



New Bali Yoga Retreats Announced By One Of Asia's Top Yoga Retreat Providers

July 06, 2018

July 06, 2018 - PRESSADVANTAGE -

Discover One Of The Most Affordable, Intimate & Transformative Yoga Retreats Bali Has To Offer

Ubud, Bali, July 7, 2018 ? Sometimes the business of finding and even going on a relaxing holiday can become a full-time job. When one sets aside time to de-stress and relax, it should be just about that. What if the clanking of computer keys and bleeps and blips of cell phone calls and texts could be replaced with the sweet songs of exotic birds, the trickling waters of waterfalls, and breath-taking jungle views at Blooming Lotus Yoga in exotic Ubud, Bali.

It is very easy to get addicted to the tension and faux connectedness of the current power lifestyle. For those seeking something more fulfilling, Blooming Lotus Yoga now offers spiritual tourists the opportunity to experience a yoga while on vacation in breathtaking Bali where vacationers can immerse in the sacred arts of asana, breath work & meditation. Blooming Lotus Yoga offers 4-Day & 7-Day Yoga Retreats in Bali that are set in an incredible tropical paradise location, with highly skilled instructors.

Vacationing practitioners will be treated to daily yoga classes that are suited to any level of yoga practice whether one is a beginner or more advanced. Beginning with the energizing Sunrise Sequence, enthusiasts are taught two complete asana flow sequences throughout their stay, incorporating spiritual balance into their life with an emphasis on alignment, flow & mindfulness. A sunset sequence is used to help visitors unwind and learn mindfulness techniques for use when they get back home.

Instructors and Founders Lily and Ramananda share their profound insight into the authentic practice of yoga through structured and transformative workshops about subjects as diverse as healthy diet and eating patterns, communication patterns that foster love and understanding both of one's self and others, as well as equipping vacationers with the psychological attitudes necessary to nurture their self-healing.

For more information, visit the Bali Yoga Retreats at Blooming Lotus Yoga online.

Blooming Lotus Yoga

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Blooming Lotus Yoga

Blooming Lotus Yoga offers yoga teacher training, meditation and yoga retreats in Bali

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