



BALI

**4D3N Yoga Seeds
Chasing Sunsets
with Warriors**



IN LOVE WITH NUSA LEMBONGAN

A chance invitation to lead a few teacher training led Wendy to her first exploration of the tranquil shores of Nusa Lembongan, Bali. With its enchanting beauty and captivating sunsets, a deep affection blossomed for this little island paradise. Inspired by its beauty and serenity, she and Joanne felt compelled to share this hidden paradise with others, giving birth to a dreamy retreat in this magnificent setting.





CHASING SUNSET WITH WARRIORS

Led by Wendy & Joanne

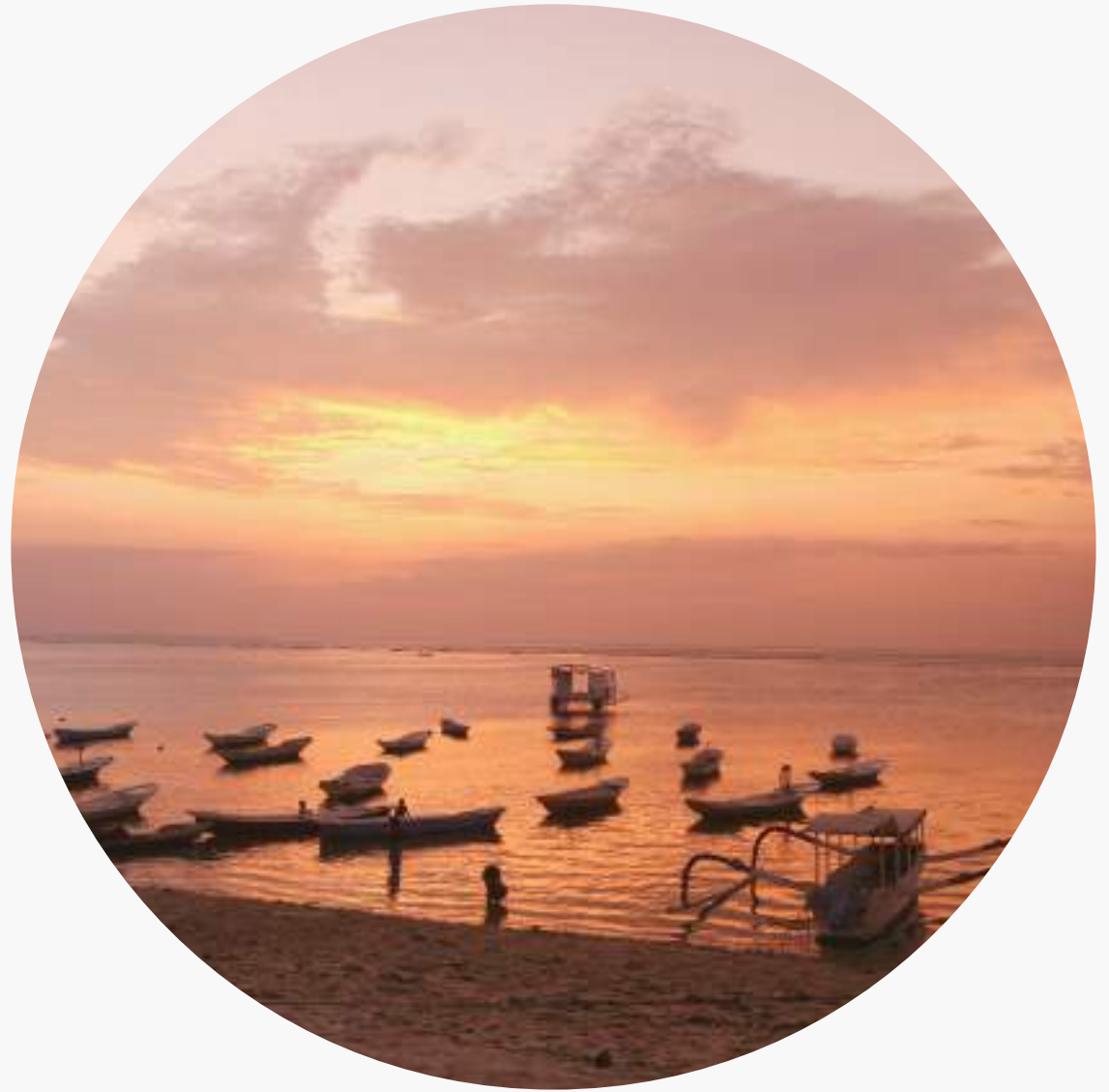
Travel Dates

27 – 30 Apr 2024

29 Aug – 1 Sep 2024

UNLEASH THE WARRIOR WITHIN

Escape to the enchanting paradise of Nusa Lembongan, Bali, and immerse yourself in transformative yoga sessions and breathtaking sunsets at the Chasing Sunset with Warriors Yoga Retreat. Connect with your inner warrior, reset your energy levels, and ignite the fire within as we chase the different hues of sunsets. Join us for a rejuvenating and inspiring experience.



SUNRISE KRIYA, PRANAYAMA & SURYAS

Awaken your senses with a sunrise practice on pristine shores as you greet the morning glow. Through invigorating Kriya, Pranayama, and Surya Namaskaras, tap into the sun's vibrant energy, revitalizing your body and uplifting your spirit for a day of boundless possibilities.



SUNSET HATHA & YIN

Immerse yourself in the serene beauty of Nusa Lembongan's beach as you surrender to the gentle waves and embrace the soothing golden hues of the sunset. Release tension with a blend of Hatha and Yin Yoga, allowing the rhythmic sound of the ocean to guide your breath, bringing tranquillity to your mind and nourishment to your body.





INVERSIONS & ARM BALANCES

Delve into the exhilarating world of inversions and arm balances and reignite your inner child's sense of adventure. Embrace the joy of playful exploration and feel the strength and grace as we defy gravity. This workshop will empower you to find balance, build core strength, and cultivate courage on and off the mat.

