

28.07.2017 to 01.08.2017



Venue: Being Sattvaa is a luxury resort set in the rice fields of Ubud Bali. Bordering a rain forest and featuring a magnificent open air teak wood studio there is no better place on the island to immerse yourself into yoga.

About the retreat: The retreat will include a full day schedule including morning meditation and morning/evening yoga classes. In addition to yoga, there will be an array of exciting offerings including chanting, rice field walks and writing workshops with Ira.



About Ira: Ira is a best-selling author and yoga teacher based in India. She holds an Acharya or Yoga Master Degree from the Sivandana Vedanta Academy. She has written seven books including My Book of Yoga featuring Om the yoga dog, and is the founder of the Namami Yoga Foundation which brings yoga to the underprivileged. Ira features in a weekly TV programme Yogaira and teaches in India and around the world. She was part of the team that created the Guinness Book of World Records for teaching the largest yoga class in the world.

Included in the price:
 Accommodation for 5 days/4 nights
 All classes & vegetarian meals
 Transportation to/fro airport
 Free shuttle service to Ubud
 Welcome drink & fruit basket
 1 spa treatment

Price:
 USD 930 Single Occupancy
 USD 710 Double Occupancy

All teaching proceeds from retreat will go towards the Namami Yoga Foundation.