

YOGA IN BALI

With Ki McGraw & Bob Smith

June 25 – July 21, 2012

Dear friend:

Thank you for inquiring about Yoga in Bali with Bob Smith and Ki McGraw. Practicing yoga every day in a completely focused way is a challenge for most of us who live in a fast paced culture and lead busy lives; the retreat process is something we can all greatly benefit from. The island of Bali is a magnificent place to have a yoga retreat because of the beauty of the island and its warm climate; however, what makes Bali so special are the people who live there and the way they carry out their spiritual ideals in daily life. As a result of interacting with this rich and vibrant culture you may gain a new perspective on how to honor the earth, bring sacredness into your everyday life and live in a more harmonious way on the planet. Practicing yoga with a small group of Western yogis, being on sacred land and meeting the open hearted Balinese will help you to rediscover your spiritual and human roots.

Throughout the time in Bali you will be given the opportunity to design the number of days/weeks you wish to study Hatha Yoga, pranayama and meditation with us. In this program Bob and Ki will help set up your lodging, and you will have leeway as to when you participate in the yoga and how you explore the island on your own. During the month of June 25 – July 21 there will be a two and one-half hour yoga set six mornings a week (Monday - Saturday), and a one and one-half hour yoga set three afternoons a week (Monday, Wednesday & Friday: from 4:00 – 5:30 P.M.). During the month we will help you to find interesting places to go during the day, and help you to find the best dance performances and the biggest Balinese temple gatherings at night. Most importantly, we will connect in with like-minded people (yoga friends) for meals and for day and night excursions.

For Bali yoga study you can come for any amount of time you wish during the period of June 25 – July 21, Bob and Ki welcome those who wish to come for the entire month period and also cordially invite you to come for one to three weeks for yoga study. At any time during this month you can take a few days off from yoga study if you wish to explore other parts of the island and then come back for more yoga study; in other words, you can design your own dream yoga vacation, even deciding on the exact number of days of study once you arrive on the island of Bali. Given your level of experience and ability, we will focus on the kinds of changes you would like to bring about in the small classes. Bob and Ki would like to emphasize that this is designed for students of all levels. Our only requirement is that you have six months of prior experience in Hatha Yoga, pranayama or meditation; though most who have come to Bali to study in the past have had at least one, and often many years of some kind of yoga practice. Whatever

your current level of experience your practice will be aided and uplifted. It is anticipating that during any given week of yoga study there will be ten to twenty students studying with us.

The cost for yoga study with Bob and Ki is \$300 per week (for the first two weeks, anyway) -- this includes 20 hours per week of instruction, our help in getting you comfortably situated in a good lodging situation and our expertise in helping you to make deep inroads into the rich and complex Balinese culture throughout your stay with us. Each morning we will meet at the spectacular setting of Bob & Ki's yoga space from 9:00 - 11:30 AM for around one hour and 45 minutes of Hatha Yoga and 45 minutes of pranayama and meditation practice. Three evenings a week there will be a 90 minute yoga class from 4:00 - 5:30 PM, with 30 minutes of this set aside for pranayama and meditation practice.

Cost for three weeks of yoga study with Bob & Ki: \$850.

Cost for one month of yoga study: \$1,100

As for paying, Bob & Ki would like a \$100 deposit when you officially sign up. We would like at least half of what you project to be the total amount due to us before going to Bali – sometime in May. The second half of the payment can be made in Bali. The \$300 per week fee does not cover lodging or daily food costs, nor does it cover the cab fare to and from the airport (this is around \$35). It will be up to each person to take care of his or her own meals in one of the numerous restaurants around town. We estimate \$8 - \$12 a day for a couple of healthy, delicious Indonesian meals at local restaurants.

