

Narali x Yoga On The Edge

BALI

1st - 8th September
2023



NARALI X YOTE

Introduction

Rugged volcanic mountain ranges & lush tropical forests are encased by vibrant green terraces that float down to white sandy shorelines, providing the backdrop to our Autumn 2023 retreat.

2023 RETREATS

An undisputed mecca for yogis and known as the Island of the Gods, Bali is one of those places that once you have experienced it, your heart never really leaves.

Join us for 7 nights and 8 days in this kaleidoscope landscape: Where the culture & sense of spirituality run as deep as the blue of the ocean.

Nestled in the heart of the rice fields, our accommodation has been selected for its luxury, comfort & attention to detail.

With our signature 6 hours of yoga per day, total seclusion & optional excursions, this experience will be everything that you have come to expect from a Narali & Yoga On The Edge retreat





What to Expect

Exceptional en-suite accommodation & exclusive occupancy of our venue

Morning guided meditation

Up to 6 hours of yoga & wellness practices, daily

Complete freedom to choose how much or how little practice you join

Nourishing, organic & freshly prepared meals twice a day

Complimentary drinking water

Optional excursions

Traditional Balinese Fire Ceremony

Closing celebration meal

Transfers to & from Denpasar Airport

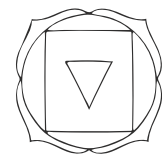
The Practice

Cultivating a sense of adventure, we invite you to join a balanced trio of teachers to explore all elements of your practice in this soul-restoring setting.

Individual intentions will be honoured as we work together to strengthen, connect and advance your practice both on & off the mat

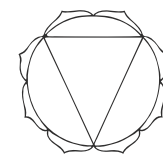


TEACHING TEAM



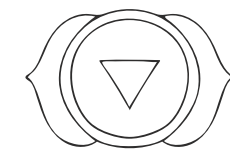
Rania

Fiercely passionate, Rania's practice will not only help you to build strength but learn how to work with your body to find openness; physically, mentally and emotionally



Clare

Playful yet disciplined through the practice of ashtanga, Clare invites all to explore the full 8 limbs of yoga & cultivate the practice they need for their own self-development.



CJ

A Master of Movement, we will be welcoming CJ back to practice with us. He uses his wealth of experience and deep anatomical understanding to offer his students a nurturing space in which to grow and develop

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The Shala



In traditional Balinese style our Shala is bamboo & open air with spectacular views over the rice fields. Fully equipped with everything you need for your practice, get ready to immerse in everything that this sacred island has to offer



S L E E P I N G

16 rooms & bungalows, encased in lush tropical vegetation, all decorated & arranged for your comfort, mixing modernity and Balinese tradition with precision & perfection.

Large bedrooms & living rooms have been created for your relaxation, all equipped with air conditioning & unrestricted wifi.

With an area of between 40 and 50 m², king or twin bed options are available. Each villa is equipped with a large ensuite bathroom, including a bath & a shower as well as a private sofa with terrace.

T W I N R O O M S : 5

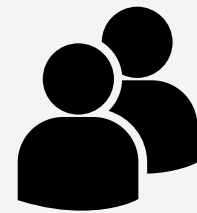
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S L E E P



P R I C I N G

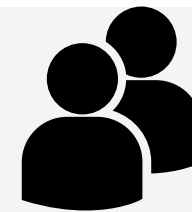
Shared Occupancy
Twin Room



£1950pp

*2 people sharing one room
with twin beds

Shared Occupancy
Suite



£1950pp

*2 people sharing one room
with a shared King/Queen
Bed

Single Occupancy
King Suite



£2200

*Single person in a King Suite

Early Bird Discount of £100 pp is available 13th July - 31st August 2022. To secure the early bird discount your deposit amount of £500 must be paid in full before the closing date.



THE MENU

All meals are prepared with fresh ingredients, mainly from the nearby farm in Bedugul or directly from the village of Lungsiakan. Our menu will be locally inspired, giving you the opportunity to sample a range of cuisine from across the archipelago. Dietary requirements will be catered for, more information will be sent in your pre-departure pack.