MINDFUL VINYASA

Immerse yourself in the present moment as you flow seamlessly through a mindful Vinyasa practice in the serene embrace of nature, forming a deep connection with the surroundings and fostering oneness with the natural world. Truly absorbing the beauty and energy of the world with inner contemplation will leave you deeply rejuvenated and grounded.





ASHTANGA PRIMARY SERIES

Embark on a transformative journey through the Ashtanga Primary Series, surrounded by the awe-inspiring beauty of nature. Allow the rhythmic sound of the waves to synchronize with your breath as we flow through a dynamic sequence of postures that cultivates the inner fire of drive, passion, and courage.



ICE BATH EXPERIENCE

Challenge your limits and embrace the stimulating power of an ice bath experience. Feel the adrenaline rush as you immerse yourself in the cool, revitalizing water. This courageous practice will awaken your senses, invigorate your body, and elevate your level of focus and awareness.



DANCING WITH GENTLE GIANTS

Dive into the azure waters surrounding Nusa Lembongan and witness the majestic dance of the ocean's gentle giants - the manta rays. The crystal-clear waters are your portal to a world of wonder, where every moment is a breathtaking encounter as we snorkel with these magnificent creatures.



KIRTAN SINGING IN HARMONY

Immerse yourself in a soul-stirring evening as the starry skies above become the backdrop for a captivating Kirtan singing session, where voices harmonize with the sounds of the gentle waves. This enchanting night will be an unforgettable and magical experience.



CURATED CULINARY EXPERIENCES

Embark on a sensory adventure of gastronomic fusion, relishing a harmonious blend of flavours. Immerse yourself in a hearty brunch made fresh with local ingredients complemented by aromatic barista coffee.

Delight in enchanting beachfront sunsets during unforgettable dinners and savour the vibrant Balinese flavours of a remarkable culinary experience.