Concerning traveling and living expenses while in Bali, it really depends on your lodging, food, transportation and shopping choices. The lodging places we are recommending are generally around \$25 - \$40 a night for a bungalow (this could be split in half with a roommate), and the costs will go down 20 % or so a night if you stay at any one place for three – four weeks or more. It is certainly possible to find a small house for \$15 - \$20 a night (possibly split in half), if you are willing to walk a few hundred feet off of the closest road to get to one of these houses. There are money changers all over the Ubud area and changing traveler's checks, or U.S. cash, into the local currency is very easy. There are a lot of ATM machines as well, however, there is usually a limit of \$300 per transaction from most of the ATM machines. One of the banks in Ubud will give up to a \$1,000 cash advance from your credit card.

Food should be as low as \$8 to \$12 a day for all the delicious, nutritious food and beverage consumption you can ask for. Transportation costs will depend on you. This could be quite low, depending on your lodging choice and your lifestyle while you are in Bali – if you walk a lot and hop on the back of motorbikes to get from place to place you do not need to spend much per week on transportation. Shopping is up to you; however, please know that you will wish to shop when you see the plentiful array of handcrafted items and clothing that are for sale all over the shops of Ubud and Penestanan. **Also we**

recommend you set aside at least \$12 a week for some of the best massage treatments you will ever experience (\$12 is a typical price for a 1 ¼ hour massage). There are some very gifted Balinese massage practitioners that charge very little for their treatments and we highly recommend one to two treatments a week. We figure that the whole two months could be frugally lived, with everything included (round trip air fare; transportation, food and lodging in Bali, Yoga fees, and incidentals) for \$6000. It has been our experience, however, that most of you will wish to receive massages and shop and go on a few Sunday sightseeing adventures – a little extra money goes a long way in Bali!

You may wish to come a few days before the workshop begins to acclimate. From our perspective, if you are flying all the way from the U.S. or Canada, two weeks should be the minimum length of stay in Indonesia for two main reasons: 1) It takes a long time to get to Bali (approximately 20 hours or more from Los Angeles) -- you want to give yourself time to adjust to the climate and time change once there; 2) The culture is so rich that anything short of two weeks would not allow you to get a true feeling for the place.

Lodging & Yoga

The location for yoga will be at Ki and Bob's wonderful home and retreat center in Bali. Their Sayan Village house overlooks the Ayung River Valley and is in a spectacular location. There are four bungalows (Djagra's Inn) next to Ki & Bob's house, each with magnificent views of the river valley, rice fields and jungle. Sayan Village is around a 45 minute walk from Ubud and thus is a little more isolated than the village of Penestanan. The peaceful location of Ki and Bob's Yoga space is perfect for our group yoga needs.

The location chosen for lodging for most of you is the village of Penestanan, located on a high plateau within a 15 - 20 minute walk of the cultural center of Bali, the town of Ubud. On the Penestanan ridge are many wonderful sets of bungalows to lodge in, including Melati's and Gerebig Bungalows, Here on this plateau many of you will interact with the native people who will win your heart over with kindness, caring and generosity. The houses and motels on the Penestanan ridge are approximately half way between our Yoga studio in the village of Sayan and Ubud. Many people who have studied with us in Bali in the past have chosen to walk one, or both ways to Yoga from wherever your lodging is.

On the Penestanan ridge it is generally peaceful and quiet, yet it is only a short walk to wonderful sights, shops, restaurants and temples in Ubud. The cost for lodging is highly varied, depending on what you choose. Our most highly recommended place is the Melati Cottages or Gerebig Bungalows. Here you have a good restaurant, big units, the best swimming pool around, beautiful grounds, a wonderful staff – and all this for incredibly low prices. For under a week it is around \$30 per night per unit, for single occupancy (lodging, breakfast included), and \$35 or so a night for double occupancy lodging, breakfast included; however, the price will come down for those who stay there

for four weeks or more. Melati's and Gerebig are within a 20 minute walks to Ubud and is within a 25 minute walk to Ki and Bob's house. Most people end up getting rides on the back of motorbikes for very little. The challenge with Melati's and Gerebig is getting a unit, as these places fill up weeks (or even months before). We would highly recommend that you contact Melati Cottages on your own and make a reservation there. Melati Cottages has a web site address at: <http://www.melati-cottages.com/>. You can e-mail Melati's at info@melati-cottages.com if you wish to make a reservation. Please mention you are a part of Bob & Ki's group. If you are seeking Gerebig, then google in Gerebig Bungalows Bali, and you will come up with their web site.

