



SHADETREE  
YOGA & WELLNESS

EXOTIC YOGA RETREAT AND SHADE TREE YOGA AND WELLNESS PRESENT

## Find Your Inner Guru - Yoga Retreat

June 1-11, 2009



- Airport transfers (You will be met personally by Patrick Curtin, a local resident of Bali who is fluent in English and the Balinese language and will try to take care of most of your needs)
- Welcome treatments at Verona Spa
- 10 nights room and breakfast at Ubud Bungalow (optional vegan menu)
- Vegan dinner at Ketut Darna's private home in the silver village
- Trip to Pondok Pisang for morning yoga (shala on the ocean)
- Holy water blessing at Tirta Gangga temple
- Daily morning Active Yoga and afternoon practice of Yin Yoga

meditation

- One Balinese cooking lesson
- Kecak dance
- Farewell dinner at Ubud Bungalow

Ample free time will be available for you to take advantage of many more Bali attractions:

- World-class diving and surfing
- Climb Mt. Batur, Bali's most active volcano
- View the amazing rice terraces
- Visit villages famous for their artisans--silver, textiles, wood sculpture....

**\$1,450\* per person**

**\*This includes a \$200 per person discount if paid in full by March 31, 2009.**

(Regular price after March 31 is \$1,650)

\*\*In order to provide personalized attention for each participant, *space is limited*

\*\*\*Airfare not included, but Eric will personally help you find the best rates.



Shade Tree Yoga and Wellness, LLC

For more information - P: (561) 714-6131 / E: aummm@mac.com

# Reservation Form

Return completed form with your check for non-refundable deposit of \$300 per person to:

Shade Tree Yoga and Wellness  
296 Vallette Way  
Suite 1  
West Palm Beach, FL 33401

Name(s): 1. \_\_\_\_\_ Nickname: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (\_\_\_\_)\_\_\_\_-\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact:  
Name \_\_\_\_\_ Telephone (\_\_\_\_)\_\_\_\_-\_\_\_\_

\_\_\_\_\_ Enclosed is the required non-refundable deposit of \$300 per person.  
(Make checks payable to Kimberly LaRue)

\_\_\_\_\_ I have paid my deposit on **www.exoticyogaretreat.com**

\_\_\_\_\_ I have enclosed \$\_\_\_\_\_ OR have paid \$\_\_\_\_\_ on **www.exoticyogaretreat.com**

**IMPORTANT:** I understand that **Shade Tree Yoga and Wellness** is unable to accept or retain any person as a retreat participant who may require special attention because of a medical condition. I further understand that **ShadeTree Yoga and Wellness** cannot accept or retain any person whose health impedes the operation of the retreat or affects the rights, welfare or enjoyment of other retreat participants. I accept sole responsibility for determining that I am in good physical and mental health and am able to participate in group activities. I further certify that I have read the detailed **Terms and Conditions** printed on this document and accept its content:

Signature \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE ENCLOSE A COPY OF YOUR PASSPORT(S) WITH YOUR DEPOSIT

**A Visa is required for Bali. Application information will be provided upon registration.**



Shade Tree Yoga and Wellness, LLC  
For more information - P: (561) 714-6131 / E: aummm@mac.com



---

## GENERAL INFORMATION – TERMS AND CONDITIONS

**YOUR HOSTS:** This retreat is hosted by Kimberly LaRue and Eric Holmgren, of **Exotic Yoga Retreat** and **Shade Tree Yoga and Wellness**, and Patrick Curtin, resident of Bali, Indonesia.

**RETREAT COST:** Total retreat cost including transportation, lodging, and provided services is \$1,450 until March 31, 2009 and must be paid in full by this date. Price is \$1,650 after March 31, 2009. To reserve your space, a non-refundable deposit of \$300 is required with your application. Final payment is due by April 30, 2009.

