



Yoga and Meditation



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📍 Indonesia - Lovina

Bali is identified by many travelers around the world as a unique place for reflection and contemplation. A week spent here promises to provide you with lifetime of spiritual and physical benefits.

Bali Yoga and Meditation is a one of our most relaxing programs. Balinese Yoga is about feeling and appreciating the spiritual nature. A good combination of Balinese Meditation and Yoga will make your body and mind feel more relaxed.

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

Your program will be held in Bali. The Yoga and Meditation program involves a week of learning and practicing Balinese Yoga. This program is ideal for both beginners and experienced practitioners.

Meditation is the art of focusing your mind, restraining your thoughts, and looking deep into yourself. Practising it can give you a better understanding of your purpose in life and of the divine, and it provides you with certain physical and mental health benefits. Lovina has so much to offer, from learning some basic yoga and meditation to relax body and mind.

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

Many people travel the world to be here as they believe that Bali is a unique place for reflection and contemplation, and we would totally agree with them. If you have the time to take this extra Yoga and Meditation week, do it! What you learn during the week, you may take away from Bali and practice for the rest of your days.

Balinese Yoga is one of the most famous activities on the island. This enchanting environment empowers an ambiance within which you can experience true tranquility. 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. During this week, you will practice this balance and learn from our experts in healing techniques of yoga and meditation to have a healthy body and mind. Meditation is the art of focusing your mind, restraining your thoughts and looking deep into yourself.

Program Duration & Availability

Min duration (weeks): 1
Max duration (weeks): 1

Aims & Objectives

To teach you different paths of yoga, postures, breathing techniques and meditation to liberate yourself from stress, anxiety and physical ailments.

Schedule

Monday

- Introduction to the program
- Commencing yoga and meditation lessons
- Enjoying an interval with fresh fruits and tea
- Breakfast
- Relaxing till lunch
- Lunch
- Free time for Relax
- Afternoon yoga and meditation session

Tuesday to Thursday

- Taking part in early morning yoga and meditation lessons
- Enjoying an interval with fresh fruits and tea
- Breakfast
- Relaxing till lunch
- Lunch
- Free time for Relax
- Afternoon yoga and meditation session

Friday

- Taking part in early morning yoga and meditation lessons
- Enjoying an interval with fresh fruits and tea
- Breakfast
- Relaxing till lunch
- Lunch
- Free time for Relax
- Afternoon Massage or spa treatment

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

Participants not attending our 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.