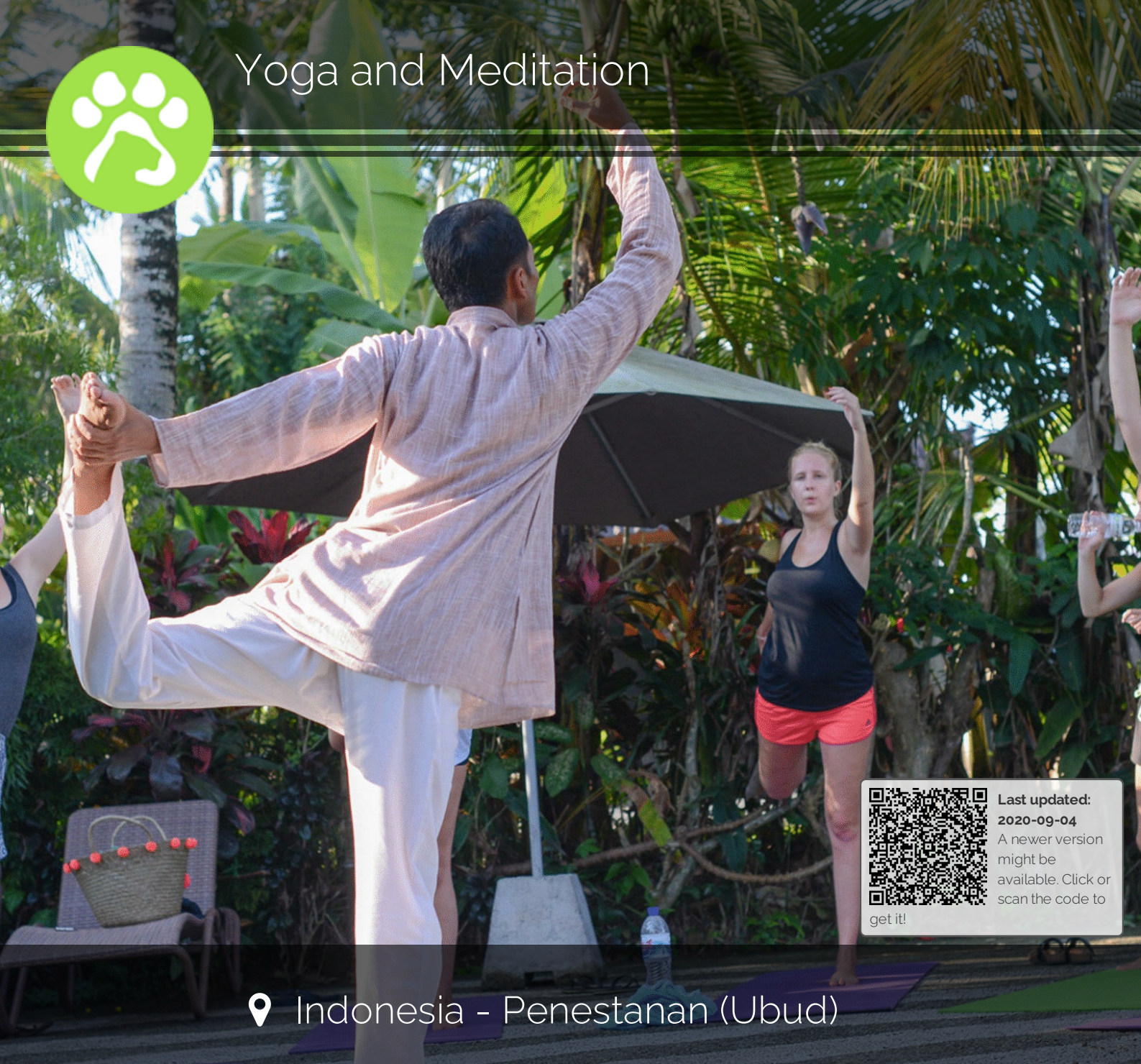




Yoga and Meditation



Last updated:
2020-09-04
A newer version
might be
available. Click or
scan the code to
get it!

