



Yoga in Bali
with
Yoga Teacher Helen Mcgee
and
Bali Expert Jim Cramer
January 27th through Feb 6th 2012
\$3498.00
11 Days and 10 Nights Includes R/T Air

Join Yoga teacher Helen McGee for a pilgrimage to the island of Bali where we will join the Balinese people for a yoga retreat where the "holding this sacred space" is a way of life. Enjoy daily yoga and meditation with Helen. Bali expert and co tour leader Jim Cramer, will take you to the very heart of Bali.

DAY 1 January 28th

Depart USA ON CHINA AIR

Day 2 January 28th Cross International Date line and change planes in Taipei for Bai.

Upon arrival in Bali we will be greeted with flowers leis and then travel to Eastern Bali. We will wind along the coast passing beautiful rice fields to Candi Dasa, a romantic and peaceful seaside resort area. There we will stay at a small beach front hotel, the Rama Ocean View. All rooms are decorated with Balinese harmony in mind. That evening we will have dinner on our own and get some rest. This will be our home base for the next three days while we will explore the Eastern part of the island.

DAY 3 January 29th

We will start the day with yoga and meditation with Helen followed by breakfast at our ocean front hotel. We then have the day to receive welcome massages and relax by the pool. At 3:00 pm we will visit **Goa Lawah Temple**, the Bat Cave. This site has been worshipped since around 1000 A.D. It is said that the bats provide sustenance for the legendary giant snake, Naga Basuki, which is also believed to live in the cave.



That evening we will have our welcome dinner at the hotel restaurant.

Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ 10:00am Welcome Massages
- ❖ 3:00pm Tour to Batu Lawa "Bat Caves"
- ❖ 8:00pm Welcome Dinner

DAY 4 January 30th

We will start the day with yoga and meditation with Helen followed by breakfast at our ocean front hotel.

We will have the morning by the pool, or enjoy optional spa treatments. After lunch we will travel to the **Water Palace of Tirtaganga** .

Tirtagangga" means "Blessed waters of the Ganges", India's holy river. The water of Tirtaganga has always been regarded to be holy like Gangaji and is often used for religious ceremonies. Bring your swim suit and a towel.



Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ 2:00pm Tour to Tirtaganga

DAY5 January31st

We will start the day with yoga and meditation with Helen followed by breakfast at our ocean front hotel.

Then we will head to the village of Ubud, the artistic and cultural center of Bali. On the way we will pass thru beautiful rice terraces see beautiful vistas on one of the most beautiful back roads in Bali.



In Ubud we will stay at the Komaneka Bisma Resort hotel which is on a quiet road nestled between running streams and rice

terraces, a veritable oasis in the midst of Ubud's bustling activity. That evening we will dine together at Cafe Wayan.

Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ 11:00am Transfer to Ubud
- ❖ Dinner in Ubud

DAY 6 February 1st

We will start the day with yoga and meditation with Helen. followed by breakfast with stunning views from our hotel restaurant. The rest of the morning is dedicated to enjoying Ubud and visiting the Nur Salon. The Mandi Lulur or flower bath massage treatment is 1 ½ hours long at \$18 and is one of the most popular experiences on our tours.



At 3:00pm we will visit Goa Gaja (the Elephant Cave) believed to have been a monastery in the 11th century. The entrance features the mouth of a mystical creature with many detailed carvings in the surrounding stone. Later we will enjoy a performance of Balinese dance by Semara Ratih "Sun and Moon", one of Bali's premier dance and music groups.

Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ 3pm Tour to Goa Gaja

DAY 7 February 2nd

We will start the day with yoga and meditation with Helen



Followed by breakfast with stunning views from our hotel restaurant. We will then take a trip to Bali's highland at Mt. Bratan. There we will visit the colorful fruit and flower market of Pasar Candi Kuning. Afterwards we will visit Ulun

Danu Temple. This serene temple is on the edge of a lake and is often shrouded in mists. The temple is dedicated to Dewi Danu, goddess of the waters. On the way home we will lunch at a restaurant with beautiful vistas of rice fields.

Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ 10:00am to 4:pm Tour to Pura Ulun Danu

DAY 8 February 3rd

We will rise this morning and go to **Casa Luna Cooking**

School. The Casa Luna Cooking School classes provide a fascinating insight into Balinese life, beliefs and culture through learning about its food, cooking and culinary myths.



