



**Namaste  
Bali  
21-31 Jul 2015**

<b>Date</b>	<b>Time</b>	<b>Event</b>
<b>21 Jul</b>	<b>5:30pm</b>	<b>Opening circle and setting intention</b>
	<b>6:30pm</b>	<b>Restorative Yoga</b> This is a great practice to teach you how to enjoy your own company when your mind is running at a million miles an hour
<b>22 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b> We will be flowing with the breath to demonstrate how external stimuli shouldn't mean disturbances to our inner peace
	<b>5:30pm</b>	<b>Yoga Philosophy</b> In this class we will explore belief systems that cause us to suffer at the hands of external people and circumstances and explore ways to manage our desires and emotions.
<b>23 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
	<b>5:30pm</b>	<b>Yoga Nidra</b> We take a journey into the subconscious to gain clarity on experiences, belief systems and desires that may remain unknown to the conscious mind.
<b>24 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
	<b>5:30pm</b>	<b>Yoga Philosophy</b> In this class we explore deeply the resources within us that reduce our dependencies and attachments to people, material things and statuses to find more contentment and joy with what life presents us.
<b>25 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
	<b>5:30pm</b>	<b>Using sound to heal</b> We will explore the power of sound in healing the body, focusing the mind
<b>26 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
	<b>5:30pm</b>	<b>Yoga Philosophy</b> The class of focuses on using human relationships as a tool to achieve more spirituality, growth, oneness and joy.
<b>27 Jul</b>	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>

	<b>5:30pm</b>	<b>Restorative Yoga</b> Opening the body and stilling the mind in relaxing poses with longer holds.
	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
<b>28 Jul</b>		<b>Yoga Philosophy</b>
	<b>5:30</b>	This class looks at how our personalities, tendencies and body's nature affects our wellbeing. It will includes individual tips on nutrition, life choices and life styles to help support us in achieving balance
	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
<b>29 Jul</b>	<b>5:30</b>	<b>Moving meditation</b> Through this healing dance we discover that even in the chaos of life we can find stillness and peace
	<b>7am</b>	<b>Morning practice of Asana, breathing and meditation</b>
<b>30 Jul</b>		<b>Q&amp;A and closing circle</b>
	<b>5:30</b>	This will be an open class to serve whatever the moment might require. We will also answer any remaining question
<b>31 Jul</b>	<b>12pm</b>	<b>Goodbyes and check out!</b>