



300 Hours Program / 500 Hours Certification for RYT200's

## **Yoga Therapist Training Level I** **Bali Indonesia Logistics**

Welcome



Dear Participant,

Thank you for choosing to attend an auspicious learning and life-enhancing program with us.

Please read over the following pages for your information. Feel free to contact us if you require any additional information and/or assistance.

We wish you safe and happy travels to and from here. And we look forward to a wonderful program with you and everyone in your group.

Warm wishes and bright blessings,

Karen

Program Location: Retreat Center in West Bali, Tabanan, Bali, Indonesia

Head Office | Information & Registration Contact: 188 Green Mountain Rd E, Hamilton, ON L8J 3A4 Canada

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## About Bali Retreat Center



### West Bali Retreat Center

The venue is located in a small village in the region of Tabanan, situated under the shade of coconut groves, surrounded by rice fields and neighboring three rivers. It is located about an hour from the airport, twenty minutes from Ubud and thirty-five minutes from Seminyak.

Surrounded by nature, this location perfectly combines the necessary elements for a training/retreat while living a cultural experience. The property belongs to a member of the royal family of Bali and the different areas with rooms encircle the center compound where the restaurant and stage for Balinese performances are held. Its architecture follows the traditional Balinese style combining synchronization with nature.

## Arrivals

### Airport & Transfers:

The venue is 60 minutes from: [Ngurah Rai International Airport \(DPS\) - Bali Indonesia](#)

**\*\*Round Trip Airport Transportation to/from the venue is included with accommodations.\*\***

Please send us your flight arrival information in advance. If you plan to stay additional days/nights we are happy to reserve this for you (for additional nights see rates below).

### Arrival the Day Prior to Training:

Arrive the day before the program begins. If possible arrange your travel schedule to allow yourself enough time to get settled in and comfortable the day before your program begins.

### Departure:

For certification programs, schedule your departure after class on the last day of each module/program. It is necessary to complete the full schedule in order to complete all the hours required for certification.

### What to Bring to Class

- Yoga mat
- Meditation cushion - optional
- Water bottle
- Notebook and writing materials
- The venue will provide bolsters, blankets, blocks, straps. In addition, there will be mats available if you prefer not to bring your own.

### Items You May Want To Bring

- mosquito/insect repellent
- sun-screen
- hiking shoes
- a light jacket and/or raincoat in case of wet weather
- voltage adapter (same as in Europe)

## Training Schedule, Accommodations & Meals

### Daily Training Schedule: *(except day off and last day)*

6:30-7:30 AM Meditation, Pranayama & Restorative  
 7:30-9:00 AM Therapeutic Asana Practice  
 9:00-9:45 AM Breakfast  
 9:45 AM-1:30 PM Morning Session  
 1:30-2:45 PM Lunch  
 2:45-5:30 PM Afternoon Session  
 5:30-6:30 PM Session continues/educational  
 viewing/practicum

Evening Classes: both semesters include four days with afternoon session ending at 5:30 pm followed by dinner, and evening class 7:00-9:30 pm. See Curriculum-Schedule PDF.

- 3 meals daily

### Day-Off Midway:

- 1 meal / breakfast

### Last Day of Semester 2 – Review & Presentations

6:30-9:00 am Written Review followed by Presentations  
 9:00-9:45 am Breakfast  
 9:45 am-1:30 pm Presentations  
 1:30-2:30 pm Lunch  
 2:30-4:00 pm Presentations

- 2 meals / breakfast and lunch

*If you would like additional meals beyond what is included above this is available as per Additional Meals p/Day (right).*

### Accommodations Include

- Round trip airport transportation to/from the retreat center
- 14 nights' accommodations
- Healthy/organic vegetarian meals - vegan and lacto/ovo available
- Unlimited Bottled Water
- Room Includes: (in most room options), ensuite bathroom, balcony with view, WI-FI internet. Room service available.
- Shared Pool

### Accommodation Rates per Semester

Rice Terrace Suites:

- Shared Room \$1280
- Private Room \$1925

Deluxe Suites (only 2 available):

- Private Room \$2095

*We also have a limited number of more affordable options; contact us to inquire.*

*Rates are per person per module starting from the night prior to the first day of the training, and up to lunch on the last day of the semester. Each semester is 14 days / 13 training days, with 1 day off midway to explore/relax/read/study in beautiful Bali. You are welcome to extend your stay and reserve additional nights; see Additional Nights and Additional Meals rates below.*

