SANTOSHA YOGA TEACHER TRAINING
2017 Nusa Lembongan Level 1 RYT-200 Dates

**6 July – 30 July, 2017 - Nusa Lembongan**
Welcome Circle: 6 July, 1:30 pm - Santosha Shala
Graduation: 30 July, 3:30 – 5.30pm
**Pre + Post Natal and Children + Teens**
1 August, 9:30 am – 3 August, 5pm -- Santosha Shala

**14 August - 7 September, 2017 - Nusa Lembongan**
Welcome Circle: 14 August, 1:30 pm - Santosha Shala
Graduation: 7 Sept, 3:30 – 5.30pm
**Pre + Post Natal and Children + Teens**
9 Sept, 9:30 am – 11 Sept, 5pm -- Santosha Shala

**19 Sep, 2017 - 13 Oct, 2017 - Nusa Lembongan**
Welcome Circle: 19 September, 1:30 pm - Santosha Shala
Graduation: 13 October, 3:30 – 5.30pm
**Pre + Post Natal and Children + Teens**
15 Oct, 9:30 am – 16 Oct, 5pm -- Santosha Shala

**24 Oct - 17 Nov, 2017 - Nusa Lembongan**
Welcome Circle: 24 October, 1:30 pm - Santosha Shala
Graduation: 17 Nov, 3:30 – 5.30pm
**Pre + Post Natal and Children + Teens**
19 Nov, 9:30 am – 20 Nov, 5pm -- Santosha Shala

**27 Nov - 21 Dec, 2017 - Nusa Lembongan**
Welcome Circle: 27 November, 1:30 pm - Santosha Shala
Graduation: 21 December, 3:30 – 5.30pm
**Pre + Post Natal and Children + Teens**
22 Dec, 9:30 am – 23 Dec, 5pm -- Santosha Shala

Please visit our website to grab your spot and view our complete list of 2017 Dates and Locations: [www.santoshayogainstitute.edu.au/dates/](http://www.santoshayogainstitute.edu.au/dates/)
The Village Nusa Lembongan

A Yoga Teacher Training is one of the most incredible adventures you will have in your life, so our goal is to ensure that you dive into this adventure on one of the most beautiful locations on earth! This will allow your heart to soar, your senses to shine and your soul to connect to the ocean and the magic of this small island community - centered around our Yoga Hub, The Village Nusa Lembongan.

At the heart of The Village Nusa Lembongan is a community filled with passion and creativity – for surfing, yoga, diving, food, health and well-being… or simply living in an authentic heart-connected way. Yoga, music, retreats, meditation, art, SUP and SUP Yoga, wholesome food and living – all are celebrated and facilitated in our beautiful hub on the oceans edge.

Our on-site café Ginger & Jamu ensures not only your mind and heart will be nourished with enriching goodness – so will your belly! We cater to all needs with a selection of wholesome and delicious meals and snacks, all made with the most important ingredient of all… love.

Nusa Lembongan is uncrowded and sparsely populated – giving the place a real tropical island vibe. Life moves at a slow pace and you feel completely at peace when you reach her shores. A calmer pace means compared to other locations in Bali an exotic yoga getaway here is inexpensive and accessible.

The island offers so much – world-class diving/ snorkeling, free-diving, excellent surf breaks, SUP and SUP Yoga in crystal clear waters and beautiful beaches to swim or just soak up the famous Nusa Lembongan sunsets from a cosy bean-bag.

Your yoga teacher training here will be an experience unlike any other. If you have always dreamed of a life of tranquility and freedom, surrounded by clear aqua waters and the peaceful vibes of a true yoga community – then you will soon find The Village Nusa Lembongan is the perfect yoga teacher training destination for you.
Why choose Nusa Lembongan for your Yoga Teacher Training?

• **Getting to paradise has never been easier!**
  Travel to the island is quick and simple. The boat ride is only 30 minutes from Sanur, Bali. You can arrive at the airport, be picked up and taken directly to the boat and be relaxing on the island with a fresh juice before you even know it!

• **Surf and ocean-lovers’ dream**
  During the Yoga Teacher Training you will have plenty of time to enjoy the pristine beaches and waters that surround the island – the surf is a surfers’ dream and you can literally leave our shala and walk a few short steps into clean turquoise waters. You can even fit in a quick surf or SUP between classes.

• **Everything you need within walking distance**
  The accommodation we recommend is all within 1 – 10 minutes walking, which means you do not need to drive or hire a bike – giving you far more time to enjoy and relax.

