



'(Re)treat and Heal Yourself'
with Natascha Kiessler & Monique Buder
1 - 8 NOVEMBER 2019



The Retreat

Strength comes in many shapes and forms. There is a secret strength hidden in deep relaxation and surrender, as well as in a challenging asana sequence.

During this retreat, Natascha Kiessler and Monique Buder guide you through energetic morning practices that connect you to the strength that lies in action while guiding you into deep relaxation and recovery in the afternoon classes. The balance between the two is where the transformation lies and where space is created for you to find the strength and guidance needed to follow your own path.



Staying at the award-winning retreat center Floating Leaf, you will feel nourished and taken care of. The care and joy from the entire staff at the resort are what impressed us the most last year and will make you feel right at home! The vegetarian meals are simply delicious and you get to enjoy them three times a day. Sleeping in comfortable, luxurious rooms with beautiful views of the rice fields and the sea allow you to wake up to the beauty of the island every day again.

In between classes, there is plenty of time for you to go to the beach, relax by the pool, read a book or explore the area. In the middle of the week, we visit the beautiful Tirta Water Temple for a traditional purification ritual and you have time to explore the popular town of Ubud. If you want to experience a deeper healing, Floating Leaf also arranges appointments with traditional Balinese healers.

Yoga, nature, culture and a spirituality that is visible and sensible all around the island, come together to create a retreat that allows you to come home to your true strength.

Retreat Highlights

- 7 Nights' accommodation
- Practice with two senior teachers
- Daily yoga session (21 hours)
- Daily meditation sessions (3 hours)
- Staying at a beautiful, luxurious eco-resort



- Daytrip to the Tirta Empul Water Temple, cleansing ceremony and visit to Ubud
- Delicious and fresh vegetarian meals
- Relax on the beautiful Island of Bali

Accommodation

During the retreat you will be staying at Floating Leaf Eco-Retreat, a beautiful ecological luxury retreat set in a small traditional Balinese village amongst lush rice fields. Their secluded location is nestled between Sukawati and Pantai Purnama on the eastern shore of Bali, far away from the traffic and more touristy parts of Bali. Located close to the beach, airport and other key Bali landmarks, the retreat center is easy to reach.

The retreat center offers beautiful luxurious single and double rooms. Each double room can offer a double bed or two single beds. On days that you don't feel like visiting the beach, you can enjoy a swim in their healing pool.

The retreat center offers a beautiful spa and a variety of massages and treatments that you can add to your booking.

Since the Retreat Center has only a few rooms, you can really feel at home, have plenty of rest, or swim in the healing waters of the pool.

A massage in the excellent spa is included, additional massages and treatments to pamper you, you can book additionally.

Please inform us if you like spend extra nights at the retreat center so you can make use of a special rate.



The Teachers

Natascha Kiessler

Natascha is a passionate and seasoned YA-certified yoga teacher. Her style is dynamic Vinyasa yoga influenced by Jivamukti and Anusara® yoga. Adding her joyous and open attitude to her teaching, she shares the ancient knowledge of yoga in a light and accessible way.

Her classes are powerful yet playful with plenty of core work and a focus on alignment. Her joy in sharing her knowledge and watching students grow, always shines through in her teaching.



Natascha teaches regular classes, workshops, teacher trainings and retreats.

As the founder and owner of CoolYoga in Dortmund, Natascha has given Vinyasa yoga a home base in the area. At CoolYoga she welcomes yoga teachers from Germany and around the world for workshops and trainings.

Monique Buder

Monique is a true Yogajunkie. With a solid foundation as a YA-500h Vinyasa yoga teacher, she likes to broaden her personal practice and teachings by always exploring new styles and different teachers.

Monique's classes are known to bring together her broad knowledge of yoga, be demanding and balancing while always leave enough room for spontaneity and laughter.



It is her passion to let her students feel the connection of breath and movement within body, mind and spirit.

Monique teaches regular classes, workshops, and retreats. Her enthusiasm for Kundalini and Yin yoga is often incorporated into her classes.



Meals

Food plays an important part on our retreats. You get to enjoy healthy and nutrient rich meals thoughtfully crafted from fresh and organic ingredients. The meals include traditional Indonesian specialties as well as raw, vegan and vegetarian options.

Please inform us of any health conditions, food intolerances and/or allergies, so they can be taken into consideration.

