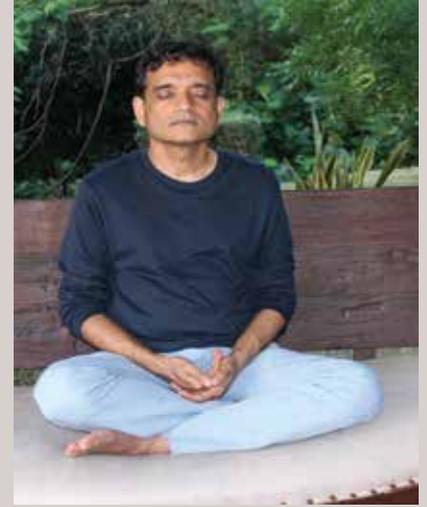


Being

the joy of self discovery and expression

BeingSattvaa - Ubud - Bali with Kavita Issar Batra and Subba Vaidyanathan



Being - April 13-17, 2018

Being : is an integrated program of Discovery and Expression

Discovery : of self through movement, breath, meditation & story writing, founded on the 2,000 year old yoga sutras of Patanjali and the ancient practice of silence.

Expression : of your experience of your self and the natural environment through the medium of art using found materials, paints and collage techniques.

No prior artmaking, yoga or meditation experience is necessary.

Retreat includes:

- Transfers from/ to airport / South Bali
- 5 days / 4 nights a Accommodation
- All vegetarian meals and snacks
- Yoga / meditation / Art sessions
- 1 Spa treatment
- Outdoor activities - trekking / temple visit
- Evening journaling sessions / talks
- Free shuttle service to Ubud

Single Occupancy : USD 1050 per person

Double Occupancy : USD 790 per person

Book early:
10 % off before
Jan 31, 2018

For bookings and details contact renuka@beingsattvaa.com.sg / +65 9111 5642
www.beingsattvaa.com.sg

Program Details

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Discovery & Being

- Body : Nine fundamental movements to open the body
- Breath : Three breath movements to open the mind
- Spirit : One path to focus, flow and merge

Being & Seeing

- See : Observation and Awareness
- Process : Distil Experiences
- Express : Use art processes to express your experience

Daily Schedule

- 06:30 : Discovery & Being
- 09:00 : Breakfast and break
- 10:30 : Nature Time
- 12:30 : Lunch and Rest
- 15:00 : Being & Seeing
- 17:00 : Tea and break
- 19:00 : Dinner
- 20:00 : Evening Meditation

Subba: a senior executive who, after three decades of corporate leadership, has now dedicated his time to coaching people in the art of self leadership. Subba has over two decades of experience in the practice of yoga and meditation and in their use in training individuals in resilience and self discovery. He is the founder of Being.

Kavita Issar Batra: an Indo-British artist, for whom art is a way of life and a vocabulary through which to express herself. An HR specialist with an MSc (Econ) from London School of Economics and Political Science, Kavita has been a full time artist for over ten years. Her oeuvre includes paint, photography, installation. She is most known for her work with 'giving voice' to her morning walk "finds" – twigs, leaves, seed pods, wires and more.

Group bookings are welcome