• **On-site food, drinks and cool cafe vibes**
  Healthy snacks and juices are available all day during your Yoga Teacher Training. Ginger & Jamu have packages available for all types of dietary needs – if you have allergies, are wanting to detox, or just make healthy changes our talented chef Jamie will find the best way to cater for you. Sip a fresh latte or a cool juice while watching the ocean and soaking up the fun community vibe, it's all right there for you.

• **Pristine environment for healthy, happy living**
  As there are no private cars on the island, paradise is not marred by traffic jams, dirty air or noise pollution – so you can unwind, de-stress and rejuvinate in a quiet and pristine environment away from the pressures of the busy modern world.

• **Magical backdrop for your yoga experience**
  Our Shala is directly in front of the clear aqua ocean, with gentle ocean breezes sifting through continually, making it a perfect backdrop for asana, pranayama and mediation during the Yoga Teacher Training.

• **The most budget-friendly Yoga Teacher Training option on the market**
  At first you may think of the total investment of getting to Bali out of your budget, however the reality is that life on the island is cheap – far cheaper than any other options on the market. We believe in non-greed, and making a Yoga Teacher Training experience accessible to the majority not the minority. Most students find the cost to complete our Yoga Teacher Training extremely inexpensive and affordable – and incredible value for a life investment.

• **Easily experience and explore this stunning part of the world**
  This region is the gateway to many other popular sites and locations, and many students stay on after they graduate the Yoga Teacher Training to soak up more island vibes or travel to the neighbouring islands such as Nusa Penida or Lombok. Hike volcanos, explore world-class dive sites and create more fun-filled memories with your new Santosha Yoga family.
Healthy food, happy yogis!

Great food is at the heart of any community, and the Village is no different! Luckily we are blessed with our on-site cafe – Ginger & Jamu. Run by chef (and Santosha graduate!) Jamie Chick, the café serves a selection of healthy, hearty meals, all created with the most important of ingredients – love!

“Best food on Nusa Lembongan by a long shot! If you want fresh, super healthy Canggu style food not super expensive, this is the place to come too! Everything is made from scratch using only the healthiest freshest ingredients. Cannot recommend more... thank you Ginger & Jamu! Finally bringing good food to Lembongan!” ~ Holly, Feb 2017

At Ginger & Jamu, great care goes into creating the most most-watering meals possible using the freshest ingredients available. Our chef is a yogi and expert in nutrition – he knows exactly what our busy yogis and surfers need to keep them healthy, happy and radiant during their time on the island.

We leave out the nasties like MSG – and leave in the healthy benefits of fresh, local produce. Vegetarian, vegan and gluten-free eaters will love the care and attention lavished on creating meals to suit all dietary needs. People with allergies can request some extra care (please speak to Jamie to arrange)

We cannot wait to share this incredible dining experience – and view – with you.

There are also many local restaurants suited to all budgets and tastes located within a 5 minute walk.
There are MANY great clean and cheap options within a few minutes walk of the shala. Your choices are:

a. Stay onsite (see next page)
b. Select from one of the nearby options we recommend (see following pages)
c. Choose your own accommodation in Nusa Lembongan (see map below for reference – use Mainski Resort as a reference point as is next door) There are no shortage of accommodation options in the area as Nusa Lembongan is a much loved holiday destination. DO book early if you have a preference, as the island can get busy in peak seasons!

Accommodation Tip:

You can also search for nearby options by copying and pasting this link into your browser:


If you click the "also show" box in the left hand corner you can view the many nearby options and find the one to suit your budget

Google map link: https://goo.gl/maps/Eg9uExZKprn
Agungs Bungalows – Onsite @ Santosha

Backpacker Room - wifi
1 month = 3.500.000 IDR
(approx $350 AUD month)

Budget (twin or double) – wifi. AC
If you wish to share room, please let Maya know and she will arrange twin share
1 month = 5.500.000 IDR single / 2.750.000 IDR each sharing
(approx $550 AUD single/ $275 AUD sharing per month)

Bungalow (twin or double) – wifi. AC
If you wish to share room, please let Maya know and she will arrange twin share
1 month = 8.000.000 IDR single/ 4.000.000 IDR each sharing
(approx $800 AUD month/ $400 each sharing)

Please contact Maya directly and mention you are a Santosha student to receive Santosha rates 😊
Email - gungmas55@gmail.com

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Rama Garden – 3 mins walk!
http://www.ramagardenlembongan.com/

Lumbung Hut (double bed, hot water and fan) – includes breakfast
26 nights = 10.400.000 IDR (approx $1,040 AUD or $40 AUD p/night)
30 nights = 12.000.000 IDR (approx $1,200 AUD or $40 AUD p/night)

Garden Bungalow (double bed, hot water and AC) - includes breakfast
26 nights = 12.350.000 IDR (approx $1,240 AUD or $48 AUD p/night)
30 nights = 14.250.000 IDR (approx $1,430 AUD or $48 AUD p/night)

ACT FAST – due to high occupancy rates so only 1 Garden Bungalow and 1 Lumbung Hut will be available each month!

