



SANTOSHA YOGA INSTITUTE

SANTOSHA YOGA TEACHER TRAINING

BALI TRAVEL + ACCOMMODATION GUIDE

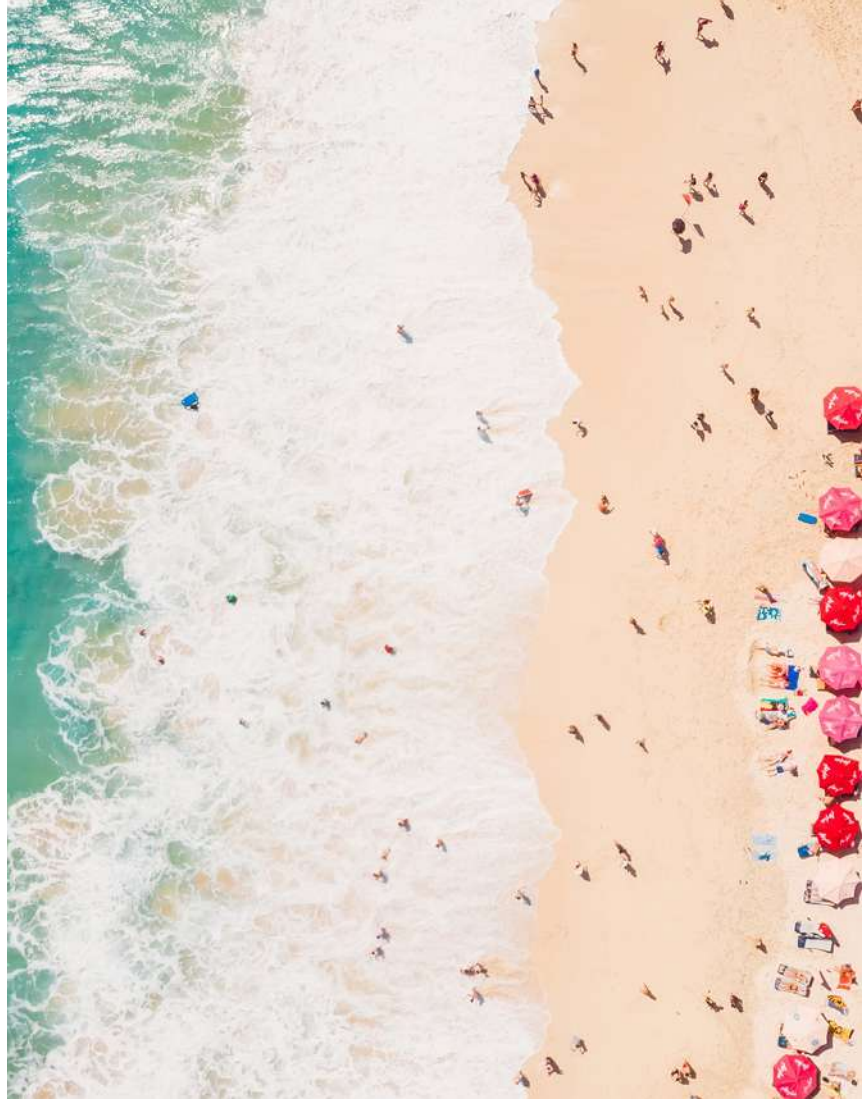


Registered Yoga School Registered Yoga School

CONTENTS

PAGE 1-3	ABOUT BALI, INDONESIA
PAGE 4-5	NUSA LEMBONGAN, BALI
PAGE 6-8	SANTOSHA YOGA VILLAGE
PAGE 9	APPROX TRAINING COSTS IN \$AUD
PAGE 10	APPROX TRAINING COSTS IN \$USD
PAGE 11	APPROX TRAINING COSTS IN EURO
PAGE 12 - 15	NUSA LEMBONGAN ACCOMMODATION GUIDE
PAGE 16 - 20	INCLUSIVE ACCOMMODATION PACKAGES
PAGE 21	CHOOSE YOUR OWN ACCOMMODATION
PAGE 22	THE PULAU - 3 MIN WALK
PAGE 23	TIGERLILLYS - 5 MIN WALK
PAGE 24	BUNDA 7 - 3 MINS WALK
PAGE 25	MEGACAHYA - 3 MIN WALKS
PAGE 26	VISTA HUTS - 3 MIN WALK
PAGE 27	PONDOK WIDI - 5 MINS WALK
PAGE 29 -30	ONSITE CAFE - GINGER + JAMU
PAGE 31 - 32	TIME OFF IN NUSA LEMOBNGAN
PAGE 33 - 34	EXPLORE BALI, INDONESIA
PAGE 35	FAQS - BALI, TRAVEL & VISAS
PAGE 36	FAQS - TRAVEL - GETTING TO US
PAGE 37	FAQS - TRAVEL
PAGE 38	FAQS - ACCOMMODATION
PAGE 39	FAQS - MEALS
PAGE 40	FAQS - VISAS
PAGE 41 - 42	OUR HAPPY STUDENTS!
PAGE 43		READY TO JOIN US?

BALI, INDONESIA



MAGICAL BALI



**MAGICAL BALI IS A
UNIQUE EXPERIENCE
UNLIKE ANYWHERE ELSE IN
THE WORLD. THE
INTOXICATING BLEND OF
CULTURE, PEOPLE, NATURE,
BEACHES WARM SUN AND
BEAUTIFUL HOTELS MAKE
BALI ONE OF THE WORLD'S
MOST LOVED HOLIDAY
DESTINATIONS.**

At the heart of Bali is its people - kind and friendly locals who welcome you with open arms to the Island of the Gods. Spirituality is woven into daily life, with many colourful ceremonies and magnificent temples.

The incredible beaches in Bali - with world class surf and dive spots - draw many to the island, but there is so much more to discover... waterfalls, rice terraces, volcanos, lakes, tropical islands and rainforests.