Participants learn about the exotic herbs and spices used in ceremonial and everyday Balinese dishes and are encouraged to actively help prepare the lavish Balinese feast that will then be enjoyed .



The remainder of the day will be dedicated to last minute shopping, spa experience or visiting Ubud's galleries and museums. We will have an optional group dinner this evening at Murni's Warung. Murni is one of Bali famous hostess and a close friend of Jim's. Besides dining there is a wonderful opportunity to shop at Murni's boutique which has a beautiful collection from all over Indonesia.

Included:

- ❖ 7:00am to 8:00am: Breakfast
- ❖ 8:00am to 1:00pm: Cooking class
- ❖ Optional Tour to Pak Liyer
- ❖ Van use for Shopping

DAY 9 February 4th

We will start the day with a sunrise walk thru the hills of followed by a light breakfast and then yoga with Helen .

Then we will venture to Sanur Beach on Bali' s south shore. On the way we will make an optional stop at UC silver in the Village of Celuk. The jewelry is handcrafted completely or finished with some machine work, they export to the world, all you have to do is walk into their famous Gallery, It's amazing!



Sanur Beach is now only 15 minutes away .We then check in at the Hyatt and have the afternoon free to enjoy the beach and pool. Sanur is an excellent site to watch the sun rises, as you jog along the white sandy beach.

Included:

- ❖ 6:30am to 8:00 am: Walk
- ❖ 8:00am to 9:00am : Breakfast

- ❖ 9:00am to 10:00am Yoga
- ❖ 11:00am Transfer to Sanur Beach

DAY 10 February 5th

We will start the day with yoga and meditation with Helen in the beautiful gardens of the Bali Hyatt. We will visit Bali's



famous seaside temple of **Tanah Lot**. The Temple rests upon a huge sentinel rock away from the shore, which has been carved by tides, wind, and rain. We have exclusive entrance to pray with the Balinese priest. After sunset we will have a

Farewell dinner on the beach.

Included:

- ❖ 7:30am to 8:30am: Yoga
- ❖ 8:30am to 9:30am: Breakfast
- ❖ Tour to Tanah Lot Temple
- ❖ Farewell Dinner

Day 11 February 6th will start the day with yoga and meditation in the beautiful gardens of the Bali Hyatt with Helen. We have the morning to relax by the pool before we will say our goodbyes and transfer to the airport for our flight back home.

Included:

- ❖ 8:30am to 9:30am: Breakfast
- ❖ 1:00pm Transfer to the Airport



Helen Mcgee began her journey with yoga in the early 80's and has been teaching since 1996. She completed her Teacher Training program with Erich Schiffmann and has been privileged to do advanced studies in Anusara with John Friend, Viniyoga with Sri T.K.V. Desikachar, Power yoga with Bryan Kest, and Jivamukti yoga with David Life. Helen joyfully blends these styles into a Vinyasa Flow practice that improves flexibility, strength, awareness, and most importantly acceptance. Her welcoming approach encourages new discovery and nurtures the spirit within. Visit her web site [ElementalHarmony](#) for more information.

Jim Omi Cramer lived in Bali for 10 years and has been visiting Southeast Asia for 30 years. He has a BA in Anthropology specializing in Balinese dance, and wrote a guide book, [Bali, Impressions of Paradise](#). Jim says, "Every time I go to Bali, I am reminded of my connection with the Source and how a culture can truly live in communion with Spirit. I come home inspired and look forward to my next trip back to Bali, the isle of the gods."

Tour Includes:
*9 Nights Luxury Hotels w/Daily Breakfast
*Round Trip Air SF0/LAX BALI
*Daily Yoga and Meditation with Helen
*Cooking Class
*Balinese Sarong and Sash
Morning Village walk
*Welcome Massage
*3 Dinners *
Dance Performance by
Semara Ratih
Guide Services and Bali tours provided by
Jim Cramer



Testimonial

Upon returning, a tour member said: " I was not ready for the spiritual world that only Bali can provide. This trip to Bali has been a gift that I will cherish for the rest of my life. Thank for bringing the Light of Bali to my heart."