

# Seasonal Yoga

Retreat with Sue Woodd and Suvi Hakala  
Ubud, Bali  
23 - 29 March 2015



## YOGA

The international Seasonal Yoga School with Sue Woodd and Suvi Hakala invite you to their first Bali-Retreat. The Retreat will recharge your batteries focusing in both Yin and Yang energies.

Practices will include Seasonal Flows and Body Clock, breathing techniques, relaxation, meditation, asana workshops and tips to help your own practice and make it more interesting. Also we will have Qi Gong, Shiatsu, Essential oils and lectures and talks on how to use the seasonal energy and Traditional Chinese Medicine in your practice, diet, daily life and well-being.



## TEACHERS



**Sue Woodd** has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. In 1995 she set up a Safari camp in India to give people a real flavour of India, inspired by how the local people used exercise, food, herbs, massage, meditation and lifestyle to enhance their health, relationships and lives. She is a registered Trainer with the Shiatsu Society, a Senior Instructor with the T'ai Chi Union of Great Britain and she teaches for the F3 T'ai Chi and Chi Kung Academy (London) and Chi and Co (Glasgow).

Sue is a graduate of the College of Cranial Sacral Therapy and an experienced teacher affiliated with Yoga Alliance (EYT), and a course director of the Seasonal Yoga teacher training courses. As an International Master Trainer she teaches fitness instructors and lectures for leading Health Farms, designing courses for Children and Fitness Companies world wide. Sue continues to raise public awareness through her books, DVD's and radio and television appearances.



**Suvi Hakala** started her teacher journey as a fitness instructor 15 years ago, but quite soon began to explore the ancient disciplines and started taking an interest in the Body & Mind fields. After finishing ChiBall training and Pilates Certification she did 4 year training for Physiotherapist's degree. The biggest passion for her was found in Seasonal Yoga and especially the seasonal aspect in it. After studying with many teachers Suvi is now registered Seasonal Yoga teacher with the Yoga Alliance and part of the Seasonal Yoga Teacher Training team.

At the moment Suvi runs her own studio Wellness & Balance located in Espoo Southern Finland organizing Teacher Trainings and Retreats in Seasonal Yoga, ChiBall, FlowTonic and Spirals. Suvi loves to share health and well being through her classes as well as trainings. Traditional Chinese Medicine as well as the ancient holistic health systems like Ayurveda plays a major role in Suvis teaching and living.

## LOCATION

Accommodation is in shared or single (limited) rooms. All of them with attached bathroom. Ananda Cottages Ubud with Spa is located in the cool tranquil hills just 25 minutes walk from the village centre of Ubud, and offers lovely rural views surrounded by lush, green, fertile rice paddies.

Bali's natural beauty remains a part of Ananda's grounds. In each cottage, the Balinese architecture, and décor, is of hotel standard, while all the modern conveniences expected by the discerning international traveler are here. All rooms are air-conditioned and have exotic garden bathrooms, conveying the essence of the tropics.

Ananda Cottages have partnered with Bliss Spa Ubud to provide a number of head to toe body treatments. For more information and some pictures about Ananda Cottages visit [www.anandaubud.com](http://www.anandaubud.com)



## PRICE

**7 days**

**724 €** for accommodation in a shared double room

**916,50 €** for accommodation in a single room (limited)

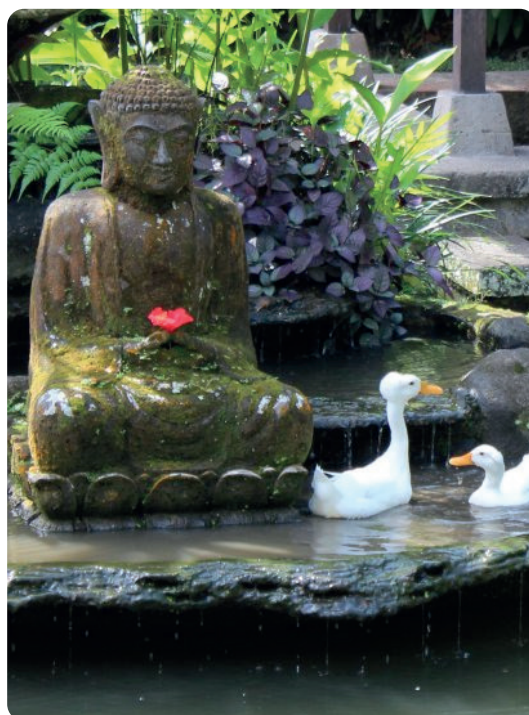
The first payment 531,50€ will be invoiced before the journey and the other payment to the hotel when checking in. Your booking will be confirmed by the first payment. Refunds for cancellations are at our discretion.

## INCLUDED

- **shared/single accommodation**
- **breakfast**
- **all classes**
  - asana workshop
  - meditation
  - pranayama
  - lectures
- **excursions mentioned**
  - rice field walk
  - visiting yoga studio
  - organic farm visit

## EXCLUDED

- **flights to Bali**
- **transfers from the airport to Ananda Cottages**
- **visa**
- **please bring your own Yoga mat/rug if possible**



## ARRIVALS/DEPARTURES

Please arrive at Ananda Cottages on Sunday March, 22, 2015.

Your first class will be the following morning. On the last day, the departure time is 12:00.

## TRAVEL/TRANSFERS

To get to Ananda Cottages you will need to fly into Denpasar airport, which serves international and domestic flights. Airport transfers to Ananda Cottages can be arranged by us for the cost of ca.25€ per car (max 4 people with luggage) to be paid cash to the driver. If you choose to be picked up from the airport we would like to have your arrival detail. If you are already on Bali and making your own way there by taxi, please let us know.

If you are planning to arrive on Bali before the retreat, you might like to book some additional nights at Ananda Cottages. This is possible. Please let us know if you plan to do that.

## VISA

Most European, United States & Australian citizen need a passport with a minimum of 6 months validity and a "visa on arrival" to enter Indonesia. This 30 days visa will be issued on arrival for USD 25. Citizens of countries, which are not on the "Visa on arrival" list, are required to apply for a visa overseas before travelling to Indonesia. Please check with the Indonesian Embassy.

For more information or to book please email Suvi  
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