*50% payment is due with registration to reserve your space; balance is due with balance of tuition.*

### Additional Nights

*Additional Nights rates are for the room only; see meals below.*

Rice Terrace Suites:

- Shared Room \$50
- Private Room \$100

Deluxe Suites (only 2 available):

- Private Room \$105

Standard Rooms 1 (area with nearby Balinese farm):

- Shared Room \$33 (only 1 available)
- Private Room \$66 (only 1 available)

Standard Rooms 2:

- Shared Room \$40 (only 2 available)
- Private Room \$80 (only 2 available)

### Additional Meals p/Day (a la carte available)

- Breakfast \$13
- Lunch \$20
- Dinner \$20
- Unlimited water per day: \$2.60

## Important Travel Information

### Minimum Enrollment Numbers

Minimum enrollment numbers must be met in order for any course to commence as scheduled. Please refrain from securing travel arrangements until such announcement is made – usually 60 days prior to the first day of the program. *Heaven on Earth Yoga Institute / IHYT-Integrated Health Yoga Therapy* assumes no responsibility for the cost of a participants travel arrangements and/or the cost for changes/postponements/cancellations of same.

### Visas & Passports

*Please check with your Indonesian consulate for your countries' visa requirements.*

**Visa Free on Arrival** - effective February 1, 2004: 11 countries and territories are still eligible for a "Visa Free" facility, they are: Thailand, Malaysia, Singapore, Brunei Darussalam, Philippines, Hong Kong SAR, Macau SAR, Chile, Morocco, Peru and Vietnam. Nationals of the aforementioned countries and territories will be issued with a 30-day stay permit without charge upon presentation of a valid passport with 6 months remaining validity. The Visa Free Facility is not extendable or convertible into another type of visa.

**Visa on Arrival** - effective February 1, 2004: the nationals of 21 countries required to obtain a "Visa on Arrival" processed at the gate of entry following the payment of an official fee are: Australia, Canada, United States, Argentina, Brazil, Denmark, South Africa, United Arab Emirates, Finland, Hungary, United Kingdom, Italy, Japan, Germany, South Korea, Norway, France, Poland, Switzerland, New Zealand, and Taiwan.

The citizens of the aforementioned countries must hold a passport with at least 6 months remaining validity at the time of arrival, present a completed embarkation/disembarkation card provided by the airlines, be able to demonstrate they have sufficient means to live during their stay in Indonesia, not be listed on any official blacklist of individuals prohibited from entering the country, and pay the stipulated fee to obtain a visa US\$ 25 for a 30 day visa. The Visa on Arrival is non-extendable and cannot be converted into another class of visa. Once payment is completed the tourists proceed to an immigration counter for final inspection of documents and visa issuance.

You will also need a small amount of money to leave (around \$15 USD for departure tax that is payable in IDR 150,000.) You must also have proof of onward passage. Tourist visas can also be obtained from an Indonesian embassy or consulate abroad.

Passports are mandatory. Make sure it's up to date. Make sure it's valid for at least 6 months at the time of entry into Indonesia, and for at least 6 months after you leave. Otherwise the Indonesian customs officers will have you on the next plane out.

Each participant assumes all responsibility with regards to their own health and travel including and not limited to flights, visas, passports, money and currency exchange and/or credit card transactions, and/or any and all logistical occurrences within the time frame before, during and after attending the IHYT-Integrated Health Yoga Therapy Training program.

### Health Insurance

We recommended you purchase Health/Travel insurance when you book your flight.

### Currency & Credit Cards

The Rupiah is the basic unit of currency. You may change money at the airport. It is recommended if you are bringing cash to be exchanged that you bring only new bills, there may be an issue with exchanging bills that are folded, creased or wrinkled; you can obtain new bills from your bank before departing. Foreign banknotes can be exchanged at major banks or authorized money changers. Traveler's checks are not widely accepted. Do not forget your passport (or a photocopy of your photo-ID) with you at all times.

The credit cards that are mostly accepted are Visa and MasterCard. You may find some problems with American Express which is not as widely accepted. If you plan to use your credit card in Bali, it is advisable to contact your credit card company prior to travel and notify them. Otherwise your credit card company may assume you are the victim of fraud (with this region of the world being fraud-prevalent) and you may find that your card has been blocked. Unblocking your card may result in hassles and delays. We recommend being proactive.

### Electricity

Most venues use 220 volts at 50 cycle two-pronged slim plug. We suggest taking an adaptor for your appliances.