For others who would like to rent their own small to mid-sized houses on the Penestanan Ridge, this can be found for \$20 - \$40 a night, this split between two people and may or may not include breakfast. We will definitely help you find suitable lodging. Although people in the past years have lodged at many different places, we recommend you start off at Melatis Inn. If you e-mail them Melati's you will likely get a slightly better price if you tell them you are a part of Bob and Ki's group.

Another choice for lodging would be at Djagra's Inn, a four bungalow homestay next to Ki and Bob's house in Sayan Village. Here you would have the convenience of being right at the location where all the Yoga took place. The cost for Djagra's Inn will likely be around \$40 a night for single occupancy and up to \$5 more a night for double occupancy, depending on how long you stayed. From here it is a one hour walk into Ubud, or a 10 minute ride by car or motorbike. The place rests on a ridge with sweeping views of the Ayung River Valley, rice fields and jungle. Djagra's Inn puts you further away from the excitement of Ubud, where all the restaurants, shops and dancing performances are; and yet the serenity and beauty of this location is captivating. Lunches and dinners would have to be arranged through the cook at Ki and Bob's house, since there are no restaurants close to Djagra's Inn - this would be an easy thing to set up. There are a few problems with Djagra's Inn, however. These include showers that may not have hot water, rooms that are not very well cleaned by the small staff who works there, and yet there have always been a few people who do stay at Djagra's Inn during their time with us in Bali. It is easy for us to get you a reservation at Djagra's.

We will help you to make an initial booking and know that you can always move to another location. Once you get acclimated we will have some of our Balinese friends show you around to some of the many possibilities of lodging in the nearby vicinity. We will help you to find a something that works for you, including the possibility of a roommate if you wish this. Nice inexpensive lodging; as well as healthy, delicious, inexpensive meals can be found easily.

For others who would like to rent their own small to mid-sized houses on the Penestanan Ridge, this can be found for \$20 - \$50 a night, this split between two people and may or may not include breakfast. If you were to do this our recommendation is that you begin at a bungalow on the Penestanan Ridge. If you e-mail Melatis let them know you are a part of Bob & Ki's group, as you will get a reduced rate (from their normal one) because of this. We will definitely help you find suitable lodging and yet recommend

Melatis or Gerebig as the best place to begin. The majority of people who have stayed with us in the past that have started at Melatis have generally stayed at Melatis as it is easy to come and go to Ubud and our Yoga retreat center from Melatis. If you happen to choose Djagra's Inn then this is easy for us to book you a unit there.

We will help you to book one of the units we have suggested, or another one close by, and let you choose from there. Once you get acclimated we will have some of our Balinese friends show you around to some of the many possibilities of lodging in the nearby vicinity. We will help you to find a something that works for you, including the possibility of a roommate if you wish this. Nice inexpensive lodging; as well as healthy, delicious, inexpensive meals can be found easily.

Restaurants

There are well more than one hundred restaurants in the nearby vicinity of Ubud and Penestanan that serve delicious Indonesian and other ethnic varieties of food. We estimate \$5 - \$10 a day for a couple of healthy, delicious Indonesian meals at local restaurants. Small, quaint, clean, charmingly decorated restaurants are everywhere, sometimes with special landscape views. An average restaurant meal in Bali costs \$3 - \$5; this includes bottled water, one to two main dishes, rice and dessert. Indonesian food is spicy, but not excessively so. Your dietary needs, whatever they are, can be met in Bali. Wherever you lodge, eating in the Ubud restaurants will become a fun part of your stay. Purified, bottled water is available everywhere.

