



PRACTICAL INFO YOGA BODYWORKER TRAINING BALI 2018

Welcome!

We are excited that you have chosen to take part in the Yoga Bodyworker Training in Bali. Whether you're taking the full training or the morning intensives, we hope the information below — about the venue, accommodation and food — is designed to make you feel more at home during your stay.

If you have any questions about these details, please contact:
Chester or Nick email : info@aimyoga.co

VENUE ADDRESS

Pertiwi Resort & Spa Monkey Forest,
Jalan Monkey Forest Ubud, Bali, 80571
Indonesia

* Pertiwi Bisma 2, below the swimming pool Hall (daily practice venue)

Phone: +62-361975236

ARRIVAL IN BALI

By Plane

From NGURAH RAI (DPS) Airport
TO UBUD by Hired Car/Taxi : IDR 300.000 - 350.000
(45 minutes - 90 minutes , depending on traffic)

GETTING AROUND

HOW TO GET TO TRAINING VENUE:

By Hired Car/Taxi/motorbike taxi:

PERTIWI Resort (residential package will cover airport transfers)

Non residence contact : Pak Wayan, WHATSAPP +62 852 38873337 or

Email: wsuparwa@yahoo.com

By foot: if you are staying at Pertiwi Resort (Bisma Pertiwi) it will take approx 5-10 mins walking distance to the practice venue.

WHERE TO STAY / ACCOMMODATION

Pertiwi Bisma itself have triple, doubles and singles bedroom or villa residential option at the venue itself. Ranges \$50 - \$120 per night. Contact Chester or Nick for bookings.

There are is a range of other lodging options - hotels and homestay - in the surrounding Ubud areas. We recommend choosing lodging close to venue, Jl Bisma, Jl Monkey Forest or Jl. Hanoman for convenience as the morning sessions start early. Please make your own arrangements.

FOOD

Residential package (only if pre booked) includes buffet breakfast, lunch, high tea and dinner. You will be well taken care of. Pertiwi Bisma provide vegetarian / vegan and organic food option. Alternatively, there are numerous restaurant, cafe, organic food stores in Ubud.

LUNCH & DINNER

We have the absolute luxury to be able to offer fresh, healthy and delicious organic lunches for trainees during the Yoga bodyworker Training in Ubud!

That means you don't have to even think about where to shop and when to prepare your meals, you can simply enjoy it. The food will be ready for you after your morning intensive and evening session! The lush green garden and the cosy Pertiwi Bisma Cafe invite you to spend your precious break time on the grounds of the resort, freeing up precious time to relax and replenish.

Food is homemade, hot, nutritious and fresh with organic ingredients from local farms. Dishes will be simple, tasty, filling and generally:

- Gluten-free
- Garlic and onion-free
- Vegan & Vegetarian
- Sugar-free

Non vegan / vegetarian meals will be served separately. Please let us know in advanced if you have are allergic to specific food or dietary requirement.

Buffet Lunch package price: IDR 150.000

Buffet Dinner package price: IDR 150.000

This includes lunch and/or dinner for each of the 10 days/nights of the training.

Lunches & Dinners are only available if pre-booked. Contact Nick info@aimyoga.co

Alternatively, you could order à la carte from the Pertiwi restaurant.

DRINKING WATER

Please bring your water bottles to refill. We will have filtered mineral water on tap from Pertiwi. We will all help save the planet by not using tons of plastic bottles!

SUPPORT

Consider getting support during the training - both physical and mental. Your body might need to rest and recover from the vigorous yoga practice and you might want to see a therapist, massage therapist or bodyworker to help you release physical and mental stresses and work deeper with what you are experiencing.

As residential package you will receive one complementary 1 hour Balinese massage at the resort. Please make booking upon check in with the front desk. Additional massage will be at a discounted fee.

We have several partners that will either offer their services at Pertiwi or work close by and invite you to their space. We are happy to connect you with them shortly before the start of the training.

We are excited that you are embarking on this training. We will do our best to make it an unforgettable experience for you!

MEETUP BEFORE TRAINING

To kick off our training we invite you for a (non mandatory) meeting on 30th March 2018 at 5pm-6pm. It will take place at Pertiwi Bisma 2 Hall (venue)
You will have the chance to meet your co-trainees, some of the assistants, the therapists that offer their additional service and you will be informed about some of the logistics around the training.

We are looking forward!

In Beauty,
AIM YOGA team