Bali is also considered the “wellness capital of the world” - with so many options for yoga, massage and healing. Yogis love the food, spirit and lifestyle of this nature paradise!

Enjoy the laid-back and authentic nature of this stunning location, basking in Bali's warm climate and welcoming vibes.

TRAVEL TO BALI



GETTING TO BALI IS SO EASY

With more and more flights added weekly, no pre-flight PCR requirements or quarantine needed and Visas on Arrival for many countries – including US, Australia, Germany and the UK – travel to Bali is as simple and as fun as ever before!



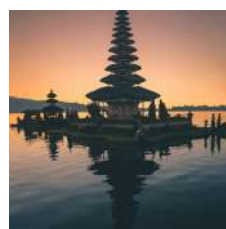
FLIGHTS TO BALI

You will fly into Bali Ngurah Rai International Airport (DPS) also known as Denpasar International Airport. Many countries now offer direct flights, which can be booked over the internet or via a travel agent. See our **Travel Section** for more info on travel to Bali.



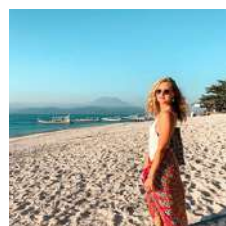
VISAS

Over 70 countries – including Australia, NZ, UK, USA and Germany – are eligible for a 30 Day Visa on Arrival – meaning you do not need to pre-arrange anything before you arrive. A longer 60 Day Visa can be arranged once in Bali or prior to arrival. See our **Visa Section** for more information, including our Visa Agents details for 60 Day stays.



ACCOMMODATION

We let you make the all-important decision for your time in paradise! We don't lock you into costly stays or shared rooms... you choose from the many incredible options we present to you in this guide – for the perfect bespoke Bali stay of your dreams; or let us do the organising for you, with our Inclusive Accommodation Packages.

