

UNIQUE OPPORTUNITY:

12.04.17

# BREATHE IN BALI

21.04.17

A YOGA HOLIDAY  
WITH MITHILA

SAVE A SEAT NOW- LIMITED SPACE

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## **BREATHE IN BALI**

10 days of Breathing Better  
A Yoga Holiday with Mithila;

"We all breathe, yet many of us do not use our breath consciously to improve our well being, our state of mind, our digestion, our mood etc...we can all learn to breathe better than we already do, but this takes practice.

The yogis knew and shared the wisdom of the breath as a path to the enlightenment of the human body and psyche. The first step on this journey, I find, is to start having a loving relationship with our breath bodies."

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## **On this retreat Mithila shares with you:**

- Tools to create a relationship with your breath and to get to know your breathing better
- The technique of the full yogic breath for daily self practice
- Movement meditations from the YogaMonks Vinyasa Routines to help you move and breathe better
- Inspiration to breathe better and to move and meditate daily
- Personal guidance to your breath practice during these 10 days together
- A simple practice with life changing results when done daily, to continue on your own ( or with a teacher)



# HOLIDAY PROGRAM

## Arrival Day

Settling in, and an evening gathering and YogaMonks moving meditations

## Day 2

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 3

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 4

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 5

Unscheduled

## Day 6

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 7

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 8

Morning 2 hours YogaMonks Practice with focus on Breath Meditations

Evening 1.5 hours Personal practice space and individual guidance from Mithila

Evening group sitting

## Day 9

30 minute Individual sessions with Mithila for how to continue your practice

Evening group meditation and practice

## Day 10

Morning 3 hours YogaMonks Practice with focus on Breath Meditations  
and closing ceremony

Free time until your onward travels begin this or the next day.



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BOOK BEFORE DEC 31ST

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