**DOCUMENTS:** A valid passport and visa are required.

**COST OF RETREAT INCLUDES:** Airport transfers from Denpasar to Ubud (You will be met personally by Patrick), Welcome treatment at Verona Spa, 10 nights room and breakfast at Ubud Bungalow (optional vegan menu), Vegan dinner at Ketut Darna's private home in the silver village, Trip to Pondok Pisang for morning yoga (shala on the ocean), Holy water blessing at Tirta Gangga temple, Daily morning Active Yoga (Participants are requested to bring their mats, but mats, blocks, straps will be provided, if participant did not bring) and afternoon practice of Yin Yoga meditation, One Balinese cooking lesson, Kecak dance, Farewell dinner at Ubud Bungalow.

**COST OF RETREAT DOES NOT INCLUDE:** Airfare and transportation between the United States of America and Bali, Indonesia; passport and visa, yoga mats, blocks, straps, all items of a personal nature, independent sightseeing, insurance, meals other than specified.

**ACCOMMODATIONS:** 10 nights at Ubud Bungalow, located right in the middle of the Monkey Forest Road. Ubud "the cultural heartland of Bali" with its many wonderful, excellent restaurants, and easy access to temples, cultural performances, museums, galleries and to the scenic beauty of Bali..

**CANCELLATION:** 90 days or more - receive full refund minus \$300 (non-refundable deposit/ administrative fee), 60-89 days - receive 50% of price, 59-30 days - receive 25% of price, 29 days or fewer-100% of price/no refund.

**INSURANCE:** Travel, accident, baggage and trip cancellation insurance is available from independent insurers and is highly recommended. We will be glad to help guide you in the right direction, if you need.

**MEDICAL CONDITIONS:** If you, or a member of your party, suffer from any physical challenge or medical condition, you must check with your doctor about the advisability of traveling abroad and make this known



SHADE TREE YOGA AND WELLNESS, LLC

For more information - P: (561) 714-6131 / E: aummm@mac.com

to Kimberly LaRue or Eric Holmgren before you book. We will make reasonable attempts to accommodate the special needs of retreat participants, but are not responsible for denial of services by carriers, hotels, restaurants and other independent suppliers.

**SMOKING:** Smoking is not allowed on any vehicle used by the group. There is also no smoking at the Yoga retreat.

**RESPONSIBILITY –TOUR PARTICIPANT CONTRACT-IMPORTANT-** Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin act only as an agent for the suppliers of transportation, accommodations, food and other goods and services provided to the retreat participant. All arrangements for transport, accommodations and services are made upon the express condition that Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin shall not be liable for any direct, indirect, consequential or incidental damage, injury, loss, accident, delay or irregularity of any kind occasioned by reason of airline, cruise line, train, hotel, restaurant, ground handler, etc. who supplies any goods or services for the retreat. Without limiting the foregoing, Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin are not responsible for any losses or expenses due to delay or changes in schedule, overbooking of accommodations, default of any third parties, sickness, weather, strikes, acts of God, acts of terrorism, war, quarantine, criminal activity, or for any other cause beyond its control. Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin reserve the right to change the itinerary of the retreat events without prior notice. Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin reserve the right to update the itinerary as required by unforeseen circumstances. If the tour is cancelled by Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin for any reason, Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin shall have no liability beyond the refund of all retreat participants' deposits received by it. Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin may increase the tour price in the event of cost increases. Shade Tree Yoga and Wellness, Kimberly LaRue, Eric Holmgren, and Patrick Curtin may decline to accept or retain any retreat participant as a participant on the retreat at any time. Airfare and transportation between the United States and Bali, Indonesia, remains the sole responsibility of the retreat participant. Deposits paid by retreat participants indicate acceptance of the above terms and conditions.

