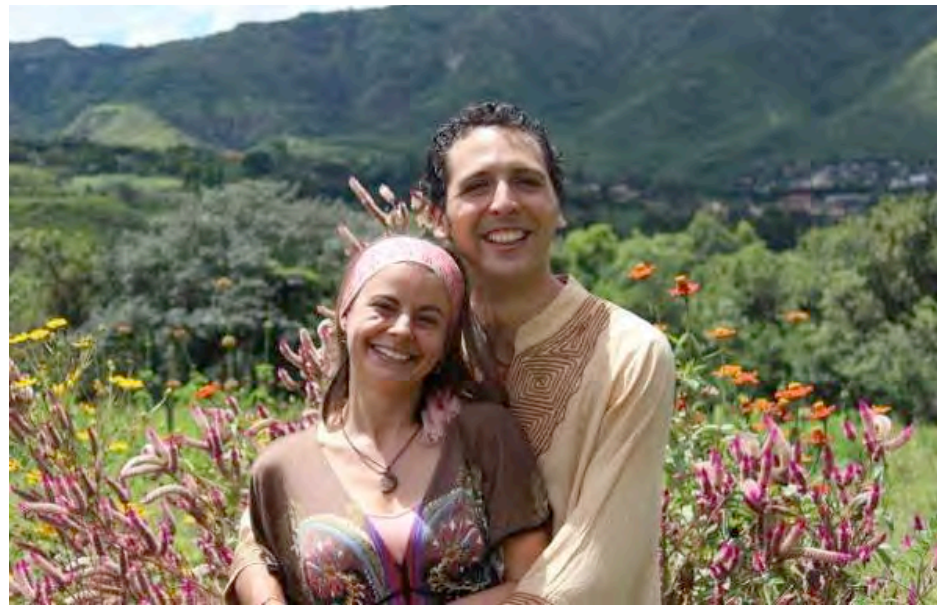




LOVE TRUTH JOY Yoga Retreats



Welcome to **Love Truth Joy Yoga Retreats** - created by Natasha and Luca.

Our intention is to change the world by educating people about the connection between Yoga and Veganism.

We do this because it's our passion and our calling. We were inspired to use the name Love Truth Joy because Love is our essence, the Truth is our only voice and Joy is our birthright. These words are interchangeable and express what a higher vision of ourselves and the world could be.

Small, intimate retreats are an important feature of the Love Truth Joy experience. Limited guest availability per retreat allows for a more personalized experience and a closer, family feel to the group. We have an amazingly fun time in exotic locations with inspiring people and delicious food.

Heart opening ... inspirational ... life changing ... healing.

As former 'office bodies' turned Yogis, we've journeyed through a myriad of experiences and now embrace a life of authenticity, health and gratitude. Having come to understand that we reap what we sow, our mission is to plant seeds of change and compassion in others. If you feel called to step into your power and experience a transformational journey, then come join us on a Love Truth Joy Yoga Retreat. We look forward to meeting you and creating together.

***"I felt like I was held by a mother and father
throughout the entire class"***

Fellow Yoga teacher and former colleague

Yoga

The Yoga we teach is a blend of different styles that we enjoy and that have influenced our personal practice. Our classes are for all levels.

Although the Yoga we practice does not belong to one particular school or tradition, we teach a combination of Sivananda, Vinyasa flow, Hatha and the Five Element Form from Tantric Yoga.

We received our teacher certification in Thailand and have taught at renowned Yoga retreat centers in Thailand and India.



We co-instruct our classes, so this is a unique opportunity to experience the combined energy of the masculine and feminine. Because we co-instruct, we are also able to pay extra personalized attention to our students throughout the class. Our students from around the world have varied in experience and demographic. We have taught Yoga to people on a Detox program, “office bodies”, expecting mothers, 70years + and everyone in-between. The aim of our Yoga classes is to get people moving, ignite a passion for life, have fun, open the heart and explore the soul!



Yoga & Veganism

Ahimsa is the Sanskrit term for non-harming or non-violence and is the ethical foundation of Yoga. Practicing ahimsa requires compassion and empathy for all others. Veganism is a way of life which embodies compassion, generosity and respect for each other, the planet and all living beings. Thus, Veganism is ahimsa in practice and is an integral part of our Yoga retreats.

