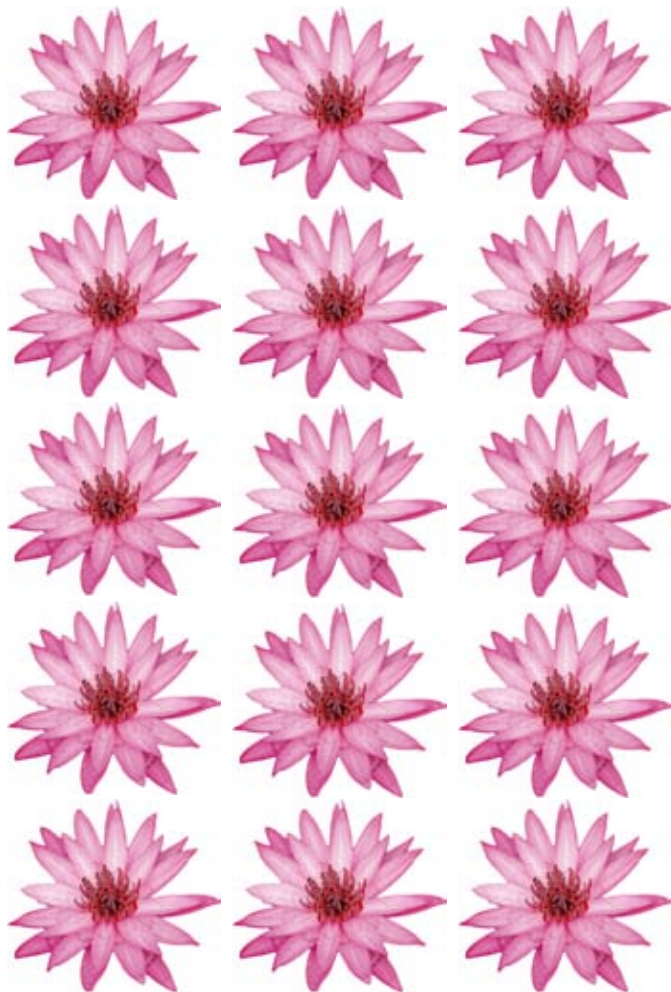


Bali

Yoga,
Thai Massage
and more ...



6-12

march 2011

Join Elisa Bruni and Michaela Derra for a time of joy and laughter on this journey to the island of the gods, a nurturing sanctuary offering food for your soul, strength and inspiration.

Program: The mornings are dedicated to yoga asana, pranayama and meditation followed by a delicious brunch. In the afternoon optional excursions can be made to stunning beaches, cooling waterholes and amazing temples. Visiting the nearby chocolate factory as well as surfing (advanced) or just relaxing by the pool are further possibilities. In the late afternoon (3x) we will meet again for an introduction into acro yoga and thai massage.



Location: Shanti Agung, located in the small fishing village of Jasri offers a stunning view on the sacred mountain Agung. It is just a ten minute beach and rice paddy walk away from Irene's Homestay, our charming accomodation.



www.homestayirene.de

Info/Bookings:
mail@michaeladerra.de
Tel.: +49 (89) 44 760 202
www.michaeladerra.de

Offer: 6 nights and 5 days with full board (balinese vegetarian cuisine) and daily yoga classes. starting from € 575 per person for early bird reservations (travel expenses/transfers not included).

Design: www.stefanbieniek.de