Schedule

Friday 1 November | Arrival day

16:00 Arrival & Check in

17:00 Group Welcome

17:30 - 19:00 Arrival Class

19:30 Dinner

Saturday 2 November – Monday 4 November

7:30 – 9:30 Yoga Class (Dynamic)

10:00 Breakfast

14:00 Lunch

16:30 - 18:30 Yoga Class (Restorative)

19:00 - 20:00 Dinner

Tuesday 5 November

6:30 - 7:00 Breakfast

7:00 - 19:00 Free time / Day trip to water temple and Ubud

19:00 - 20:00 Dinner

Wednesday 6 November

7:30 – 9:30 Yoga Class (Dynamic)

10:00 Breakfast 14:00 Lunch

16:30 - 18:30 Yoga Class (Restorative)

19:00 - 20:00 Dinner



Thursday 7 November

7:30 – 9:30 Yoga Class (Dynamic)

10:00 Breakfast

14:00 Lunch

16:30 - 18:30 Yoga Class & Closing Ceremony

19:00 - 20:00 Dinner

Friday 8 November | Departure Day

8:00 - 10:00 Breakfast

10:00 Check out and departure

Value

RETREAT PACKAGES INCLUDES

- 7 Nights accommodation at Floating Leaf
- 21 hours of daily yoga sessions
- 3 hours of daily meditation sessions
- daily breakfast, lunch, and dinner
- Massage treatment
- Day trip to water temple with cleansing ceremony and time to explore Ubud

INVESTMENT

Early Bird Rates:

Double Room: €1297

Single Room: €1897

Regular Rates:

Double Room: €1547

Single Room: €2147

Booking & Cancellation Policy

The early bird rate is only available for the first 6 **registrations paid in full before 1 July 2019**.

To secure your retreat booking at the regular rate, we require a €600 deposit and a balance payment by **1 September 2019**. Bookings made after the due date for the balance payment are to be paid in full to secure your booking.

When booking a double as a solo traveler, we will do our best to find a same-gender roommate for you. In case this is not possible, you will be required to upgrade or a single or double room respectively and pay the accompanying rate. When single rooms are not an option to book, we will look at an appropriate solution and rate with you.

All participants are required to have full travel and medical insurance, including medical transport.



Global Flow Retreats reserves the right to cancel the retreat if fewer than 10 participants have signed up by **1 August 2019**. In such circumstances, the participants will be informed promptly and registration monies will be reimbursed. Any travel costs will not be reimbursed. We recommend all participants to get coverage through their travel insurance.

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- Notification received more than 60 days before the start of the retreat: 30% of the full fee + €25 administration fee.
- Notification received 31- 60 days before the start of the retreat: 50% of the full fee + €25 administration fee.
- Notification received less than 30 days before the start of the retreat: 100% of the full fee.

How to Get There

You book your flight to Ngurah Rai International Airport in Denpasar, Bali. If you send us your flight details, we can arrange an airport pick up for you.

The costs for a pick up are:

US\$35 per car. Where possible we arrange for participants to share pickups, up to 4 participants per car.

For pickups outside regular hours (8 am - 9 pm), a US\$25 surcharge is calculated per car.

If you like to come with your own transport, you can follow the following directions:

FROM THE AIRPORT:

From Ngurah Rai, International Airport takes the new Bali Mandara Toll Road towards Sanur. In Sanur take the Jalan Bypass Ngurah Rai North.

Heading North on the Bypass from Sanur. You will pass McDonald's on your right and then KFC on your left.

You will then see road signs and follow the sign toward Bali Safari and Gianyar. Continue to follow the signs until you reach the large Ida Bagus Mantra sign. Take a left at the third traffic light from this point.



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At the second light, you will see a sign for Sukawati, continue straight over the bridge.

At the third light, you will see another sign for Sukawati. This time take a left. Head away from the ocean.

This is the street of Floating Leaf: Jalan Pantai Purnama. Don't confuse it with the beach called Pantai Purnama that is to the right. You will be able to see our building with the large leaf-shaped roof.

FROM UBUD:

Head to Jalan Raya Sukawati and take it as far as you can. As you approach Sukawati Art Market, the road becomes one way and you will need to take a left at this point.

Do so, and then take your first right. You will head to our Banjar named Gelumpang. Continue on this road until it comes to a "T" intersection where you can either turn left or right.

Choose left and continue on this road all the way to Floating Leaf. The road will turn into Jalan Pantai Purnama and the retreat center is 400 meters before the Bypass.

What to bring?

Bali has a lovely climate with average temperatures of 27C in October / November. During these months there can sometimes be some rain that offers some welcome fresh air. The sea temperatures are still nice and warm with an average of 27C.

Being a tropical island, Bali has a humid climate, therefore it is nice to bring loose cotton or linen clothing. Summer clothing and swimwear is fully accepted in the retreat center and on the beach. Also visiting towns like Ubud, summer clothing is the norm.

When visiting temples, you are expected to cover up your shoulders and cover your legs.

Please keep the eco-friendly nature of the retreat in mind when packing your bag. We recommend you to bring the following:



- Yoga mat if you like to practice on your own mat
- Water bottle to refill
- Swimming clothes
- A scarf or long shawl (nice to have for meditation and savasana)
- Clothing that covers your shoulders and legs for temple visits and ceremonies
- Notebook and a pen
- Camera
- Sunscreen
- Slippers and good walking shoes if you like to go for walks in your free time
- Travel and medical insurance documents
- Passport that is valid for at least 6 more months
- Drivers license if you plan to rent a car or scooter