📍 Indonesia - Penestanan (Ubud)

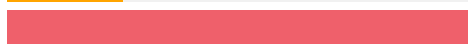
Many people travel the world to experience Bali as they believe it is a unique place for reflection and contemplation. In fact, they take this a step further and say Ubud is a sanctuary within Bali, an idyllic environment in which you can experience true tranquility.

Thus, this program shall help you to get rid of stress, anxiety and physical ailments by engaging in Yoga and Meditation.

Culture



Learning



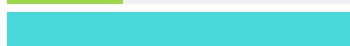
Leisure



Community Engagement



Physical Demand



Program Description

Yoga is derived from the Sanskrit word "Yog" which means Union. Thus yoga means the union of mind and body. There is more to yoga than physical exercises, learn about the different paths of yoga, do's and don'ts, postures, breathing techniques, and meditation to free you from stress, anxiety, and physical ailments. During this week, practice and learn from our experts, the healing techniques of Yoga and Meditation to have a healthy body and sound mind.

Meditation is the art of focusing your mind, restraining your thoughts and looking deep into yourself. Practicing it can give you a better understanding of your purpose in life and of the divine, as well as provide you with certain physical and mental health benefits.

Whatever your experience at yoga and meditation, Ubud has so much to offer, from learning some basic yoga and Bali meditation to relaxing your body and mind. And body to courses for more experienced practitioners.

Whilst you can sandwich in a session or two into one of our programs and if that is all that time permits, then fine, but ideally, if you can, please experience one of our Yoga and Meditation weeks, you will be pleased that you did.

Many people travel the world to be in Bali as they believe it is a unique place for reflection and contemplation and we fully agree with them. In fact, they take this a step further and say Ubud is a sanctuary within Bali, an idyllic environment in which you can experience true tranquility. You have probably traveled halfway around the world to be here, a journey taken to help others through one of our many projects and we would encourage you not to lose this opportunity to rejuvenate yourself.

If you have the time to take this extra Yoga and Meditation week, do it, what you learn in the week you may take away from Bali and practice for the rest of your days.

The physical and mental benefits received from this program are enormous if practiced in daily life. In general, the practice of yoga, meditation, and Spa will help bring down stress, relieve physical ailments, boost physical strength, stamina and flexibility, boost impulse control and bestow great skill in concentration and self-control. They also enhance mental clarity and boost the functioning of the immune system while improving overall blood circulation and results in healthy glowing skin and in making you feel younger. Meditation itself will help infuse a sense of balance and help bestow peace of mind and a more positive and peaceful outlook on life.

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

The yoga principle stretches further than just physical exercises. It teaches different paths of yoga, postures, breathing techniques and meditation to liberate yourself from stress, anxiety, and physical ailments.

Schedule

Monday

On Monday, you will wake up early to practice yoga and meditation while getting an introduction to these two concepts. After the introduction, you will get a short break to eat some fresh fruits and drink tea. Then you will have breakfast and relax a little until lunch time. After lunch and some free time to chill, you will start afternoon yoga and meditation sessions. In the evening, you will once again get a break and enjoy some fresh fruits with tea.

Tuesday to Friday

From Tuesday to Friday, you will follow the same routine through which you can get more training in yoga and meditation. You will start the morning with a yoga and meditation session. After the morning session, you will get a break to enjoy some fresh fruits and tea. After breakfast, you will get some free time where you can relax further and make your body and mind ready for the afternoon yoga and meditation session. After lunch followed by some free time, you will then commence the afternoon yoga and meditation session. The session would end followed by the serving of some fresh fruits and tea. The free time is all yours to get rid of your busy lifestyle and to enjoy the tranquility you obtained from yoga and meditation.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Participants not attending any program the following week are required to check out of their accommodation during the day on Saturday

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	None
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

Participants below 18 are required to provide parental consent letters and participants above 65 should have the medical clearance.

Additional Equipment

No specific equipment required for this program.