Indonesia Update

At periodic times in the past several years the country of Indonesia has reached the headlines. As recently as October 13, 2011 there was a 6.1 magnitude earthquake with the epicenter not too far from Bali that caused minimal damage. It should be noted that the numerous islands that compose the country of Indonesia often have vast distances from each other and usually have completely different kind of cultures and languages from island to island. The people of Bali know that in times of need prayer is the main answer. The Balinese way to deal with tragedy on their own island or anywhere else near to their island is to devote a lot of attention to the Balinese Hindu tradition that governs a large part of each of their lives. Also of great significance to the Balinese way of dealing with challenge is their complete acceptance of the law of karma. Anything good or bad that occurs at any given moment in anyone's lives is attributed to their karma by the Balinese way of thinking.

There have been two bombs purposively set off in the last seven years in the tourist trap of Kuta on Bali, and yet our Yoga Retreat YTT program will be held in the countryside – more than an hour away from Kuta. These are isolated incidents seem to be well in the past and one has the feeling of safety when on the island of Bali. The Balinese have welcomed Western tourists throughout and the island has remained a safe

haven for outsiders (except in these two isolated incidents), no matter what was happening in other parts of the world or other parts of Indonesia.

The island of Bali ideologically stands very far apart from the governing island of Java. Bali is totally unique to the rest of Indonesia in that the Balinese practice Balinese Hinduism - the predominant religion throughout the other islands is Muslim. Bali is a very mountainous island and it has somehow found its own religion that is so rich that the people truly embrace and practice it all the time. To see the abundance of religious gatherings in Bali is very inspiring and uplifting. The Balinese are basically apolitical when it comes to big government, for it is village ruler ship that keeps the Balinese society functioning. The Balinese have very deep ties with the land they live on, their ancestors, their present family and the village they come from - family and spirituality are always prioritized at the top for the Balinese.

Ki McGraw and Bob Smith

Ki McGraw, Doctorate in Healthology, Masters in Social Work

Ki's diligence, research and dedication to the physical, mental and spiritual well being of humankind has evolved over 28 years of professional service. Ki's many diplomas and certificates have been earned and awarded by various leading universities, institutions and alternative programs in health related fields. These include: psychology, mental health, yoga, social work, dance, Hakomi, personal training, massage, Reiki, rebirthing, nutrition, spirituality and natural healing. During the past 16 years of her professional life Ki has focused a lot of her attention to teaching Yoga in the Pacific. She taught Yoga on the island of Kauai for over three years, then on the island of Guam for three years and for the past ten plus years has taught in Seattle, as well as other U.S. cities, Canada, Mexico, Guam, Kauai, Peru, and Bali.

Ki is a strong, charismatic teacher who is well grounded in the ancient tradition of Yoga. She is a radiantly beautiful yogini who models the poses to exquisite perfection and it is quite captivating to watch her move when she practices yoga. Her supportive way of instructing helps students to feel good about their practice. Between her strong teaching voice, her poetic self and her charismatic personality you can well imagine that she leaves a profoundly positive impression on those around her. Ki is in great demand as a teacher and as a friend.

Bob Smith, author YOGA FOR A NEW AGE

Bob Smith has been deeply immersed in Yoga for 41 years. He is the author of YOGA FOR A NEW AGE (Prentice-Hall, 1982 and Smith Productions, 1986) and has been teaching Yoga for 37 years. Bob has run a private Yoga studio in the Seattle area since 1977, has conducted workshops throughout various parts of the U.S., Canada, Mexico and Indonesia for more than 20 years. He has drawn from the Iyengar tradition, from Pattabhi Jois' Ashtanga Yoga system, from many years of study with Marie

Svoboda, from a solid background in athletics and from the world of dance. From all these systems, Bob has developed a unique style of teaching that combines classical Hatha Yoga asana with partner work (including massage) and breath and energy awareness. There seems to be a lot of heart behind his teaching - some of this derives from his 30+ years of Sufi meditation practice, some derives from his love of practicing Yoga, some derives from his desire to be of service to others as a Yoga instructor, some derives from his partnering with Ki, and some derives from his desire to be of service to the Highest Truth possible.