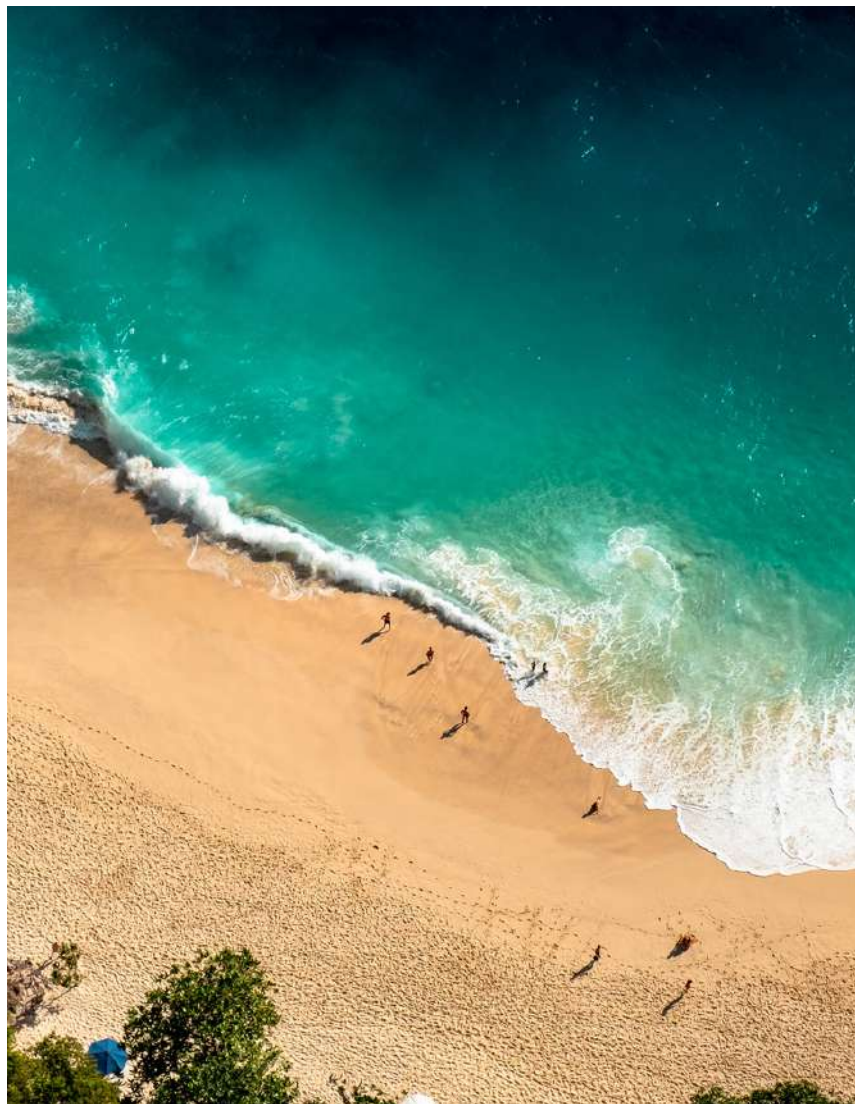


VACCINATIONS + TRAVEL INFORMATION FOR BALI

Please visit [Bali.com](https://www.bali.com) to obtain the most recent information on travel, so you can ensure you are getting the most up-to-date and correct information on vaccinations and travel to Bali. This means you'll have everything needed to enter Bali sorted before you leave.

VISIT [BALI.COM](https://www.bali.com)

NUSA LEMBONGAN, BALI



NUSA LEMBONGAN, BALI



EVER DREAMED OF LIVING ON A BEAUTIFUL TROPICAL ISLAND, IN COMMUNITY WITH LIKE-MINDED SOUL SEEKERS? THIS IS A ONCE-IN-A-LIFETIME CHANCE TO IMMERSE YOURSELF IN OUR AMAZING BEACHFRONT YOGA HUB WITH SURF BREAKS, SPARKLING CLEAR SEAS AND INCREDIBLE FOOD RIGHT ON YOUR DOORSTEP.

Nusa Lembongan is one of Bali's most stunning islands, away from the crowded mainland and surrounded by white sandy beaches. Getting to the island only takes 30 minutes and is super easy, meaning you can experience life in paradise with absolute ease!

For ocean-lovers the island offers so much - excellent surf breaks, world-class diving & snorkelling, SUP, crystal clear swimming waters or you can just soak up the famous Lembongan sunsets from a cosy bean-bag.

And don't worry - we give you plenty of time off to explore and enjoy this ocean paradise with your new friends.

If you have dreamed of a life of tranquility and freedom, surrounded by surf, sand and sun - then you will soon find Nusa Lembongan is the perfect destination for you!