BOOKING - Contact Us

Our official Love Truth Joy Yoga Retreats website is currently under construction and will be available soon. If you would like more details about our retreats or would like to book now, please email us directly:

ncandlp@hotmail.com

“Natasha and Luca's yoga classes and guided meditations are pure joy to experience. They create a warm, open, spiritual environment and teach with great care and insight. Natasha and Luca provide useful and enlightening explanations that underpin the practice with meaning. The way that Natasha and Luca work together and compliment each other as people and teachers provides a unique and beneficial learning experience. As individuals Natasha and Luca take the time to connect with their students and answer questions, and they are extremely generous in sharing their spiritual journeys and experiences. I particularly gained a lot from their explanations of the chakras and the chakra meditations and in experiencing tantric yoga for the first time. Natasha and Luca are wonderful teachers; they are wonderfully present and it is wonderful to be in their presence”.

Mandy, Australia



**** KEEP READING FOR MORE ON OUR BALI (*Yoga Barn*) YOGA RETREAT 2013**



Bali 28th September - 3rd October 2013

The Yoga Barn is a gem in a sacred paradise

Experience the magical and transformational power of Bali

SUMMARY:

The Yoga Barn, Ubud, Bali, Indonesia

6 days/ 6 nights

Retreat package \$850 (USD) per person

Arrival time: Saturday 28th September (2:00pm check in)

Departure time: Friday 4th October (11:00am check out)

Package includes:

Welcome tea and fruit

Opening retreat ceremony

Accommodation - deluxe twin share with AC at Artini 2 Cottages

3 meals per day - diverse, creative, Vegan cuisine (cooked and Raw), at 3 different venues.

Yoga classes

Guided meditation

2 hour cooking class

Educational talks covering Yoga, Veganism, nutrition, cleansing, thoughts & emotions

Conscious cinema

Conscious group activities

Closing retreat ceremony including traditional Balinese *Agni Horta* fire ceremony with Balinese Priest

Use of accommodation Swimming pool and other facilities

Use of Yoga mat and equipment



BOOK NOW

Contact us:

ncandlp@hotmail.com

The Yoga Barn

We have chosen this gem as our location for all Yoga and meditation.

The Yoga Barn is an indigenous, rustic, spiritual space, set amidst terraced rice paddies, nestled in the quaint mountain village of Ubud.

The Yoga Barn is a place relaxing and genuine, friendly and comfortable, earthy and unpretentious.

The desirable location in Ubud allows guests to take advantage of Bali's beautiful mountain scenery, many multicultural offerings, the warmth of its people, boutique shopping, international food, and a peaceful easy-going lifestyle.



ACCOMMODATION

Artini 2 Cottages is ideally located on Jalan Hanoman in Ubud - only a 6 minute walk to The Yoga Barn.

The cottages are beautifully situated in the midst of a rice field and just a short walk to the Monkey Forest, Galleries, Art Studios, Museums, Shopping Center, and Nightlife in Ubud.

Every room is has hot & cold water, private bathroom, wash basin, towel, western style toilets, private balcony, air-conditioning and fully furnished with enchanting wood and natural stone carvings.

Telephone lines are available in every room.

The out door areas are planted with flowering shrubs and tropical plants.

Enjoy the swimming pool and the pool side café offers Free Wi-Fi.

The atmosphere is quiet, tranquil and secluded.

It's *the* hidden Bali resort!



All accommodation is deluxe- twin share and includes:

- _ Air-conditioning
- _ Private bathroom
- _ Private balcony
- _ Rice field or garden view
- _ Electronic safe deposit box



CUISINE

All 3 meals per day are included in the package price and all meals are Vegan (cooked and Raw). We have a variety of venues catering for this retreat, so guests will enjoy a truly diverse cuisine of gorgeous meals!

Breakfast -

* All breakfasts are included in retreat package price.
x5 breakfasts at The Yoga Barn's "Little K" café (set menu)

Lunch -

* All lunches are included in retreat package price.
x3 buffet lunches at The Yoga Barn. (Thai and two Raw buffets)
x2 lunches at "Alchemy" (live foods with a passion for raw desserts!)

Dinner -

* All dinners are included in retreat package price.
Opening Ceremony dinner at The Yoga Barn (Indian buffet)
Closing Ceremony dinner at The Yoga Barn (Mediterranean buffet)
x4 dinners at "Down To Earth Ubud" (exquisite vegan food with an international influence, Raw and cooked.
We will also enjoy a 2 hour cooking class with DTE restaurant owner and nutritional teacher.)

Any food allergies or special dietary requirements can be listed on the retreat booking form.



YOGA

The Yoga we teach is a blend of different styles that we enjoy and that have influenced our personal practice.

Our classes are for all levels.

Although the Yoga we practice does not belong to one particular school or tradition, we teach a combination of Sivananda, Vinyasa flow, Hatha and the Five Element Form from Tantric Yoga. We received our teacher certification in Thailand and have taught at renowned Yoga retreat centers in Thailand and India.