In addition to a strong Hatha Yoga practice, Bob has deeply explored meditation for the past 40 years (particularly with Pir Vilayat Khan and the Sufi tradition). He is a good pranayama and meditation teacher because he has practiced a lot. The meditations he leads are numerous indeed and will include: breathing exercises, energy balancing, visualization, mapping the territory of consciousness and practices with light. The meditations will draw on Buddhist, Sufi, Yogic and Christian wisdom, as well as earth based spirituality. Ki and Bob are both adept meditators.

Ki and Bob have a wealth of information to share and the seamless way they instruct together has a profound effect upon students of theirs. Ki and Bob were married in two ceremonies in the spring of 2002 - the first being a full moon marriage ceremony in Bali in late April and then, again, one in Seattle one month later. They happily share their intimate life with one another and happily share their Yoga life with one and all.

More on Bali

Flights

You should be able to find round trip tickets from the West Coast of the U.S. to Bali for \$1500 to \$2,400 (fares vary of course), and a little more from other parts of the U.S. and Canada. Normally Bali is reached from a West Coast city (via Seattle, San Francisco or Los Angeles) and after a long 13 - 14 hour flight to Singapore, Taipei, Guam, or Bangkok then a much shorter flight is taken to Denpasar, Bali. The most common carriers used from the United States are: EVA Air, China Air, Cathay Pacific and Continental Air. You can expect the flight ordeal to be long, but you can be in the paradise of the Penestanan plateau area within 90 minutes of landing. Bob and Ki have found a travel agent who generally beats almost everyone else as for finding the best deals to Bali. Her name is Jean and her travel agency is called Jean's House of Travel (located in Port Townsend, WA) and her phone is: 1 800 895-2688. Ask for Jean - she has helped to book many flights for people coming to yoga in Bali over the past ten years.

Visa for Indonesia

The visa situation is a bit of a hassle for those staying for 30 – 60 days, and easy for those staying 30 days or less. For those staying 30 days or less, you receive an automatic 30 day visa upon entry into Indonesia (Bali). The cost will be around \$45 - to be paid upon arrival. In counting the days you will be in Bali, please note: the day of

arrival and day of departure both count as a full day, even if this time adds up to only an hour or few hours for that day. If you are staying for 31 – 60 days, then you must have your visa before you step into the airplane to fly to Bali. The cost for this is around \$60, plus another \$3.50 - \$20 for return mailing. This process of getting a 30 - 60 day visa involves filling out a particular form and mailing in your passport, the form, a bank statement showing you have at least \$2000 in it and a few other required things. If you need information concerning the 30 – 60 day visa we do have the forms and printed out information concerning the matter. It takes a little work to complete the forms; however, the visas came by mail to those who needed them last year without any problems at all.

Transportation (Once in Bali)

Taxi transport from Penestanan to Ubud (and Ubud to Penestanan) is fairly inexpensive, and easy to come by. Our advice is to use cab service some, be willing to hop on the back of motorbikes some and walk a lot. The walk to the center of Ubud for meals, shopping and dance performances from central Penestanan is around 15 - 20 minutes. We strongly advise you not to rent a car because of very crowded road conditions, poor roads and left hand side of the road driving (right hand side of the car steering wheel) -- it all adds up to a difficult driving situation that should be left to the native drivers who are more used to it all.

