



Kate Porter Yoga

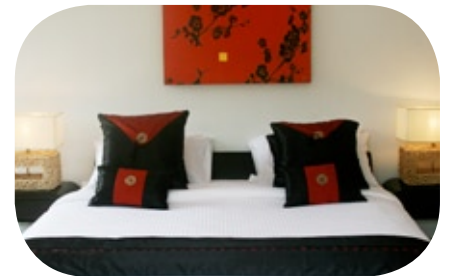
Luxury Yoga Retreats to Lombok 2009

Kate is hosting a number of exclusive yoga retreats during 2009 at the stunning Sepoi Sepoi villa on the beautiful island of Lombok, east of Bali, Indonesia.

Retreats will include:

- yoga sessions every morning and afternoon
- a specific theme and emphasis
- meditation and pranayama sessions
- luxury accommodation in a beautiful, exotic, relaxing setting
- specially prepared, delicious healthy food and drink
- teaching by Kate and other specially invited qualified yoga instructors
- an inclusive price for everything except for flight costs and alcohol

Space is very limited. Book early to avoid disappointment.



Earth and Fire 23rd to 30th April 7 Night Retreat

The **Earth and Fire** retreat will be a total immersion in yoga to de-stress, invigorate and inspire you. You will return feeling calm, bendy, enriched and relaxed! The sessions will be led by Kate Porter and Katie Johnstone.

Kate and Katie will work with you to:

- build strength and flexibility
- balance strength versus flexibility
- develop your balance
- increase your core power
- open your body and energy channels
- improve your cardio fitness
- calm your mind and breathing

All levels are welcome but some yoga experience is assumed. The sessions will have an emphasis on correct foundation and grounding, as well as core strength development.

Air and Water 9th to 13th July 4 Night Retreat

The **Air and Water** retreat with 4 blissful nights on Lombok will make you feel like you have been away from the world for a month! The sessions will be led by Kate Porter and Christine Toong.

Kate and Christine will work with you to:

- create "space" and freedom in your body
- use breath and flowing movement to re-energise you
- loosen up those stressed-out and tense muscles
- leave you feeling invigorated and prepared to face the world again

All levels are welcome but some yoga experience is assumed. The sessions will have an emphasis on correct breathing, graceful flowing movement and energy.

With sessions in the morning and in the afternoon, by the end of each retreat you will have undertaken a yoga journey encompassing Hatha, vinyasa flow, power asanas, meditation and pranayama.



LUXURIOUS SEPOI SEPOI VILLA

Beach front Sepoi Sepoi villa ("Gentle Breeze") is an exquisite haven on the island of Lombok. Only forty minutes away from the airport, it is a private refuge in a tropical paradise. With beautifully appointed rooms and amenities, friendly and efficient staff, your stay at the villa will be a heavenly experience. With capacity for only twelve guests and no children permitted, you will truly get a reprieve from the stress of real life.

Who says yoga retreats have to be spartan?

- 6 individually styled luxury suites
- swimming pool with pool side lounge and bar
- white sandy beach front fringed with palm trees
- exquisite food prepared by Sepoi Sepoi's talented chef
- friendly and accommodating staff to look after you
- private, exotic location
- fabulous open air lounge for relaxing in style
- secure and carefree environment

EXQUISITE FOOD TO TANTALISE YOUR TASTE BUDS



Kate believes that good quality food is as important for your health as exercise. With that in mind, the fabulous chef at Sepoi Sepoi will prepare your meals every day with flare, imagination and the freshest, tastiest ingredients. Catering to both vegetarians and non-vegetarians, every guest will be looked after. You are guaranteed not to go hungry at Sepoi Sepoi.

- wholesome brunch after the 1st yoga session
- tasty afternoon tea before the 2nd yoga session
- indulgent candlelight dinner to ensure you sleep like a baby
- fresh fruit juices and teas free of charge all day

INVESTMENTS IN YOUR HEALTH AND HAPPINESS

The prices for Kate's Porter's Luxury Yoga Retreats to Lombok are all inclusive*:

accommodation in luxury suites | sumptuous brunch | three course dinner | afternoon tea unlimited fresh fruit juices and teas | 15 / 8 yoga and meditation sessions | airport transfers

* Does not include flights, visas, departure tax and alcohol

Earth and Fire 7 Night Retreat

- Single sharing a room: US\$ 1,800
- Single staying alone: US\$ 3,350
- Joint booking: US\$ 3,400

Air and Water 4 Night Retreat

- Single sharing a room: US\$ 990
- Single staying alone: US\$ 1,840
- Joint booking: US\$ 1,850

Our retreats are non-yogi friendly! Lombok has plenty for your partner to do.

Local diversions include:
volcano hiking | scuba diving | snorkeling with turtles | miles of beach | local markets | temples and mosques and more!



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