We co-instruct our classes, so this is a unique opportunity to experience the combined energy of the masculine and feminine.

Because we co-instruct, we are also able to pay extra personalized attention to our students throughout the class.

Our classes always include breath awareness and Pranayama (breathing exercises).

Our students from around the world have varied in experience and demographic. We have taught Yoga to people on a Detox program, “office bodies”, expecting mothers, 70years + and everyone in-between.

The aim of our Yoga classes is to get people moving, ignite a passion for life, have fun, open the heart and explore the soul!

We are never interested in what the physical body can or can't do it's all about the flexibility of the heart and mind!

One thing is for sure, you will laugh and be inspired in our class.



SPECIAL RETREAT FEATURES

Traditional Balinese Ceremonial Blessing

The retreat's closing ceremony will feature an ancient fire ceremony known as Agni Horta.

A priest from the local village of Pengosekan, will perform the ceremony.

Agni refers to fire and *Hotra* means, healing. This healing fire ceremony is considered one of the highest Vedic rituals- originating from the Hindu sacred scriptures.

The ritual energizes and purifies the environment, a healing for both the participants and those living in the area.

Your presence and participation in the ceremony magnifies its effects.

You can participate by holding a pure intention of healing and blessing for yourself or another, by reciting the mantras, and by making offerings to the fire.



Culinary Experiences



ALCHEMY

“We are what we eat and think – from food & thought to form & being — true ALCHEMY”

Two of our lunches will be hosted at Alchemy.

Guests will receive a discount card that can be used during the retreat to purchase organic and conscious products from Alchemy’s health store (Superfoods and supplements, organic foods, cosmetics and house-hold products).



Alchemy also offers Colon Hydrotherapy, live blood analysis and acupuncture.

“Alchemy is a place of transformation created by a group of earth-loving, tree hugging, downshifters who met in Bali and connected over their passions for live food, green juice and raw chocolate! In the current insatiable material world, we are here to promote heart-based culture and set the intention for unconditional Love, Authenticity, Health, and Gratitude.

These are our values and we practice them every single day!

Your health is the first and most important step. We are an organic health food store, colon hydrotherapy clinic, and a juice café (offering juice cleanse programs) with delicious treats such as raw ice cream and chocolate. We honor Mother Nature, her gifts, and promote healthy sustainable living.

Our products and menu promote consciousness and wellbeing for all of earth’s inhabitants”.





DOWN TO EARTH

“Down to Earth’s goal is to be a part of a global change and to help reshape the future through nutrition and environmental consciousness”.



Four of our dinners will be hosted at Down To Earth. We will also enjoy a 2 hour cooking class with the restaurant owner and nutritional teacher.

“We do our best to treat food right...with love and care. The quality of care, attention, and respect food is given during its preparation is as important as the quality of the ingredients. Another element that is used in preparation is humor. Since our kitchen is a labor intensive business, humor keeps everyone going. We put effort in planning our daily menu. The food and its preparation is based on macrobiotic understanding.

It provides a wholesome, balanced meal that includes all vital nutrients, vitamins, minerals, fibers, and micronutrients”.



DETAILS / PRICING

- 6 days / 6 nights (28th September - 3rd October, 2013)
- Inclusive Retreat Price =

Twin share accommodation at Artini 2 Cottages

\$850 (USD) per person

- Deposit to hold retreat space = \$400 (USD) per person.
Full balance is due 30 days prior to retreat start date.

See below for our cancellation policy

BOOK NOW

Contact us: ncandlp@hotmail.com

INCLUDED:

Welcome tea and fruit

Opening retreat ceremony

Accommodation - deluxe twin share with AC at Artini 2 Cottages

3 meals per day - diverse, creative, Vegan cuisine (cooked and Raw) at 3 different venues.

Yoga classes

Guided meditation

2 hour cooking class

Educational talks covering Yoga, Veganism, nutrition, cleansing, thoughts & emotions