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Excursions

All excursions are optional and we will be sending out more details in your pre-departure packs. Excursions we will be offering for this retreat are:

Kintamani Tour: Goa Gajah Temple, Gunung Kawi Temple, Tirta Empul Temple & Mount Batur view

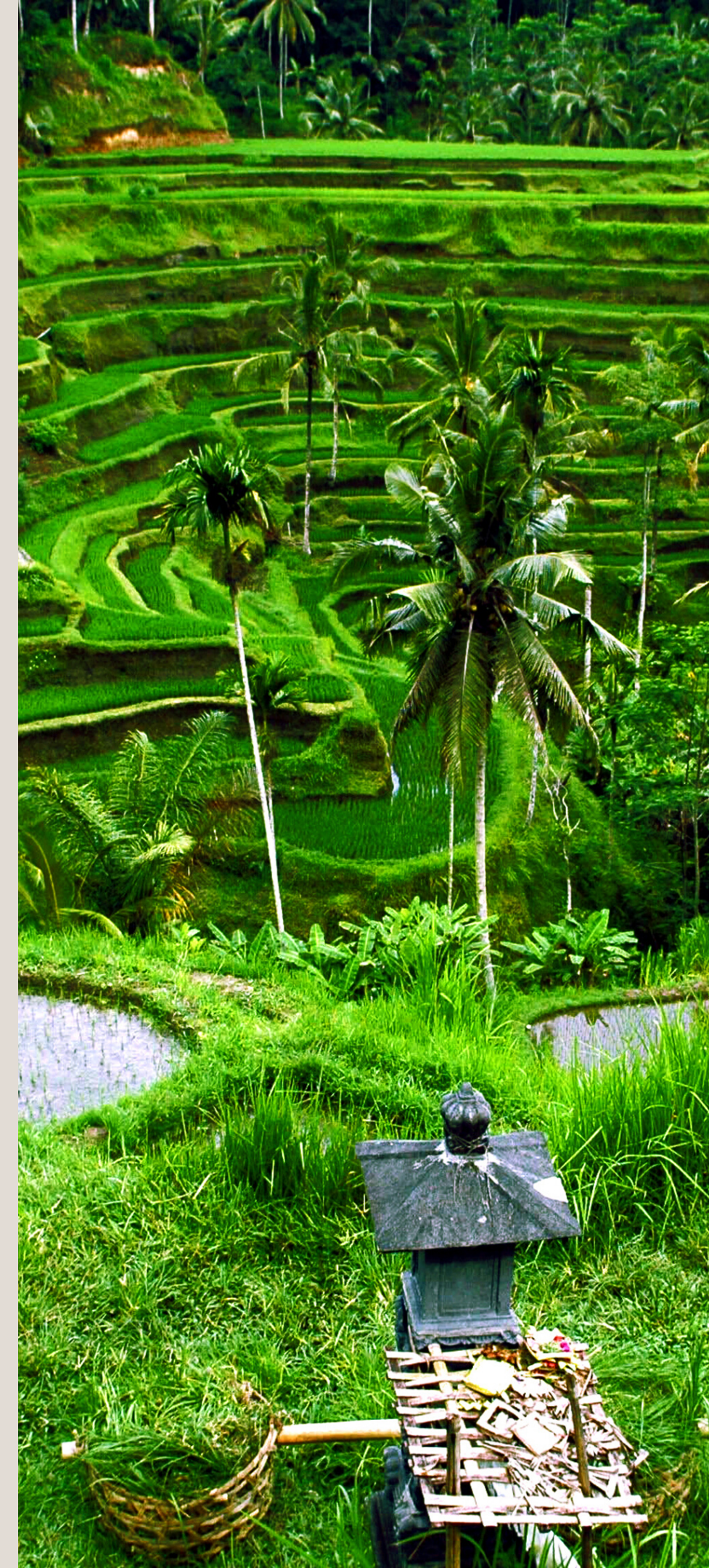
Lempuyang Tour: Gate of Heaven, Water Palace & waterfall.

