

Intensive Yoga Retreat - HARRIS BATAM, INDONESIA



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29 Jun to 1 July 2007
Twin-Sharing SGD 350 nett per pax
Single Occupancy SGD 420 nett per pax

HARRIS
hotels & resorts
simple-unique-friendly

29 Jun 2007 (fri) to 1 July 2007 (sun)

The basic fabric of life is "prana" or "chi". When "chi" flows without blockages, one's body will be in harmony and it is less vulnerable to disease. In yoga, there are many tools to restore this harmony. Yoga practice can be of dynamic nature (yang) or restorative nature (yin). As the body has polarized energies, both are equally important to keep the balance. In this intensive retreat, you will be introduced of body works which in-clude the meridian theory. **People who have never done yoga will also be suitable for this retreat. A small group is catered to provide attention to all participants.**

The Teacher



Victor has been practicing and teaching yoga for the past seven years. He drew his influence from various styles of yoga from classical to modern yoga systems. His style is goal oriented and precise. He believes that yoga should have both elements of Yin & Yang to bring the body, energy and mind to balance. Victor uses his knowledge on the meridians, Tibetan yoga and Chinese medicine in his yoga teaching. Victor met Paul Grilley – the founder of Yin Yoga in Dec 2004 and has completed a teacher training with Paul on Yin Yoga and Anatomy for Yoga. He continues to study with Paul and Sarah Power on a residential yoga teacher training program at San Francisco in Feb 2007. Victor is greatly in-depth to his teachers on giving him permission to teach Yin Yoga and to continue exploring this path with his own intuitive knowledge. Since 2005, Victor has been teaching Yin Yoga in Singapore, Malaysia and China. He also runs Yin Yoga Teacher Training. **You may contact Victor at 65 98260088 or email info@yogainasia.com.**

Retreat Package :

1. Twin-Sharing SGD 350 nett per pax
2. Single Occupancy SGD 420 nett per pax

Above rates are nett, non-commissionable & inclusive of following :

- 2 x nights accommodation in Run-of-house rooms
- Daily buffet breakfast at Harris Café
- 2 x set lunch at Harris Cafe
- 2 way ferry ticket with seaport tax (S\$7/-), Fuel Surcharge (S\$5/-), Passenger's Departure Fee (S\$5/-) per person from Singapore & Batam Terminal Fee (S\$3/-) per person from Batam -- ALL Inclusive
- 2 way hotel pick-up from WFC-Hotel-WFC
- Harris welcome dance & welcome drink upon arrival

Registration form

» [Click here to download registration form](#)

Visa Requirement (if required) – All Singaporeans do not need a visa.

» [Click here to download visa requirements](#)

Ferry Booking

» [Click here to download ferry booking form](#)

Event Schedule

Time	Activity
Friday	
Before 5pm	Check-in to Harris Batam
5.00pm to 7.00pm	Yin & Yang Yoga, Pranayama & Introduction to Chakras Meditation
8.30 – 9.00pm	Awareness Meditation
Saturday	
6.30am to 9.00am	Yang Yoga
4.00pm to 5.00pm	Talk : Basic Fabric of Life – Prana The Source
5.00pm to 6.30pm	Yin Yoga & Chakra Meditation
8.30pm to 9.00pm	Awareness Meditation
Sunday	
6.30am to 9.00am	Yin & Yang Yoga
12.00pm	Check-out from Harris Batam

About HARRIS BATAM

The HARRIS hotels & resorts concept captures a modern, young and trendy style. Tauzia Hotel Management developed the Harris concept as a fun, original alternative to existing leisure and business hotels: The Harris motto: "simple - unique - friendly". Visit <http://www.harris-hotels.com/>

Batam Island, Indonesia

A friendly resort facing the strait of Singapore and the seaview with spacious accommodation and giant free form swimming pool. Strategic destination, perfect for holidays with children or business purposes. Just 40 minutes away from Singapore Harbour Front Centre to Batam Island, Indonesia.