A cab from Ubud to Melati's (or the other way around) costs around \$1.50 and certainly many of you will want to use cab service periodically during certain of your trips to or from Ubud. For temple touring and sightseeing outside of the Ubud area it is easy and fairly inexpensive to rent a van with a driver for the day (\$40 to \$50 a day and this could be split with a friend or two). Taxi fares to and from the airport are around \$20.00 each way and could be split with another.

Shopping

One of the delightful opportunities you will want to take part in is shopping. The art and fabrics of Bali are world renowned for their beauty and these products are being sold in small shops all over the place in Ubud. Ubud is truly a shopper's paradise as the prices are unbelievably low and the wood products, batik clothing jewelry and other handcrafted items of a very high quality. For instance, wonderful rayon and cotton batik clothing can usually be purchased for 1/3rd to 1/6th the cost of a similar item in the U.S. The wood carvings are exquisite, with a wide range to choose from and so is the jewelry and beaded items -- everything goes for a fraction of what the same item would cost in the states. Come anticipating some fun shopping experiences.

Balinese Dance

While in Bali we highly recommend each of you attend a number of dance performances; there are public performances each night for around \$ 3.00 in Ubud. Most certainly your yoga practice will be inspired by watching many of the dancers, but, more than this, Balinese dance and theater has a spiritual base to it and can greatly help you

understand the culture of the area. There are many dances to attend, including: the Balinese version of the epic Ramayana tale; the elegant, graceful Legong dance; the male warrior Baris dance, the constant battle between Barong - Rangda in dance; the male release Kechak dance; the ritual dance to overcome evil -- Calon Arang; the wonderful performance by the children dancers and women's gamelan orchestra; Shadow Puppet plays and many others. All the dance performances are accompanied by a Balinese Gamelan orchestra (percussion instruments of many varieties). The colorful, flowing dance costumes; the elegant grace of the dancers; the powerful archetypal images acted out on stage; the mind expanding Gamelan music and the simple outdoor settings make Balinese dance an experience you will not forget.

Money and Bali

Concerning travelling and living expenses while in Bali, it really depends on your lodging, food, transportation and shopping choices. The lodging places we are recommending are generally around \$25 - \$35 a night for a bungalow (this could be split in half with a roommate), and the costs will go down 20 % or so a night if you stay at any one place for three – four weeks or more. It is certainly possible to find a small house for \$10 - \$15 a night (possibly split in half), if you are willing to walk a few hundred feet off of the closest road to get to one of these houses.

Food should be as low as \$8 to \$12 a day for all the delicious, nutritious food and beverage consumption you can ask for. Transportation costs will depend on you. This could be quite low, depending on your lodging choice and your lifestyle while you are in Bali – if you walk a lot and hop on the back of motorbikes to get from place to place you do not need to spend much per week on transportation. Shopping is up to you; however, please know that you will wish to shop when you see the plentiful array of handcrafted items and clothing that are for sale all over the shops of Ubud and Penestanan. **Also we recommend you set aside at least \$20 a week for some of the best massage treatments you will ever experience. There are some very gifted Balinese massage practitioners that charge very little for their treatments and we highly recommend one to two treatments a week.**

Arriving and Being in Bali

Please rest assured that we will have a Balinese driver waiting to pick you up at the airport and take you to your bungalow, if you wish for this. Know that we will help you to get your food situation well covered by hiring a cook for you, if necessary (wages for this service would be under \$1 an hour). Please know that the Balinese people will take great care of you and will win your heart over with selfless service. The Balinese people are hard working, kind, gentle, outgoing, open minded, and open hearted people. Personally Ki and I feel like we have finally come home when we arrive back in Bali.

Conclusion

To conclude this lengthy letter, please know that the Balinese people will greet you with big smiles and open arms on a daily basis. Being around the highly ritualized

culture, immersing ourselves in the practice and study of Yoga, and living within the abundance of prana that permeates the Balinese terrain will most certainly translate into an incredibly rich experience for each and every one of us. Know that the Balinese will take great care of you and win your heart over with selfless service. We look forward to hearing back from you.