Please contact Rama Garden directly and mention you are a Santosha student to receive Santosha rates 😊
Email - contact@ramagardenlembongan.com / +62 812 384 41996
Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Mega Cahya Bungalow – 3 mins walk
https://www.facebook.com/pages/Mega-Cahya-Bungalow/979555398766597

**Double Rooms** - 300,000 IDR per night - A/C Fan, Hot Water (approx $30 AUD per night )
**Twin Rooms** - 350.000 IDR per night - A/C Fan, Hot Water (approx $35 AUD per night )
- Free WIFI
- Swimming pool
- Lovely energy, clean and comfortable - beautiful owners
- There is a small study desk in room and little shop for needs.

**Motor Bike** - 70.000 IDR per day
**Push Bike** - 30.000 IDR per day

Please contact Mega Cahya directly and mention you are a Santosha student to receive Santosha rates 😊 Email - megacahya_bungalow@yahoo.com / +62 813-3766-1361

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Shipwreck Point Inn – 3 mins walk!
http://www.booking.com/hotel/id/shipwreck-point-inn.html
- Please book direct with Shipwreck Point Inn not via Booking.com for Santosha rates!

Monthly Rate – Double Room
With Fan – 4.500.000 IDR per month (approx $450 AUD per month)
With A/C – 6.000.000 IDR per month (approx $600 AUD per month)

Per Night – Double Room
With Fan – 150.000 IDR (approx $15 AUD per night )
With A/C – 225.000 IDR( approx $22 AUD per night )

Please contact Shipwreck Point directly and mention you are a Santosha student to receive Santosha rates 😊

Email Yogi – wayanwiarta@rocketmail.com / 0819 3310 3643

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
D'Licks Villa – 5 mins by scooter
http://lembongandlicksvilla.com/

**Low Season:** 8th Jan – 31st May to 1st Oct – 17th Dec - 450,000 IDR/ per night including tax and breakfast for 2 persons (approx $45 AUD)

**High Season:** 1st June – 30th Sept to 18th Dec - 7th Jan - 750,000 IDR/ per night including tax and breakfast for 2 persons (approx $75 AUD)

**Santosha Discount:** 5% stay More than 20 Days

**Scooter Hire:** IDR 80,000 per day, if more than 10 Days IDR 70,000 per day

**Push Bike:** IDR 50,000 per day, if more than 10 days IDR 40,000 per day

Please contact D'Licks Villa directly and mention you are a **Santosha student** to receive Santosha rates 😊
For bookings email Tuta - info@lembongandlicksvilla.com / +62 82113939989

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Mainski Resort – right next door!
http://www.mainski-lembongan-resort.com/

Upstairs Fan Suite – 7,000,000 IDR per month (approx $700 AUD per month)
• Shared Kitchen and own Fridge
• Tea/Coffee Making Facilities
• Free Wifi
• TV/DVDPlayer
• Large Lounge Area With Amazing Ocean Views
• Use Of Infinity Pool, Table Tennis, Pool Table, Book/DVD Library
• Weekly Linen And Room Clean and Laundry Service Available

Please contact Mainski Resort directly and mention you are a Santosha student to receive Santosha rates 😊
Email: sales@mainski-lembongan-resort.com
Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Yogi Beach Bungalows – 3 mins walk!
https://www.agoda.com/yogi-beach-bungalow-restaurant-lembongan/hotel/bali-id.html
- Please book directly with Yogi Beach not via Agoda for Santosha students!

Low - 1st Jan - 31st May - Double Room
350,000 IDR Garden View per night / 450,000 IDR Ocean View per night (approx $35 / $45 AUD per night)

High - 1st June - 31st July - Double Room
450,000 IDR Garden View per night / 500,000 IDR Ocean View per night (approx $45 / $50 AUD per night)

August Only - Double Room
500,000 IDR garden view per night / 600,000 IDR Ocean View per night (approx $50 / $60 AUD per night)

Please contact Yogi Beach directly and mention you are a Santosha student to receive Santosha rates 😊
Email Yogi - yugiarta@yahoo.com
Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
Tigerlilys – 5 mins walk
http://www.tigerlillysnusalembongan.com

All rooms have air-conditioning, ceiling fans, hot water showers, fresh drinking water, safety deposit boxes and tea and coffee making facilities. All prices include daily breakfast and all taxes and services.

