

November 3-10, 2012

Bhakti in Bali

with **Gopi Kinnicutt & Jahnavi Harrison**
at the **Soul Shine Bali Retreat Center**

YOGA RETREAT



\$1695

Includes meals and airport transfers.

Nov. 3-10

Additional days may be added. Contact us for details.

\$500

non-refundable deposit must be received by August 31st

Payment in full must be received by October 31st

Register online at **yogamandali.com**.

Join Gopi Kinnicutt and Jahnavi Harrison at the Soul Shine Bali Retreat Center in beautiful Bali! Located just 5 minutes from the ancient city of Ubad, Balinese for medicine, and a place where priests and monks have come to meditate for thousands of years. This retreat will provide healing medicine for the soul, rejuvenating and transforming ones consciousness. We will visit the ancient Balinese temples and caves where monks have gone deep into their meditation and explore deep into the temple of our hearts, awakening and discovering our inner relationship with the Divine. We'll enter the heart of bhakti, devotion and adoration through sacred sound and chanting (kirtan) lead by Jahnavi. Gopi will guide us through a healing asana practice each day, and through reflection and meditation, we will transverse and explore similar paths of the monks of Bali. Along with the praying (yoga) and loving (kirtan) we will also eat. The food in Bali will open your palette to wondrous flavors of life. We will eat, pray and love all with the divine purpose of igniting the inner fire!

We will explore Bali as we venture out to the Sacred Monkey Forest where an ancient Hindu temple welcomes us. We will be guided by the sacred Hanuman Monkey's. Hanuman, is the emblem of devotion who teaches us that only through devotion of the heart will we find a deeper entrance into our living temple.

There will be time to shop, bond and have fun swimming, relaxing and soaking up the sun in Bali. This promises to be a trip of a lifetime!



Gopi Kinnicutt is an Experienced Registered yoga teacher with the Yoga Alliance (ERYT 500). Through her personal practice and experience, Gopi has developed her own unique teaching style. She takes her students into a dynamic multi-dimensional flow, breaking through rigidity and stiffness and empowers one from within; she infuses her classes with penetrating kriya's

(cleansing power movements), mantras and breath work, with an emphasis of yoga therapy to heal. In flow she is very expert in inserting correct alignment that is specific to the each individual, incorporating deep marma (pressure point) therapy techniques when assisting students. She addresses individual needs and limitations, creating a safe environment for her students.



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Jahnavi Harrison was raised in an environment full of kirtan from birth. She began studying Western classical violin as a child, exploring

different styles of music, from Irish to Klezmer. In recent years, her studies in South Indian dance (Bharatanatyam) have led her to undertake further study in South Indian Carnatic vocal and violin. She is a kirtan singer, writer, dancer, and a visual artist.

Visit Gopi's website at **www.sambandhayoga.com** for more information and updates.