



# YOGA WITH LAURA FARRIER

March 23-30, 2018 at BeingSattvaa, Bali

<http://www.beingsattvaa.com.sg/>

## RE-CONNECT ● RE-DISCOVER ● RE-NEW

Join Laura Farrier in Bali for a week to Re-connect, Re-discover and Re-new. Set in peaceful Ubud, BeingSattvaa Resort is a unique boutique space, a sanctuary of green, in which guests are surrounded by nature. Morning meditations followed by invigorating Ashtanga and Vinyasa flows and evening stretch practices or workshops allow practitioners time to delve deeper and develop their sadhana. Options for both single and shared ensuite rooms, all food is vegetarian / vegan and uses locally grown produce.

### Items to bring:

- Yoga Mat (The mats will be provided at the resort however, if you wish to use your own please do bring them along)
- Yoga clothing
- Swim wear
- Sunscreen
- Toiletries
- Mosquito repellent

### Program

Daily meditation, yoga and workshops

### Tentative daily Schedule

Friday 23rd: arrive evening and check in

Saturday 24th - Thursday 29th:

7:00 -7.30am - Meditation

7.30-9:00 am - Yoga

9:00 am - Breakfast

Free time: activities / spa

Lunch

5:00pm -6.30pm/7pm practice/ lecture / workshop

8:00 p.m. dinner

Friday 30th: Morning yoga followed by breakfast, lunch and check out

## **Prices**

Single occupancy : AED. 5,606 per person

Double occupancy : AED. 4,440 per person on sharing basis

## **Includes:**

- o Luxury Accommodation – 7 nights/8 days
- o Breakfast, Lunch and Dinner (full board)
- o Airport transfers both ways
- o Purification Ceremony at a Baliense temple
- o Guided walk through a traditional Balinese village
- o Welcome drink
- o Fruit Basket
- o Complimentary usage of WIFI
- o Usage of the Yoga studios and props

## **Excludes:**

- o Flights
- o Visa
- o Spa treatments
- o Any expenses other than the ones mentioned above

## **Schedule for recommended flights:**

**Airline:** Emirates

### **Dubai to Bali**

23<sup>rd</sup> March 2018 - EK 398 arrives 10:00 p.m.

### **Bali to Dubai**

30<sup>th</sup> March 2018 - EK 361 departs 4:30 p.m.

## **Bookings**

Email [sophia@sugarcaneelephants.com](mailto:sophia@sugarcaneelephants.com) or call 050 105 0125

## **Cancellation policy**

All payments are final and in the event that cancelation is necessary it's the responsibility of the attendee to find a replacement.

## **About Laura Farrier**

Laura's journey into Yoga started 14 years ago and typically focused on Asanas (the physical aspect of the practice). Seeking out Yoga in each country that she lived in she began to develop an awareness and appreciation of the inner peace that it ultimately brings into life.

In January 2008 she travelled to India where she completed her first TTC in the Sivananda ashram, in Kerala, where she would end up spending 8 months; an experience that opened her up to the study of scriptures, Kirtan, Karma Yoga, as well as teaching Asana.

Her belief that we as teachers must continually evolve and learn, once again led her to Mysore, India in 2009 and this was where, in May 2011, she completed her Ashtanga Yoga training with her teacher Ajay Kumar. This included an in depth study of the Ashtanga Vinyasa yoga system as well as learning safe adjustment techniques for students with all levels of practice. She now returns yearly to continue her involvement; practicing, and assisting Ajay on his teacher trainings.

Warm regards,  
Josephine Sophia