SANTOSHA YOGA VILLAGE



SANTOSHA YOGA VILLAGE



CONNECT TO THE OCEAN AND THE MAGIC OF OUR ISLAND HOME - SANTOSHA YOGA VILLAGE. LIVE AS PART OF A COMMUNITY FILLED WITH PASSION FOR SURFING, YOGA, FOOD, HEALTH AND WELL-BEING... OR SIMPLY LIVING IN AN AUTHENTIC HEART-CONNECTED WAY.

A Yoga Teacher Training is one of the most incredible experiences you will have in your life, so our goal is to make sure you dive into this adventure in one of the most beautiful places on earth!

Situated directly in front of the ocean, with gentle sea breezes, Yoga Village is a perfect setting for your practice. Walk a few short steps into clear turquoise waters for a refreshing dip between classes

Delicious meals, healthy snacks, coffee and juices are available all day at our onsite cafe Ginger & Jamu. Plentiful accommodation options to suit all budgets and needs are found close by.

Everything you need is within walking distance, meaning you can unwind, de-stress and rejuvenate in this chilled-out environment away from the pressures of the busy world.

SANTOSHA YOGA VILLAGE

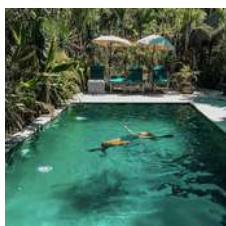


SANTOSHA YOGA VILLAGE NUSA LEMBONGAN

Santosha Yoga Village is located right on the beach above Ginger + Jamu cafe, with views over the sea towards Bali.

To find our exact location copy + paste into browser window:

<https://goo.gl/maps/KcBVjBGbHBA2>



FREEDOM TO CREATE THE BALI EXPERIENCE OF YOUR DREAMS

We give you the freedom to make the choice to best suit your accommodation needs! We don't lock you into costly resorts or shared facilities, but let you make this important decision for yourself from our diverse recommendations. Create a bespoke Bali experience... tailored to your own desires - see **Accommodation Section**.



INCLUSIVE ACCOMMODATION PACKAGE

Let us organise your accommodation for you! This package is aimed at those seeking an easy and wallet-friendly Bali experience in a supportive Yoga community and is a fantastic deal! See our **Accommodation Section** for info - and simply select this option at checkout to take advantage of this stress-free inclusive option.



GINGER + JAMU CAFE

The perfect spot for all your eating, drinking and chilling needs! Serving up fresh and delicious snacks, meals, coffees and juices all day right underneath our Yoga Shala. Run by chef (and Santosha graduate!) Jamie Chick, the café serves a selection delicious of healthy, hearty meals and snacks. More info in our **Meals Section**.

