



MESSAGE FROM ANTHONY

Dear Pilates Teacher,

Thank you for enquiring about our upcoming courses. We have had hundreds of teachers from all around the globe join us for workshops and retreats. We do hope you will be next in joining us in magical Bali!



“The Bali workshop was a wonderful experience-fabulous cohesive group of people, awesome stretching exercises, plus some time-out to catch up on much needed sleep and generally unwind. The Balinese have not changed since I was there last-31 years ago! Still genuine smiles and no angst toward anybody. Their spirituality remains intact.

Overall, I enjoyed the workshop immensely”.

Loise Palmer

OUR STUDIO

Our studio is located inside the honeymoon guesthouse. We have ten reformers in an indoor-outdoor space that is an ideal place to get away, relax, absorb some new material, and head home feeling totally refreshed and reinvigorated.

Here's a YouTube peek at the studio: <https://studio.youtube.com/video/2dAHui50IXk/edit>



ACCOMMODATION

Although it is not compulsory, most of our students choose to stay at the Honeymoon Guesthouse where the studio is located. It's a beautiful place, run by an Australian Chef and writer Janet De Neefe. Its chic, private and cozy, with 2 gorgeous pools, traditional looking rooms and a great café/bar/restaurant where you can catch everyone at around 5.30-6 pm for a snack or dinner, a chat and a drink.

It is centrally located, just 5 mins walk from the town center. The street is quiet, but having grown over the past decade, is now full of stylish bars, live music venues (not nightclubs!), local handcrafts, and scrumptious places to eat.



HERE IS A LINK WITH GENERAL INFORMATION ABOUT CASA LUNA:

<https://casalunabali.com/>

Casa Luna is the name used for the guesthouse and the accompanying restaurants that are run by the owner, Ms Janet DeNeeffe.

You can take a look at the guesthouse on Instagram here too:

<https://www.instagram.com/honeymoonguesthouse/?hl=en>

Casa Luna runs a gorgeous bakery, two incredible restaurants, and a cooking school right underneath our studio. We are really honored to be a part of the Casa Luna family and I am very confident you will love it.

We don't book rooms for you, but you can do so on this link:

<https://honeymoonguesthouse.com>

UBUD: Ubud is about 75 minutes in a taxi from the airport. It is the cultural center of Bali, with incredible food, galleries, shopping, markets, and music.

OUR PROGRAM: Teacher training program will be provided to you in another document. Please have a read through it and let us know if you'd like more information.

OUR RETREAT PROGRAM RUNS ROUGHLY AS FOLLOWS:

Morning: Meditation from 7 to 7.30-45 am.

Pilates and stretching from 9.30 am to 11.30am.

Lunch out at 12.30 to around 1.30 at a gorgeous restaurant!

Afternoons: Massage, Swim, shop, forest walk, read on your daybed, or sleep!

Evening: Dinner 6.30 to 8 pm and optional trip out to sightsee, walk, hear some music, or do a Tibetan bowl meditation.



EXTRACURRICULAR ACTIVITIES

I've been running retreats in Bali for 20 years now, and although I've travelled all over the world, I still love this exotic place and its warm-hearted people. Bali is very safe and inexpensive, so get ready to do some extracurricular activities on the Island of the gods!

I AM HAPPY TO PROVIDE YOU WITH GUIDANCE ON ACTIVITIES SUCH AS:

- Day tours to temples or coffee plantations for example
- Amazing places to eat or walks in the rice paddies
- Snorkeling or white-water rafting
- Walking up volcanoes to watch the sunrise
- Yoga and meditation classes
- Bike tours and markets
- Cooking schools
- Spending a day and night at the elephant rescue hotel
- Live music and cultural dance performances



By the way, you can book any of this the day right outside the studio the day before you want to do it.

SUMMARY

We will do our best to ensure that your experience with us is an amazing one, filled with intellectual and experiential Pilates activities and fascinating and lifechanging cultural ones too.

If you are looking to expand your career and your travel experiences, don't miss this opportunity. Places are limited, so be sure to email us directly with questions. We look forward to meeting you, working with you, showing you around and having you as part of our community.

Sincerely