Lovina Tour: Dolphin trip, Gitgit waterfall, Ulundanu Temple, Hidden Hill Twin Lake & Handara Gate.

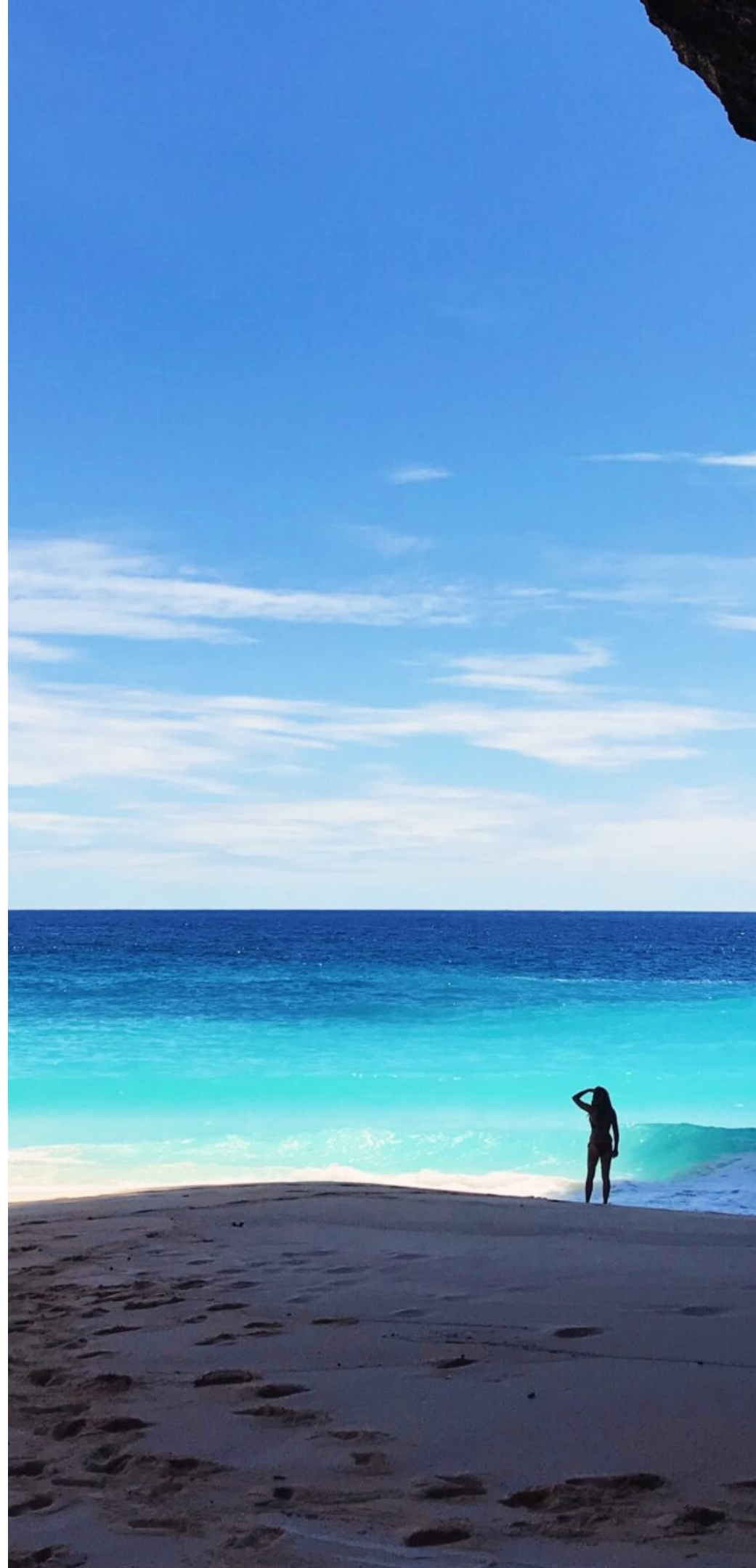
Water purification experience at a sacred water temple