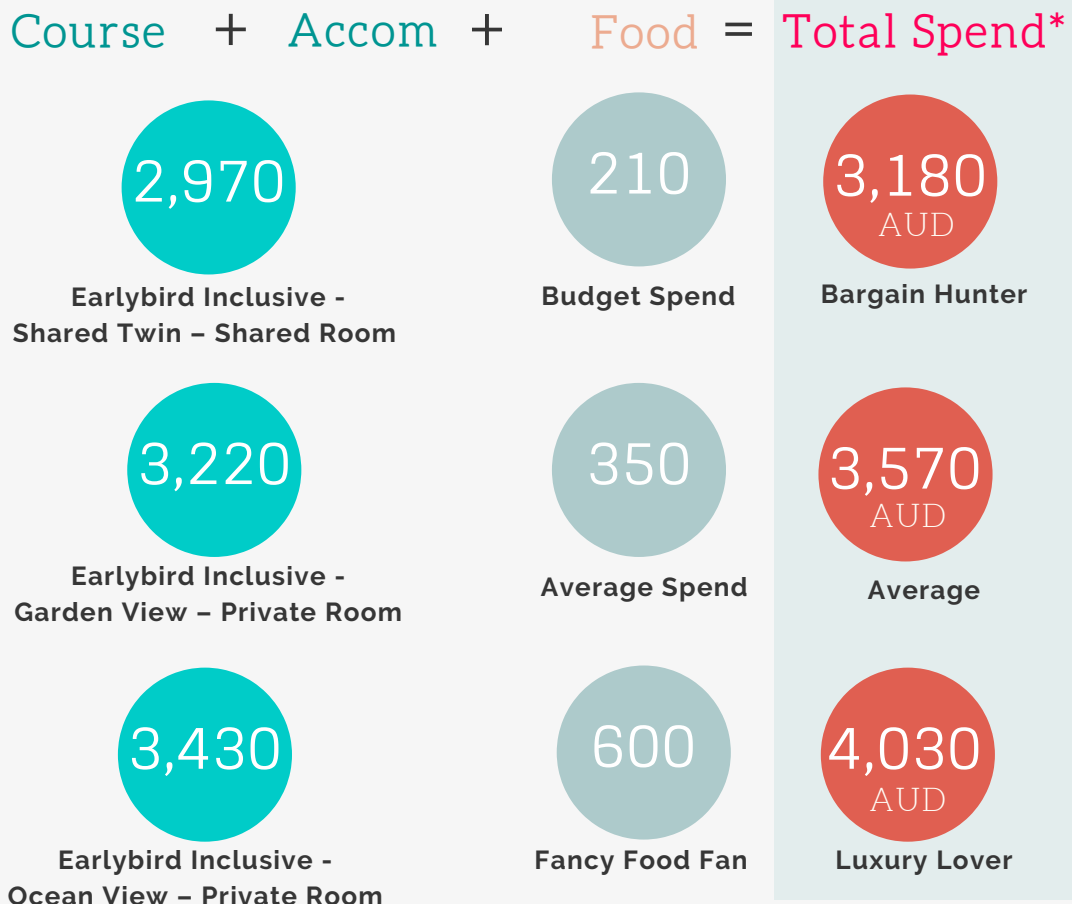


VEGAN + VEGETARIAN FRIENDLY EATING

At Ginger & Jamu, great care goes into creating the most most-watering meals possible using the freshest ingredients. Jamie is a yogi and expert in nutrition and knows what we need to keep them healthy, happy and radiant. Vegetarian, vegan and gluten-free students will love the care and attention lavished on creating meals to suit all dietary needs. More info in our **Meals Section**.

APPROX TRAINING COSTS IN \$AUD

THESE ARE APPROXIMATE SPENDS BASED ON THREE DIFFERENT BUDGETS.



+ Extra Costs



* Total Based on 2023 Earlybird Inclusive Training Package

** When booked using Santoshayoga discount code on D'Camel ferries - this includes all transfers.
Approximate only in AUD

APPROX TRAINING COSTS IN \$USD

WE LET OUR STUDENTS MAKE THEIR OWN FOOD AND ACCOMMODATION CHOICES. THESE ARE APPROXIMATE SPENDS BASED ON THREE DIFFERENT BUDGETS.