## **HELPFUL HINTS**

### **Passports**

You must have a valid passport to be allowed in Indonesia. If you are an American, Australian or EU citizen there is Visa on arrival at the Denpasar airport for US \$25, exact change required. Members of ASEAN countries do need a visa. If you are from another country, please read about visa requirements and other important details in the Travel Bali Section of (<http://www.balispirit.com/travel/>) (<http://www.balispirit.com/travel/>)

### **What About Credit Cards, Cash, Exchange Rates & Money Changers?**

PLEASE tell your bank and credit card companies the dates that you will be in Bali or elsewhere, as they might cut off your funds for fraud protection if they don't know it is you. Most small shops, restaurants & tour companies run on cash. ATM machines are rampant on the island, most having the Cirrus and Plus connection. The exchange rate varies daily, but is approximately Rp.9,300 = US\$1.00. You often get a very good



**Shade Tree Yoga and Wellness, LLC**

**For more information - P: (561) 714-6131 / E: aummm@mac.com**

exchange rate via ATM and its convenient. Money Changers are all over Bali, although not all over them trustworthy. Try and stay away from the small storefront Balinese money changers - the guys with hand written signs and made up rates.... The larger establishments, or those that say 'authorized money changer', will be a safer bet. In dire time, you can always do a cash advance at a local bank, but it will cost you 18-20% from your bank PLUS another % from the Bali Bank... As far as exchange rates go, if you have travelers checks, their rates are different than CASH. And, the smaller the bill, the less the rate. \$5 is worth less to a money changer than \$100, and the rate they will give you will reflect that. Make sure that you do not bring US\$100 notes from the year 1996. In 1996 Loads of counterfeits entered Indonesia and the stigma still stands. For Credit Cards in Bali - Diners is non-existent & American Express is rarely accepted, although there is an American Express office somewhere on the island where you can go to buy travelers checks and report stolen cards if need be. Visa and MasterCard are the cards of choice. Remember to inform your credit card's issuing bank about your intended trip or else you will risk getting your credit card accounts frozen from 'unexpected activity'. Lastly, to see the most recent exchange rate, check here: [www.xe.com](http://www.xe.com), but realize that the online rate is rarely 100% correct and will be off by a few cents.

### **Calling Home**

There is IDD in most hotel rooms. The code to call outside the country is: 008+country code+area code+number

### **Dining**

Meals are relatively cheap - entrees can run from Rp20,000 (US \$2.25) at a cafe to Rp315,000 (US \$35.00) at the Four Seasons. A typical dinner at Kafe Ubud (<http://www.balispigit.com/kafe/index.html>) (<http://www.balispigit.com/kafe/index.html>) will cost you between \$7-20.00.

### **What to Wear**

When touring sacred rituals, temples, and government buildings in Bali it is improper for women or men to enter wearing shorts or a very short skirt. One is provided with a sarong and a sash to cover the legs. Be aware of the respect accorded these areas and dress appropriately. I suggest that you pack cool cotton clothing. Even though July is the dry season, a rain poncho or umbrella will come in handy, and both can be purchased inexpensively here. As this time is Bali's summer, the rains tend to be warm and humid, but a light jacket can be useful for evenings. Comfortable sandals are a must, and should be easy to take off as most Balinese do not wear shoes indoors. Same day laundry



service is inexpensive and plentiful, so you're better off to pack light. Don't forget your bathing trunks!

Although the Balinese are used to western tourists, they are still a modest culture, so walking down city streets with no shirt on will likely get you a sideways glance or two. Anytime you go into a temple for a ceremony or tourist attraction you **MUST** wear a long sleeve shirt, pants or preferably sarong that cover your knees. Women and men have separate requirements, and the Balinese are only too happy to explain the rules and outfit you accordingly if you're minus an appropriate item or two.

### **Suggested Reading about Bali**

See here for great books on Bali: ([www.ganeshabooksbali.com](http://www.ganeshabooksbali.com))

Lonely Planet: ([www.lonelyplanet.com](http://www.lonelyplanet.com))

Rough Guide: ([www.roughguides.com](http://www.roughguides.com))

Eyewitness Travel Guides: ([www.traveldk.com](http://www.traveldk.com))

