

BALI & JAVA

10 - 22 JULY (BALI) 22 - 25 JULY 2011 (JAVA)



A YOGA VACATION WITH

JJ GORMLEY-ETCHELLS,
E-RYT-500



Trip Cost

Bali only (10 - 22 July 2011):
\$2990 double occupancy, \$3740 single.
Bali & Java (10 - 25 July 2011):
\$3980 double occupancy, \$4980 single

\$500 deposit by 31 December 2010
\$1000 2nd Payment by 31 January 2011

Balance by 1 April 2011
Refunds: Requests in writing by 1 January
receive all but \$300 back.

Discount: \$200 discount for you and friend when
you sign-up together.
5% discount offered for payment by check.

Travel & Health Insurance recommended.

Surya Chandra Healing Yoga School
144 Church Street
Vienna, VA 22180

www.SuryaChandraHealingYoga.com

Please contact Barbara Sager for itinerary
questions: Barbara@SageYoga.com. Itinerary is
subject to change. Please contact JJ to register:
yoginijj@yahoo.com

Come join JJ on another of her exciting yoga vacations. You'll spend seven days in Ubud, the cultural center of Bali. Enjoy yoga (no prior experience required), attend dance and music performances, learn about local textiles and dyeing techniques. You might try your hand at batik. Bali is an island of many ceremonies—be ready to participate when the opportunity arises. Get a feel for Balinese life as you are guided by our Balinese family (Darta, Suti and their children) on several excursions and discussions about Balinese life. You will have plenty of time for optional workshops/classes to learn more about local cooking, traditional dance and music, and local artisans. Our hotel, has a pool and easy access to local spas for relaxing and pampering yourself.

From Ubud, you will be driven to the north shore of Bali for four days at a lovely spa resort right on the Bali Sea with access to a lovely pool as well as the sea. Here you'll enjoy yoga and an early morning expedition on local boats where we hope to spot some dolphins. Optional snorkeling, scuba diving and spa treatments are also available. One Ayurvedic spa treatment is included. We then head back to Ubud for last minute shopping or spa visits.

Departure for Java (round-trip airfare included) or return home on July 22nd. On Java, another of the Indonesian islands, you'll enjoy two full days exploring sacred sites and learning about Javanese life. You'll see sunrise at Borobudur, visit the Temple Prambanan, and explore Yogyakarta (including the Sultan's Palace.) You'll learn about Javanese batik, enjoy a shadow puppet performance and a Javanese dance performance. Our hotel here needs more information from Barbara since JJ forgot the main selling point. :-)

What's included, What's not

All breakfasts, several lunches and about half the dinners are included (beverages other than water, tea or coffee with provided meals are included.) Pricing is based on double occupancy with limited single rooms available for an additional fee. Airfare to Java as well as all local transfers are included. International airfare from U.S. (or other countries) to our start point (Denpasar, Bali) not included. (Make reservations to arrive Denpasar on 10 July and depart on 22 July for Bali only trip, or 25 July for Bali & Java trip.)

Not Included: visa on arrival (approx. \$25), departure fee (approx. \$20); and optional activities. Passport must be valid at least through 31 December 2011 and contain at least one totally blank page.

Plan to leave the U.S. by 8 July to arrive in Bali by the 10th (traveling across the International Date Line.)