Course + Accom + Food = Total Spend*

1,985

Earlybird Inclusive -
Shared Twin – Shared Room

140

Budget Spend

2,125
USD

Bargain Hunter

2,160

Earlybird Inclusive -
Garden View – Private Room

235

Average Spend

2,395
USD

Average

2,298

Earlybird Inclusive -
Ocean View – Private Room

400

Fancy Food Fan

2,698
USD

Luxury Lover

+ Extra Costs

25

Return Boat + Taxi Trip
Door-to-door
Airport > Hotel**

17

Snorkel with
Manta Rays

21

Surf Hire
plus Lesson

7

Massage

27

Day Trip to
Nusa Penida

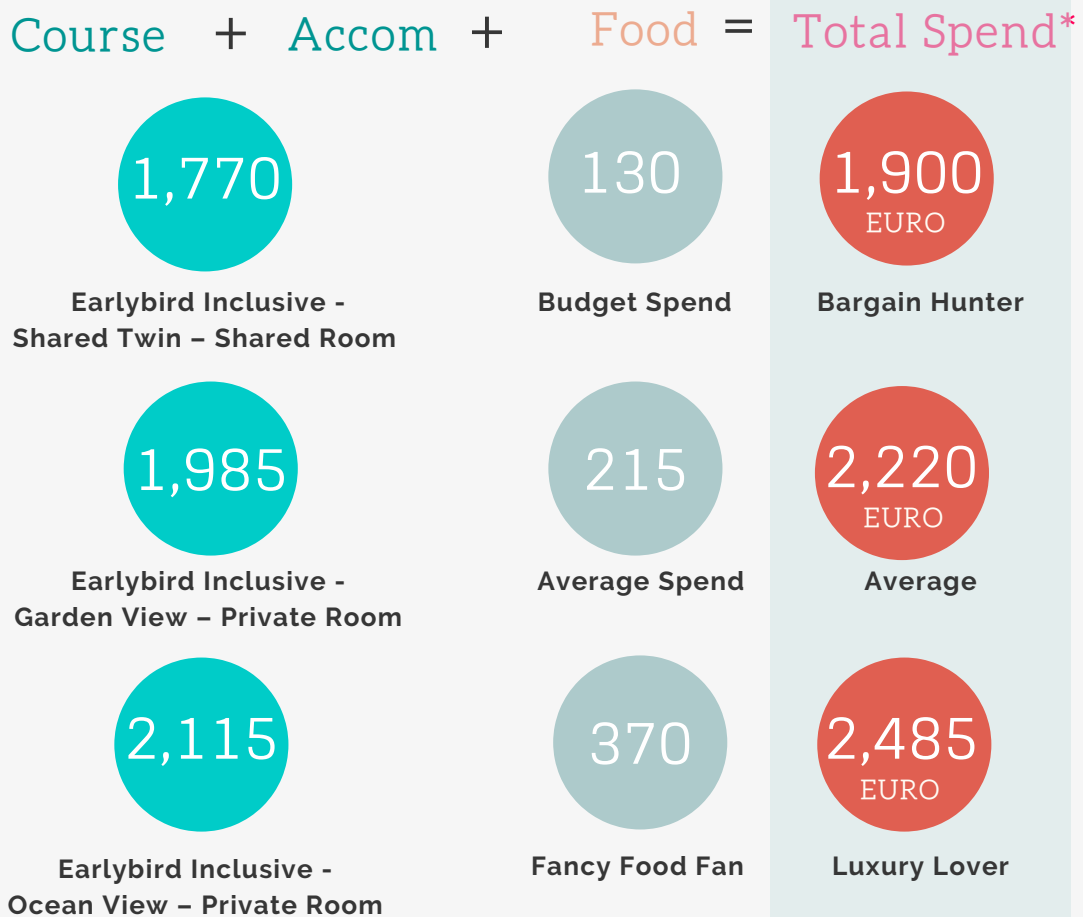
* Total Based on 2023 Earlybird Inclusive Training Package

** When booked using Santoshayoga discount code on D'Camel ferries - this includes all transfers.
Approximate only in USD:

To view the most recent conversion to your currency visit: <https://www.xe.com/currencyconverter/>

APPROX TRAINING COSTS IN EUROS

WE LET OUR STUDENTS MAKE THEIR OWN FOOD AND ACCOMMODATION CHOICES. THESE ARE APPROXIMATE SPENDS BASED ON THREE DIFFERENT BUDGETS.



+ Extra Costs



* Total Based on 2023 Earlybird Inclusive Training Package

** When booked using Santoshayoga discount code on D'Camel ferries - this includes all transfers.

Approximate only in Euros:

To view the most recent conversion to your currency visit:

<https://www.xe.com/currencyconverter/>

NUSA LEMBONGAN ACCOMMODATION GUIDE



ACCOMMODATION OPTIONS



AT SANTOSHA WE GIVE YOU THE FREEDOM TO CHOOSE THE NUSA LEMBONGAN ACCOMMODATION BEST SUITED TO YOUR OWN BUDGET AND NEEDS -OR LET US ORGANISE YOUR STAY FOR YOU WITH OUR INCLUSIVE ACCOMMODATION PACKAGES!

Accommodation on the island is great value, with plentiful options to suit everyone. Our students are spoiled for choice, with so many fantastic places only a few minutes walk from the shala.

Unlike other trainings we do not lock you into costly resort accommodation. You can make your own choice for complete freedom to create the experience best suited to you!

Choose from cheap and cosy family guesthouses to luxury poolside bungalows – to create a bespoke stay on the island specially tailored to your own budget and needs.

We also offer an **Inclusive Accommodation Package** option for those who want us to organise their room. This makes it so easy to plan your stay – so you can relax and enjoy the best Nusa Lembongan has to offer with ease!

