



A Yoga Retreat with Penny Sykes In Nusa Lembongan, Bali!

Batu Karang
Lembongan Resort & Day Spa

24th of May - 29th of May 2010 **5 Nights**



Penny Sykes is an Iyengar Junior Intermediate teacher with 20 years of yoga experience. She is an owner of Noosa Yoga Centre in Noosa Heads Queensland Australia and has studied under guidance of Geeta Iyengar in Pune India in 2003, 2005, 2007 and 2009 in addition to workshops in Australia and Mexico.

**“Absolute beginners welcome to the basic course.
A wonderful way to start a lifelong yoga habit.”**

Yoga Package

5 nights accommodation
1 Hour Spa Treatment per person in Lulus Spa
Return transfers to Nusa Lembongan from Bali
Breakfast each morning
Yoga equipment including belts, blocks and mats
End of retreat BBQ
2 hours yoga session 10:30am- 12:30pm every day
1 hour Pranyama (controlled breathing) 7am- 8am every morning

Personal Yoga Sessions

Available also if you would like to develop a personal practice or need help with your present practice. \$100 package includes:

- Yoga session from 4pm -5.30 pm, each afternoon
- take home personal practice
- building foundation for practice habit
- individual assistance
- 4 x 1.5 hour sessions

Room Types

all prices are in US Dollars and include 21% Government Tax & Service Charge

One Bedroom Villa Package- 8 available	
1 Person Yoga	1708
2 Person Yoga	2090
2 Person only 1 attending Yoga	1790
Superior One Bedroom Villa Package- 3 available	
1 Person Yoga	1883
2 Person Yoga	2265
2 Person only 1 attending Yoga	1965
Suite Package - 1 available	
1 Person Yoga	2383
2 Person Yoga	2765
2 Person only 1 attending Yoga	1965
Occasion - 1 available	
1 Person Yoga	2633
2 Person Yoga	3015
2 Person only 1 attending Yoga	2715

Additional nights can be booked and will be charged at the seasonal rate less 10%.

ARE YOU INTERESTED?

If so, please speak to Penny for more information or send an email to

alex@batukaranglembongan.com