



COMO SHAMBHALA

## Strength and Surrender: A Journey Into Balance 30th October to 5th November 2011

A six-night Yoga Retreat with Andrea and Christina Curry



Offering five days of Yoga classes, this Bali-based Retreat at COMO Shambhala Estate will be led by the renowned US-born Curry Sisters. The twice-daily sessions will focus on the practice of asana, pranayama and meditation in order to bring balance to the body, mind and spirit. Woven through each class will be sequences inviting you to push through perceived limits of fear or ability by listening to your body on a deeper level than ever before.

By developing the "witnessing mind" guests will learn to step out of the ego and observe life without the anxieties of the day-to-day. Aided by the sisters' intuitive approach and subtle alignment cues, participants will explore and discover feelings of balance, energy and relaxation.

Throughout the Retreat Week the Curry sisters will recommend specific COMO Shambhala treatments that will benefit each guest, whether it is a calming COMO Shambhala Massage or Reiki session. Daily meals from the healthy and delicious COMO Shambhala Cuisine menu will complement the rounded physical, mental and spiritual experience.

### Andrea Curry

Andrea has been practicing Yoga for over 15 years, teaching internationally since 2000. She completed a teacher training with David Goulet and Marina Hallerman in Thailand and a teacher training with Ana Forrest in Seattle. Her passionate and focused style draws inspiration from Ashtanga, Vinyasa and Forrest Yoga traditions. Her classes integrate stretch, strength and flow with the application of precise alignment, breath and meditation. She invites people to explore their limits, embrace their intuition and relax deeper into their practice. Andrea's mission is to share what she knows with others in a joyful, challenging yet nourishing way.

### Christina Curry

Christina trained with David Goulet, Marina Hallerman and Ana Forrest and most recently with Ganga White and Tracey Rich through the White Lotus Foundation. Her passion for Yoga led her to Thailand in 2002; she has since been teaching in the Maldives, Bhutan, Bali and the US. Her style is grounded in Vinyasa Yoga, with an enthusiastic exploration of pranayama, Hatha and Raja Yoga, her experience, ranging from Restorative Yoga to Ashtanga, contributing to her unique approach. Christina focuses on liberating the body and mind from various blockages that impede an individual on their path toward inner peace.

### INCLUSIONS:

- Six nights accommodation at COMO Shambhala Estate
- Daily breakfast
- Daily brunch
- Welcome dinner and farewell dinner
- Use of steam and sauna facilities and 25m lap pool
- Roundtrip airport transfers
- Services of a Personal Assistant
- Tax and service charge

### RATES:

Costs from \$3,970 (single occupancy) and \$5,630 (double occupancy) for Garden Room including tax and service charge.

### CONTACT:

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