Conscious cinema

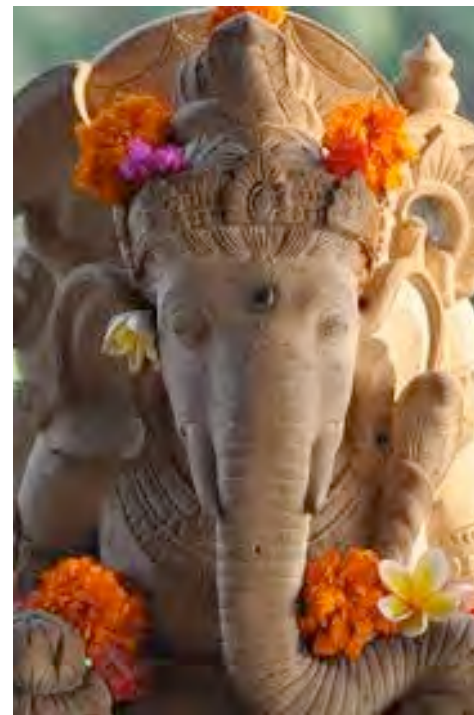
Conscious group activities

Closing retreat ceremony including traditional Balinese *Agni Horta* fire ceremony with Balinese Priest

Use of accommodation Swimming pool and other facilities

Use of Yoga mat and equipment

*** Whilst we encourage guests to participate in all classes and activities offered, they are of course optional.*



NOT INCLUDED:

Travel costs to Ubud, Bali

Optional wellness and healing treatments

Optional Ubud tours, eg: rice paddy field excursion

Optional additional Yoga classes at The Yoga Barn with other various teachers

Transfers (contact the accommodation directly to arrange transfers, economical group transfers may be possible)

GETTING TO UBUD

How do I get to Bali?

Bali is a small island set amidst the 17,000+ islands of the Indonesian archipelago. It is approx. 3 hours due south of Singapore, and 3 hours north of Perth, Australia. The international airport is called Ngurah Rai International, and the arrival city is Denpasar (DPS).

How do I get to Ubud from the airport?

From the airport (Ngurah Rai International) to Ubud takes about one hour, and costs approx 250.000 rupiah (about US\$27). There is a Blue Bird Taxi stand immediately to the right as you exit the airport. Book a cab and they will give you a voucher ... honest & legit.

You can also contact the accommodation (Artini 2 Cottages) and ask them to arrange your transfer.

Contact Yessi: yessi_putra@yahoo.co.id

Reservation Manager

Artini Cottages & Inata Hotel

Phone: +62 361 975689

Fax: +62361 975348

Do I need a visa?

Yes, a visa is required for Indonesia. A visa-upon-arrival system is in place for most countries including Australia, Canada, US & EU citizens. When you arrive at the airport in Denpasar you will enter the Visa-on-arrival line, where you will be asked for U\$25.00 and your passport will be stamped for 30 days from the date of arrival. Upon leaving, a 150,000 rupiah departure tax will be assessed.

N.B. – If your passport is due to expire within 6 months, we advise you renew.

Can I stay longer?

You will probably want to! If you would like to stay more than 30 days, you can apply for a 60-day tourist visa at the Consulate of Indonesia closest to you. You will likely have to show proof of a ticket to leave the country.

** On the first day of the retreat (Sunday 15th September) all retreat participants should check in at Artini 2 Cottages by 2:00pm.

The group will meet at The Yoga Barn at 4:00pm for welcoming tea and fruit, followed by an opening ceremony, and then a buffet dinner.

GETTING HOME

Thursday 3rd October is the last day of the retreat.

On Friday 4th October, guests must check out by 11am. Either take a taxi back to Denpasar airport, or arrange a transfer through your accommodation, Artini 2 Cottages.

If you wish to extend your stay, please arrange this directly with Artini 2 Cottages.

WHAT TO BRING:

A blank notebook and pen - this will be necessary for workshops, presentations and any personal journaling

Memory storage device (thumb/ flash/ external hard disk drive) so we can give you copies of conscious cinema to take home if you like

Yoga mats are provided at The Yoga Barn, but please feel free to bring your own mat if you prefer

Comfortable clothes for yoga

Sweat towel for Yoga class

Sunblock, hats and sunglasses

A bathing suit or two

Whatever warm-weather clothes you like to wear

Toiletries

Camera

Adaptor/ converter (for charging your camera battery)

A book

You may want to bring something warm for the plane and airport

For more information, visit <http://www.theyogabarn.com/faq.html>

WHAT NOT TO BRING:

Perfume or aftershave

Heavy make-up (this retreat is about removing masks in order to re-connect with our true selves... let's remove the most obvious masks first -our make-up!)

This is a Vegan focused retreat, so please use your discretion ...leather jacket and snake skin boots should obviously be left at home!

