

Being Me Reconnect with your Authentic Self

BeingSattvaa - Ubud - Bali with Swati Pandey and Subba Vaidyanathan



Being Me - October 26- October 29, 2017

Building a strong foundation
Swati Pandey ; Subba Vaidyanathan

An exciting program to build a foundational practice of yoga, that will help make participants more resilient in body, mind and emotion.

Being (in) Silence - October 29 - Nov 1, 2017

A Purposeful Journey
Subba Vaidyanathan

Based on the principles of the ancient practice of silence, this program takes participants through a journey of intense breath and deep meditations enabling and empowering them to reconnect with their authentic self.

Both retreats offer:

- Transfers from/to airport
- Accommodation
- All meals and snacks
- Welcome drink & fruit basket
- Yoga / meditation sessions
- 1 Complimentary spa treatment
- Creative activities - painting / coloring
- Outdoor activities - trekking / temple visit

Book early:
Limited to 15
participants

Special offer for Program Bundle: Oct 26 - Nov 1 (7D / 6N)

USD 800 (Shared Room) | USD 1100 (Single Room)

Single Program : Oct 26-29 or Oct 29 - Nov 1 (4D / 3N)

USD 530 (Shared Room) | USD 710 (Single Room)

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

Program Details

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Being Me - October 26- October 29, 2017

- Body : Eight fundamental poses (yoga asanas) to build alignment
- Breath : Detox using Breath
- Mind : Non-judgemental Awareness
- Spirit : A meditation of Self discovery

Being (in) Silence - October 29 - Nov 1, 2017

- Body : Foundational practice to keep the body aligned and open
- Breath : Intensive practice combining breath practice with hand gestures
- Mind : Workshops in silence on the discovery of purpose
- Spirit : A deep three stage meditation practice combined with 3 days of silence to connect the mind, heart and soul

•The program will include the daily practice of yoga, meditation, workshops and outdoor activity.



Subba : A senior corporate leader who, after three decades in the business world, 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.

Swati Pandey: A yoga teacher with 600 hours Professional Yoga Teacher Training in Foundations of Hatha Yoga, Principles of Ayurveda and Yoga Therapy. She currently teaches in Kuala Lumpur. She has been Initiated into meditation practices like SudarshanKriya and several practices devised by Sadhguru, founder of Isha Yoga, India.

Participating in the program together with a friend or partner is recommended.