Jan -17th March
Twin/ Double USD$52
Suite USD$62

18th-31st March- CLOSED

1st-31st April
Twin/ Double USD$94
Suite USD$160

1st May-30th September
Twin/ Double USD$111
Suite USD$167

1st October- 15th December
Twin/ Double USD$87
Suite USD$133

Please contact Tigerlilys directly and mention you are a Santosha student to receive Santosha rates 😊
Email: info@tigerlillysnusalembongan.com / Phone : +62 877 6174 1486
Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.
**If you are coming from Bali, all boats leave for Nusa Lembongan from north Sanur**, where the harbour is located at Jalan Hang Tuah. You will find the offices for all boat companies on this street.

**Fast Boats – Santosa recommends!!**
30 mins - approx 500.000 IDR return ($50 AUD).
Cheaper with D’Camel - Santosa discount! Packages can include pick-up in Bali and transfer to your hotel in Nusa Lembongan.

To reach Sanur, you will fly into (Ngurah Rai) Denpasar Airport in Bali. Sanur is around 45 minutes drive from the airport. D’Camel can arrange an airport pick up for you. Request with them at time of booking.

**D’Camel:** This fast boat company offers a complete package and can provide transport throughout south Bali. See more here: [http://dcamelfastferry.com/](http://dcamelfastferry.com/)
Please use this code at check out for student discount: Santoshayoga

Any additional queries please email:
reservation@dcamelfastferry.com, info@dcamelfastferry.com

Or contact Enny, Sales Manager: +628113886969

**With Nusa Lembongan, boats only operate during daytime hours,** so if you arrive late at night you can break up your travel with a night in Sanur, where the boats leave from. There are many hotels with good deals on [booking.com](http://booking.com) for one night, then you can rest up before you go across by boat. If you email your hotel they will be able to send a driver to pick you up from the airport. Or use the drivers we recommend: [https://www.facebook.com/moglienotugly?fref=ts](https://www.facebook.com/moglienotugly?fref=ts)

**Other options:**
**Public Slow Boat:** These wooden boats leave Sanur at 10:30 and cost 100,000 IDR ($10). The journey takes 2 hrs. Return boats once a day at 08:00 am. When you arrive in Jungutbatu, be aware that you may be dropped at the mooring somewhere along the beach. Most guesthouses offer a free pick up service – specify that you will be landing here.
**Public Speed Boat:** The public speed boat leaves Sanur at 09:00am, 12:30pm and 16:00pm and takes 30 min to reach Lembongan. Don’t get on a boat at other times unless you want to end up on Mushroom Beach, which requires a motorbike taxi to get to our side of the island. Return boats leave Lembongan at 08.00am, 10:30am and 15:00am. Like the public slow boats, you may be dropped anywhere along the beach when you arrive.
Santosha Yoga Experiences
We are so excited to partner with Monkey Surf to offer these exciting packages to make the most of your days off! Monkey Surf are the island’s #1 water sports guide company, offering safe and fun experiences for all levels of ability. We will provide booking details on your first day.

**SURFING**
- 1 surf lesson, 2.5h duration - 600.000 IDR
- 3 surf lessons, 3 x 2.5h duration package - 1.600.000 IDR

**FREE DIVING**
- SSI Introduction to Freediving Course, 1 day duration, $120 USD.

**LEMBONGAN WATER EXPERIENCE PACKAGE!**
- 1 surf lesson + 1 SSI Introduction to free-diving course for $160 USD


**Snorkeling and Island Hopping**

There are many local companies offering safe and fun snorkeling and island tours – at very reasonable rates. A four hour snorkeling trip, taking in three diving spots including a popular Manta spotting point, costs as little as 250.000 IDR/ $20 US. We highly recommend our students take this amazing opportunity to witness the incredible Manta Ray in the wild.

There is also the opportunity to visit the wild and unpopulated Nusa Penida on your days off. Day trips include the short speed boat ride and a guided tour taking in dramatic cliff walks, breath-taking coast views, hidden lagoons and cave temples.

We will provide more information on arranging these activities during your four days off during the Welcome Circle. Or email for more info today.
Diving, Surf and Island Living... In our Tropical Paradise!

Snorkelers, divers, beach-lovers and surfers will love our new Bali Island home! Nusa Lembongan is a diver’s paradise with nice drifts, amazing quality corals, superb fish life, year round Manta Ray spotting. Nusa Lembongan is home to some world-class waves and has surf-able waves all year round. The island has three main breaks that can be enjoyed by the beginner to the more experienced surfer.

For those that prefer the view of the ocean from the shore, there is still much to offer for you as well. Hire a bicycle and explore the jungle and beaches of Nusa Lembongan and neighbouring Nusa Ceningan, enjoy the many options for yoga in the area - or simply find a café with a scenic view and soak up the beauty of this peaceful island!
Contact Us

Santosha Yoga Institute

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