YOUR ACCOMMODATION OPTIONS

There are many great value options within a few minutes walk of Santosha Yoga Village. You can make your choice from:

Inclusive Package

Select our '**Inclusive Accommodation Package**' option when booking your course, and book an **Inclusive Yoga Teacher Training + Accommodation package** - to stay in community with your new yoga friends close to our shala - at Santosha@PuriNusa! See Pages 16- 20 for information.

From the Guide

Book-Your-Own by selecting from one of the accommodations within walking distance of the shala from this Guide, and booking your room via WhatsApp or email - see Pages 21 - 27 for options.

Your Choice

Choose your own accommodation in Nusa Lembongan using **sites such as airbnb or booking.com** - there is no shortage of options in the area! Book early if you have a preference and make sure to be within walking distance of Santosha Yoga Village.



Santosha Yoga Village Nusa Lembongan

Google map link:

<https://goo.gl/maps/GwXAxpBLAQ92>

Santosha Yoga Village is located above Ginger + Jamu, right on the beach!

MAP TIP:

To check the distance from your hotel to our site, use this link (replace the second field with your hotel): goo.gl/7axccR

SANTOSHA@PURINUSA

LET US ORGANISE YOUR BOOKING WITH OUR INCLUSIVE ACCOMMODATION PACKAGE AND EXPERIENCE THE COMMUNAL VIBES OF SANTOSHA@PURINUSA



**BOOK AN INCLUSIVE
YOGA TEACHER
TRAINING +
ACCOMMODATION
PACKAGE AND STAY IN
COMMUNITY WITH YOUR
NEW YOGA FRIENDS - AT
SANTOSHA@PURINUSA!**

Just three minutes walk up the beach from our shala, this family-run guesthouse boasts a pool, garden, ocean-fronted seating area, beach-side cafe and clean, cosy rooms. You have the option of a shared twin room or private oasis just to yourself.

This budget-friendly guesthouse will be your home away from home! We love to support local families and for our friendly locals to meet you.

We are so excited to be able to share this convenient option with you, to create an even more stress-free experience for planning your stay on our beautiful island.

SANTOSHA@PURINUSA - 3 MINS WALK

LIVE IN OUR YOGA COMMUNITY AND ENJOY A COSY STAY WITH YOUR NEW FRIENDS IN THIS GUESTHOUSE WITH POOL, GARDEN AND OCEAN VIEWS.



STUDENTS LOVE: EASE OF BOOKING, COMMUNITY VIBES, GREAT VALUE

Stay in community with your classmates - at Santosha@PuriNusa!

We have partnered with this local accommodation in Nusa Lembongan Bali, so as to create the most stress-free experience for you! This means all students can stay together (unless you wish to stay elsewhere) creating a home away from home together :)

Our location- Santosha@PuriNusa - is a family-run guesthouse right on the shore with beach access, garden views, restaurant, free wifi and clean, spacious rooms.

All of the rooms at Puri Nusa have a seating area and private bathroom. The property offers bicycle rental and car hire with additional charges. Guests can enjoy the on-site restaurant and bar, as well as book activities, such as diving and snorkelling.

You have the choice between:

- **Shared Twin** - Shared Room With Two Single Beds (shared with another student)
- **Garden View** - Private Room With King Bed
- **Ocean View** - Private Room With King Bed

See the next page for our great value **Inclusive Accommodation and Yoga Teacher Training price options**. We will organise your booking room for you, for a stress-free and easy Nusa Lembongan experience!

SANTOSHA@PURINUSA

YOUR ROOM OPTIONS:



SHARED TWIN

SHARED ROOM WITH TWO SINGLE BEDS

Our shared twin room is a great budget-friendly option. Along with your light and cosy room with twin king single beds, enjoy a fan, covered outdoor balcony seating area and ensuite bathroom with shower and free toiletries. You will be placed with one other student who has selected the Shared Room, of the same gender. Note: this room has a refreshing cold shower, perfect for the hot tropical days!



GARDEN VIEW

PRIVATE ROOM WITH KING BED

Bright and comfortable private air-conditioned garden view room with king bed, study desk, closet and covered outdoor seating area for ultimate relaxation. Enjoy your own private bathroom with a shower and free toiletries. Can be shared with a partner or travel buddy at the same price. Hot shower and AC.