Beach day trip to Canggu

Sunrise hike up Mt Batur



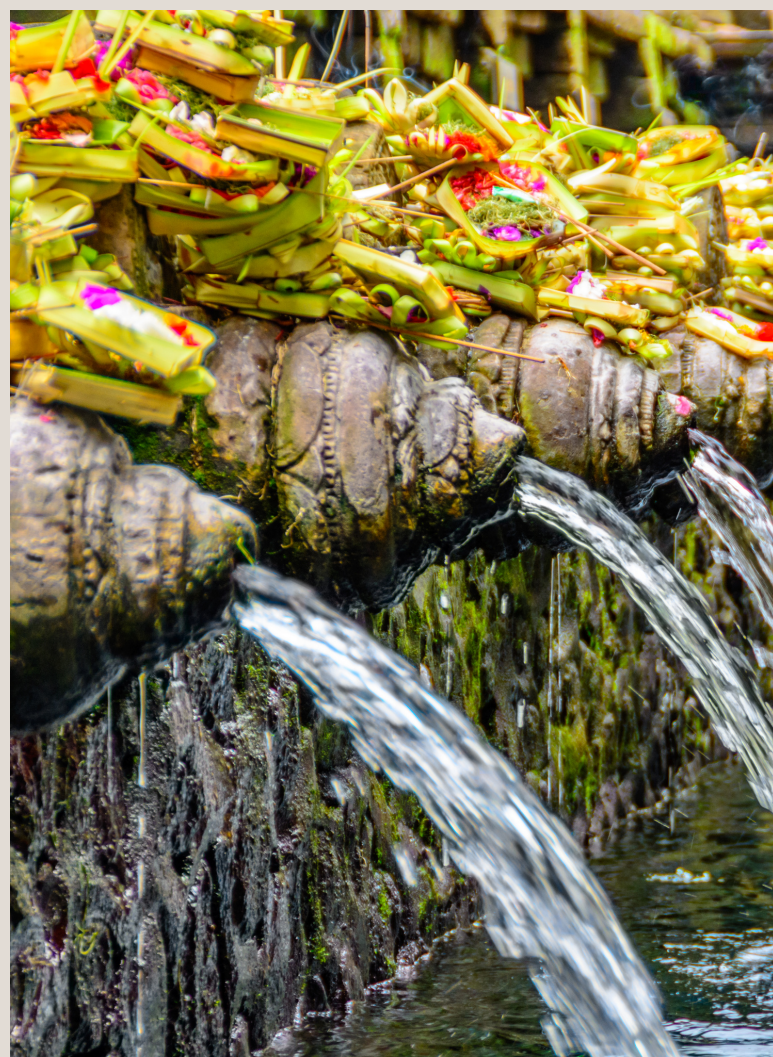
EXCURSIONS





Excursion Cost

Excursions will be individually priced and will require booking confirmation 21 days before departure. Full details will be sent with your booking confirmation and pre-departure pack. Most excursions will be around £20 - £40pp, depending on the number of guests on each excursion and the exchange rate closer to departure.



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RELAXATION

Our venue boasts an in-house spa, the perfect space for you to add that extra piece of relaxation to your retreat.

Whether in the cool air-conditioned spa or secluded massage pergola, choose from a range of holistic treatments, natural remedies and traditional massage therapies to help you completely unwind.



— We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Deposit - £500pp

Payable to:

Narali Wellbeing Ltd

Account Number: 63288625

Sort Code: 20-45-45

Reference: Your Name and BALI

Payment

Payments in up to 6 instalments. All payments are complete 30 days before departure

Terms & Conditions

This deposit is non-refundable unless the entire retreat is cancelled. If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid

Optional extras paid for directly to the venue/ service provider during your stay.



Booking

- Contact your studio with your room preference and we will get back to you ASAP
- Next Steps: Pay your deposit & book your flights!

Narali Yoga

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THE WEALTH
IN LIFE LIES IN
HOW YOU
ALLOW ITS
EXPERIENCES
TO ENRICH
YOU

