

YOGALATES BALI

A holiday with a difference



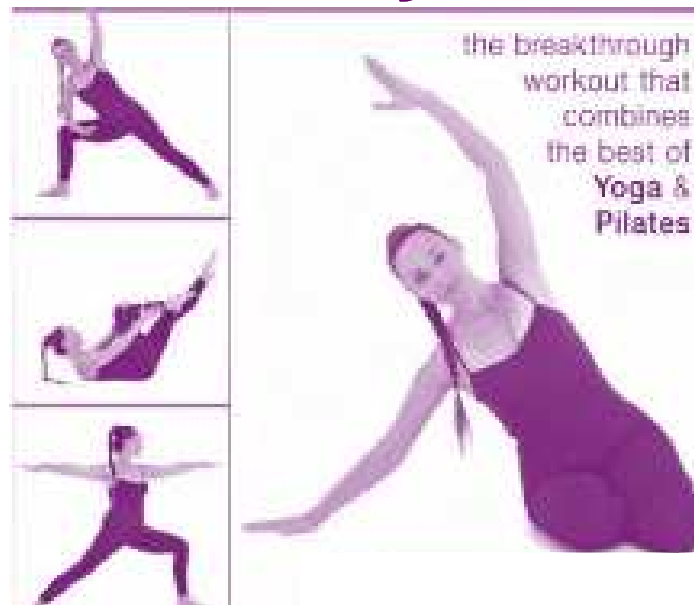
Join Yogalates teacher Toni Schoen & co-ordinator Anne Love for a magic retreat.

Start each day with the practise of Yogalates amongst the beauty and peace of the Balinese landscape.

Enjoy the many inclusions as you drift through 9 nights and 10 full days at the Bhanuswari Resort and Spa just 10 min from Ubud, Bali.

For more details
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Retreat. Holiday. Indulge.



Numbers will be limited

The Solomon Yogalates™ method establishes a foundation of knowledge and integrates it into the functioning of the body. It is a movement system that works to stretch and strengthen major muscle groups whilst using subtle breathing techniques to energise and invigorate whilst calming and soothing the nervous system.

What better place than Bali to practise all of this and more.

From the moment we meet your plane, let us guide you as you experience the spa's sumptuous menu, explore Balinese dance & culture, awaken your taste buds with a lesson in traditional cookery, marvel as you create a unique Balinese prayer offering and much more.

Price includes transfers, accommodation, some meals, daily Yogalates, a 5hr luxurious spa treatment and cultural activities.

\$1,200 p.p twin share
\$1,400 p.p single room
LAND CONTENT ONLY

7th - 16th August 2010