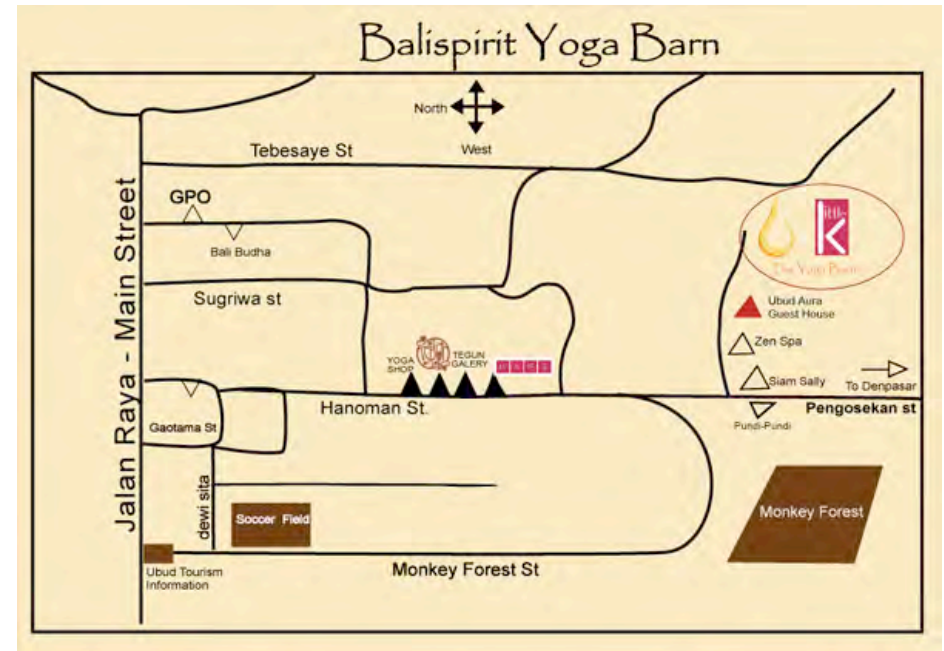
Any animal foods

We encourage people to leave behind their laptop and switch off their cell!

HOW TO PREPARE

Even if you are a Vegan or Raw foodist, it is good to give your body a break and detoxify at least once a year. In order to get the most from your experience, we recommend abstaining from caffeine, cigarettes, alcohol, meat, fish, dairy and eggs, prior to your trip for at least a week, longer if possible. Caffeine in particular (even 1 cup a day) can cause severe withdrawal headaches & we don't want you to be going through this and miss out on the fun! Please email us if you have any questions on how to ease into the process. It is so worth the effort, you will feel rejuvenated...guaranteed!

MAPS



The Yoga Barn is located on Jalan Raya Pengosekan, Ubud (just behind Siam Sally & Zen Spa)

Artini 2 Cottages
 Hanoman Street no. 54, Padang Tegal, Ubud, Bali 80571, Indonesia
 Direct Phone: +62-361-978424

CANCELLATION POLICY

Please note that because Love Truth Joy Yoga Retreats are limited to a small number of attendees, to allow for a more personable, intimate experience, our cancellation policy is in place to help guests and us alike work together sharing expenses that may arise from unexpected cancellations.

- *The option of a deposit is only available 30 days prior to the retreat start date. All bookings after 30 days prior to the retreat start date must be paid in full.*
- *Deposit is non-refundable*
- *Deposit is transferable to another attendee*
- *Full balance is due 30 days before start date of retreat.*
- *Cancellation requests submitted 30 days or more prior to retreat start date, 50% of total amount (less deposit) will be refunded.*
- *\$50 handling fee is charged for all refunds.*
- *Within 30 days of your retreat: sorry but no refunds given, no exceptions.*

No one books a retreat with the intention of cancelling it, but unexpected events do occur, so please consider purchasing travel insurance and that it is your responsibility to read and understand our cancellation policies. Exceptions cannot be made for any reason, including weather, injury/illness, or personal emergencies. No refunds or credits for failure to attend or failure to complete the retreat, or for arriving late or leaving early. We recommend that you purchase your own travel insurance. We encourage you to purchase trip cancellation insurance in order that your trip fees will be covered should you or your family have a medical problem prior to your trip or while on the trip. Trip insurance should also be purchased to cover medical expenses in the event you have an accident while on the retreat. Most travel insurance must be purchased within 14 days of making your reservation. We reserve the right to cancel retreats with inadequate participant interest, in which case all money paid to Love Truth Joy Yoga Retreats will be refunded. Notification of cancellation will occur at least 1 month prior to retreat start date. Love Truth Joy Yoga Retreats cannot be held responsible for any personal expenses, such as airline tickets due to changes in itineraries or retreat cancellations.

BOOK NOW Contact us: ncandlp@hotmail.com

Payment can be made via Paypal or direct bank transfer.

We will also send you a Booking Form. Your personal information will be kept private, however we may need to forward some of your details in order to book accommodation and any applicable transfers.