



CELEBRATING 25 YEARS OF NEWPORT YOGA CENTRE

Transform yourself at Newport Yoga Centre's EXCLUSIVE BALI ECO YOGA WELLNESS RETREAT

IMMERSE YOURSELF IN NATURE

Stay in an open-air, uniquely designed Eco Lodge with shared bungalows nestled among waterfalls, jungles, rice fields, and rivers. Enjoy all the comforts of a well-equipped resort with breathtaking views from Mount Batukaru to the ocean.

DAILY YOGA AND MEDITATION

Dive into Ryoho-Okido Japanese Yoga Therapy led by Newport Yoga Centre's founder Tania Elder. A practice that supports the organs and meridians of the body, intrinsically linked to the seasons. Experience invigorating morning yoga and calming evening sessions including pranayama and meditation.

RETREAT HIGHLIGHTS

- All skill levels welcome.
- Ryoho-Okido Japanese Yoga.
- Dive into the organic and nutritional benefits of Balinese cuisine fresh from the garden straight to your plate.
- Pure filtered spring water, rich in minerals and nutrients directly sourced from Mount Batukaru.

BENEFITS

- Escape the high-stress of everyday life and rediscover yourself with the peace and tranquility of nature helping restore your mind, body and energy.
- Unify with the green sanctuary amongst traditional Balinese culture well away from the tourist region of Bali.
- Learn or refine your yoga practice.

WHAT'S INCLUDED:

- Airport transfers.
- 7 nights' accommodation - Shared bungalow. Private bungalow (enquire for price and availability).
- 3 daily authentic and nutritious vegetarian and pescatarian meals.
- 2 daily yoga classes, pranayama and meditation (optional).
- Yoga mat.
- Group excursions and activities (optional): Welcome circle, local Manku blessing, Melukat water purification, cooking class, weaving workshop, waterfall picnic, village walk, Red Walk, Yellow Walk, Mount Bakukaru Summit Walk.

BOOK NOW TO SECURE YOUR SPOT AND EMBARK ON A JOURNEY OF SELF-DISCOVERY AND TRANQUILLITY IN BEAUTIFUL BALI.

*Flight costs, travel insurance, and visa fees are not included.
15% Non-Refundable Deposit on booking. Payment plans available.

16 - 23 MAY 2025

LIMITED TO 16
PARTICIPANTS FOR
AN INTIMATE &
TRANSFORMATIVE
EXPERIENCE

\$2,995 AUD
due by 1/3/2025*

