

TAMARA YOGA

BLISS OUT IN BALI

26-31 August 2025



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A sacred pause in paradise

Your mind, body and soul have been asking for this. Imagine, for just a brief moment, waking up to stillness as birdsong drifts through your window. The morning air carries the scent of frangipani and jasmine. Beyond your room, emerald rice paddies stretch toward the horizon, and the gentle rustle of palm leaves reminds you, you're exactly where you need to be.

This is your invitation to step away for 5 nights from your daily rush and into transformative days of yoga, meditation and deep restoration in the heart of Bali. Spending time in nature helps you recover from stress, boost clarity, feel better, heal faster and perform at your best. Our retreats consistently fill, so we encourage you to secure your place soon.

- Meditate in tropical garden paradise
- Deeply nurturing yoga classes twice a day
- Yoga philosophy to enhance your life
- Nourishing brunch and accommodation included
- Practice in our stunning wooden-floor, open-air studio

EXPERIENCE THE MAGIC DISCOVERED BY OTHERS

"I recently attended a retreat with Tamara and it was more than I could have imagined. I wish I'd made it a priority sooner."

- JODI

"If only the whole world could go on retreat! What a better place it would be. I don't think any of us realise just how important a retreat is until we actually take time out like this for silent reflection and daily practice. It truly nurtures the soul. I highly recommend it to everyone."

- GILL

"One important piece of advice I took from Tamara and the retreat is this practice and being on retreat is not self indulgent. Tamara reminded us the importance of self-care, self-love, taking the time to refill our cups. If we create that calmness and love inside ourselves it affects those of us around us so positively that we are able to give more love and calmness back to them."

- JO

"I connected very profoundly with my yoga + meditation practice and took it to another level. I also reconnected back to my true self and that's the best thing I have done for myself. I'm more loving and open hearted."

- DIANA

Whether you're just beginning or years into your practice, you're welcome here. Spots are limited. We'd love for you to join us. Book now to secure your place before it fills up.

BOOK NOW



YOUR DAILY RHYTHM OF RENEWAL

Each day unfolds gently, beginning at 8:00am with meditation, followed by silent reflection time which flows into exhilarating yoga classes with Tamara until 10:15am and then nourishing brunch. After your blissful extended yoga practice, enjoy the luxury of free time. You might choose a healing massage, explore Ubud's sacred spaces, visit the Elephant Safari Park or Monkey Forest, attend an Indonesian cooking class, or simply rest with your book.

At 4:30pm until 6:00pm, luxuriate in a soothing yin and restorative practice. Your afternoon yoga practice supports you in integrating the wisdom of a great lineage of teachers into your life, both on and off the mat. Each day you feel more inspired, lighter, and more open to possibilities in life.

Twin-Share Room: \$1,950 per person

Single Room: \$2,450

Includes: Accommodation, brunch, all yoga and meditation

BOOK NOW

FAQ'S

Q. I'm new to yoga. Will the retreat be too hard for a beginner?

A. You don't have to know a lot about yoga to get a lot out of this retreat! Tamara will personalise the practice so it'll be ideal for you

Q How close is the retreat to the town of Ubud?

A. Our retreat is a short drive or about a 25-minute walk from the centre of Ubud

Q. Are there restaurants nearby?

A. Yes, there's lots of really great restaurants within walking distance

Q. Do you have any rooms left?

A. Yes, there's a limited number of rooms remaining

Q. When is the first class of the retreat?

A. Our first session starts at 5pm, 26 August

Q. Is the accommodation shared or can I have the option for single?

A. You definitely have the option of a single room

Q. How long is the drive from the airport to Ubud?

A. You definitely have the option of a single room

Q. What time does the retreat end?

A. On 31 August, our final class ends at 10:00am followed by brunch

Let us know if you have any other questions, we're happy to help!

READY TO SAY YES TO YOURSELF?

Taking time to nurture yourself is essential. In our busy lives, we often forget how to truly rest, how to listen to our bodies, how to simply be. This retreat is your opportunity to remember.

BOOK NOW



Recharge the
mind



Recharge the
body



Recharge the
Soul