ISLAND LIVING EXPERIENCE

Nestled on the enchanting island of Nusa Lembongan, our resort partners offer a Balinese-style living experience that seamlessly blends with the island's natural beauty. Just minutes away from the beach, embrace the island's laid-back charm as we unwind in the simplicity of island living.

PACKAGE RATES

SINGLE (1 pax)

BED TYPE: 1 DOUBLE BED

S\$1,500 per pax

Early Bird S\$1,198 per pax

TWIN-SHARE (2 pax)

BED TYPE: 2 TWIN BEDS

S\$1,350 per pax

Early Bird S\$1,068 per pax

TWIN-SHARE (2 pax)

BED TYPE: 1 DOUBLE BED

S\$1,200 per pax

Early Bird S\$938 per pax

Early bird rate Deadlines

Apr Trip – 28 Dec 2023

Aug Trip – 30 Apr 2024

Package Details (EXCLUSIVE OF AIR TICKETS):

INCLUDES:

- 3 nights accommodation at partner resorts
- Airport transfers (Land & Sea) for recommended flights
- All land transfers for the program in the itinerary*
- 3 Culinary Experiences:
 1. Garden Delights: A Hearty Brunch with Fresh Local Ingredients and Barista Coffee
 2. Sunset Serenade: A Magical Dinner by the Beach
 3. Truly Bali: A Dinner to Savor Authentic Balinese Flavors
- Full Sunset Chasing Warriors Yoga Program:
 1. Opening & Closing Program x1
 2. Sunset Hatha Yoga x1
 3. Sunset Yin Yoga x1
 4. Sunrise Kriya, Pranayama and Suryas Workshop x1
 5. Inversions & Arm balances Workshop x1
 6. Ice Bath Experience x1
 7. Snorkelling Trip x1
 8. Mindful Vinyasa Flow x1
 9. Ashtanga Primary Series x1

*Excludes Free & Easy Time

NOTE: Yoga Seeds is only responsible for the yoga program provided, and participants would be responsible for their own flight and travel insurance arrangements. For help and details, email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.

HOW TO SIGN UP

To confirm your slot, kindly complete the steps below.

Step 1: Complete a non-refundable deposit payment of S\$350 per person via either:

- a) Bank transfer to UOB Current Account 3583032663; OR
- b) PayNow to Company UEN number 201318332GYSS; OR
- c) PayPal (4% Admin charges apply). For this option, please let us know, and we will send the invoice to you.

FULL PAYMENT TO BE MADE BEFORE EARLY BIRD DEADLINES.

Step 2: Fill in an Online Registration and Indemnity Form at <https://bit.ly/yogaseedsregform> if you haven't done so before for our other events/retreats.

Step 3: Email the following details to recharge@yogaseeds.com.sg

- Payment amount and mode of payment
- Indicate the travel dates and package option
- Nationality and Expiry Date of Passport(s)
- Full name, Email Address & Mobile number of participant(s)
- For all twin-share bookings, kindly send all details of both participants in the same email

For queries, please email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.

BREATHE. RELAX. RECEIVE



**SUGGESTED
FLIGHT
ITINERARY
ON
SCOOT**

DEPARTURE FLIGHT (SIN-DPS)

27 APR 2024 / 29 AUG 2024

TR 280 — *Dep 0700h, Arr 0950h (Bali Time)*

ARRIVAL FLIGHT (DPS-SIN)

30 APR 2024 / 01 SEP 2024

TR 287 — *Dep 2000h (Bali Time), Arr 2235h*

- * Flight details are subject to changes. Actual flight details would be confirmed after booking of the package.
- * Yoga Seeds is only responsible for the yoga program provided and participants would be responsible for their own flight & travel insurance arrangements.
- * For more details, email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.

DON'T JUST CATCH THE SUNSET.
CHASE IT.



recharge@yogaseeds.com.sg

**EMBARK ON THE
JOURNEY WITH US**

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