



## Insight Yoga Retreat in Beautiful Bali

### A six-night Retreat with Sarah Powers

#### 10th to 16th December 2009

Sarah Powers will be leading a six-night Yoga Retreat from 10th to 16th December 2009 at the award-winning COMO Shambhala Estate in Bali. With up to five hours of practice daily, this is a unique opportunity to engage with Sarah's 'Insight Yoga'-style at a deep and meaningful level.

The property has a reputation that stands apart, frequented by Yoga devotees such as Donna Karan. It has a tradition of hosting leading teachers, from Rodney Yee to Erich Schiffmann, as well as important opinion-formers such as Buddhist thinker, Dr Robert Thurman.

From an experiential point of view, a stay here is defined by the immersive, nurturing approach where people come for total escape from noise and stress. It offers exceptional villa-style accommodation located in forest clearings above the Ayung River on the fringe of the artists' town of Ubud. In addition, the property boasts state-of-the-art health facilities, delicious, nutritious cuisine and a wide panoply of holistic treatments, from massage to Ayurveda.

For those wishing to extend their stay, there are numerous opportunities to explore the outlying countryside of this unique volcanic island by bike, foot, or 4WD. Throughout your stay, you are attended to by personal assistants whose role is to ensure each guest's personal goals are addressed as thoroughly as possible.

Real results are always the focus for COMO Shambhala, which is why it is such a strong match for Sarah who also shares the company's thoughtful Asian philosophy.

#### **INCLUSIONS:**

- 6 nights accommodation (10th to 16th December 2009)
- 5 hours of Yoga instruction per day with Sarah Powers (11th to 15th December 2009)
- Daily breakfast
- Daily brunch on Yoga days (11th to 15th December 2009)
- Welcome dinner
- Farewell dinner
- Return airport car transfer (for double occupancy, only one car trip is provided so both guests should plan to arrive together)

Costs from \$3,515 (single occupancy) for those staying at the Estate.

Costs from \$3,135 (single occupancy) for those staying at Uma Ubud (including daily car transfers to and from COMO Shambhala Estate).

Costs \$1,210 for non-residents (including daily classes, daily brunch and use of the 25-metre lap pool, steam and sauna facilities at COMO Shambhala Estate).

#### **For more information and to make a reservation:**

**COMO Shambhala Estate**  
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