508.--)

This retreat tends to fill up quickly, so we highly recommend you secure your spot by paying the non-refundable (but transferable!) deposit of € 500.-- either by **paypal** to contact@gullery.de or by international bank transfer to:

Selina Gullery
Postbank Muenchen
BIC: PBNKDEFF
IBAN: DE38 7001 0080 0340 4048 09

What Previous Participants have said...

"Loved every minute. It was much more than I ever expected to get out of the retreat both mentally and spiritually. The yoga and the food and treatments were great. The resort beautiful and Selina is a queen!"

"I have been involved with yoga for many years, but I found Selina's classes to be a totally new approach. It was a wonderful experience. Each class was thought out - introducing new ideas, poses, music. A perfect time!"

"Selina's retreat was a complete experience incorporating body, mind and soul. She is a true expert and shares her knowledge and practice in an empowering way. I feel she has given me so much and I will value this experience for a long time to come. Thank you, Selina."

"Selina's yoga classes are a wholesome experience that benefits the body and emotional wellbeing. They free the mind and get you reconnected to your body, your inner self, your emotions and your intuition. And above all, they are fun!!"

