



BALINESE YOGA WORKSHOPS

With
I Made Sumantra
5th Generation Balinese Healer and Yogi



"An exciting opportunity to experience the amazing wisdom, profound knowledge and wealth of experience of I Made Sumantra, my teacher and guide from Ubud."
- Julie Arnott, Balinese Yoga Instructor, Australia-

A truly profound experience that is not to be missed!



HALF DAY WORKSHOPS AT INTUITIVE FLOW SANCTUARY, PENESTANAN, UBUD BALI

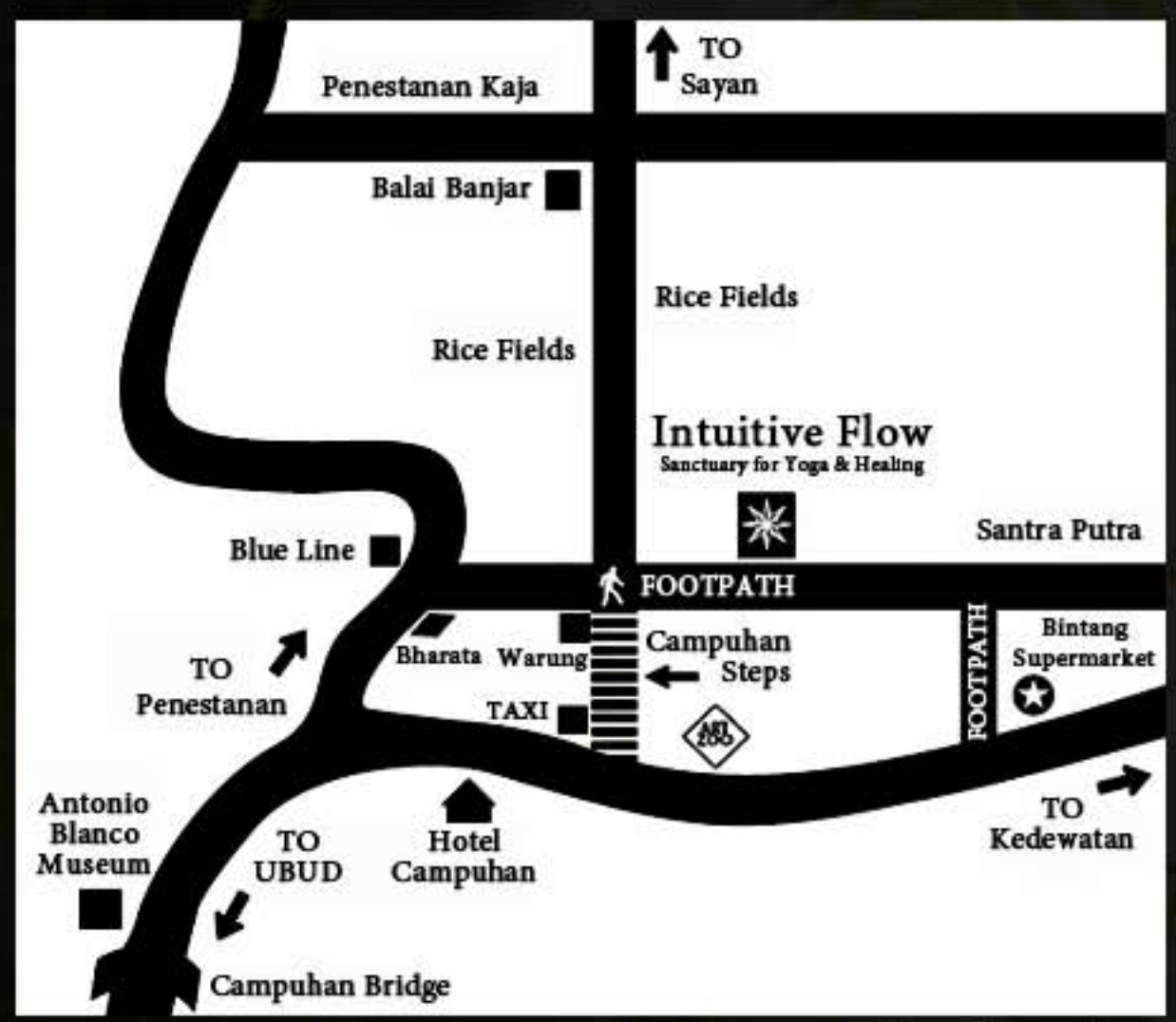
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| 1 st August, 2009
9am to 12 noon | GENTA PINARA PITU WORKSHOP
Asana, Pranayama
Philosophy of Kundalini
Kundalini Meditation |
| 2 nd August, 2009
9am to 12 noon | NYURYA SAWANA YOGA WORKSHOP
Surya Namaskara Balinese Style
Philosophy of God Spirit – Connect your soul with God
Yoga Healing |
| 8 th August, 2009
9am to 12 noon | DASA AKSARA YOGA WORKSHOP
Asana and Pranayama Dasa Vayu
Philosophy of 9 Energy Healing
Yoga Healing |

PRICE: Rp. 500.000 Per Person Per Workshop

Venue: Intuitive Flow Sanctuary for Yoga and Healing, Penestanan, Ubud, Bali
(see map)

***Please arrive at 8.30am for 9am start.

For Further Information and Reservations:
Contact Julie Arnott
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www.balineseyoga.com



Map of Intuitive Flow



" We welcome you with open arms..."