OCEAN VIEW

PRIVATE ROOM WITH KING BED

Private air-conditioned ocean view room with king bed, study alcove, closet and covered outdoor seating area. Enjoy a view of the ocean as well as the sumptuous fittings of this spacious room. Can be shared with a partner or travel buddy at the same price. Hot shower and AC.

DO ROOMS HAVE WIFI?

Yes, all rooms at PuriNusa have wifi. However as we are on an island wifi reception can be patchy at times. We recommend ALL students purchase a SIM card with data upon arrival to Bali, to access their own wifi for use on the island :)

2023 PRICES* -

FOR INCLUSIVE ACCOMMODATION PACKAGES AT SANTOSHA@PURINUSA

*BALI 2023 COURSES ARE 21 DAYS

Earlybird (Paid in Full One Month Before your Training Begins)

AUD

INCLUSIVE PACKAGE - Yoga Teacher Training (YTT) + 21 Nights Stay in \$AUD

YTT + Shared Twin Room - \$2,970 AUD

YTT + Private Garden View Room - \$3,220 AUD

YTT + Private Ocean View Room - \$3,430 AUD

Extra Nights - \$30 AUD Garden View / \$40 AUD Ocean View per night

Approximate costs in \$USD:

Earlybird (Paid in Full One Month Before your Training Begins)

Approx USD

INCLUSIVE PACKAGE - Yoga Teacher Training (YTT) + 21 Nights Stay in approx. \$USD*

YTT + Shared Twin Room - \$1,985 USD

YTT + Private Garden View Room - \$2,160 USD

YTT + Private Ocean View Room - \$2,298 USD

Extra Nights - \$20 USD Garden View / \$26 USD Ocean View per night

*Based on recent exchange rates, For up-to-date conversion visit:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=AUD&To=USD>

SHARED TWIN - SHARED ROOM WITH TWO SINGLE BEDS

PRIVATE GARDEN VIEW - PRIVATE ROOM WITH KING BED

PRIVATE OCEAN VIEW - PRIVATE ROOM WITH KING BED



2024 PRICES*

FOR INCLUSIVE ACCOMMODATION PACKAGES AT SANTOSHA@PURINUSA

*BALI 2024 COURSES ARE 22 DAYS

Earlybird (Paid in Full One Month Before your Training Begins)

AUD

INCLUSIVE PACKAGE - Yoga Teacher Training (YTT) + 22 Nights Stay in \$AUD

YTT + Shared Twin Room - \$2,990 AUD

YTT + Private Garden View Room - \$3,250 AUD

YTT + Private Ocean View Room - \$3,470 AUD

Extra Nights - \$30 AUD Garden View / \$40 AUD Ocean View per night

Approximate costs in \$USD:

Earlybird (Paid in Full One Month Before your Training Begins)

Approx USD

INCLUSIVE PACKAGE - Yoga Teacher Training (YTT) + 22 Nights in approx. \$USD*

YTT + Shared Twin Room - \$1,875 USD

YTT + Private Garden View Room - \$2,185 USD

YTT + Private Ocean View Room - \$2,335 USD

Extra Nights - \$20 USD Garden View / \$26 USD Ocean View per night

*Based on recent exchange rates, For up-to-date conversion visit:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=AUD&To=USD>

SHARED TWIN - SHARED ROOM WITH TWO SINGLE BEDS

PRIVATE GARDEN VIEW - PRIVATE ROOM WITH KING BED

PRIVATE OCEAN VIEW - PRIVATE ROOM WITH KING BED



SANTOSHA@PURINUSA

HOW TO BOOK YOUR YOGA TEACHER TRAINING + ACCOMMODATION PACKAGE

You can easily book your Inclusive Package on our website so we can arrange your stay for you. Select from one of three buttons to make your choice:

- **COURSE ONLY** (this is for students who **do NOT** want the Inclusive Package)
- **COURSE + SHARED ROOM** (click this if you want a **Shared Twin Room**)
- **COURSE + PRIVATE ROOM** (click this if you want a **Garden or Ocean View Room**)

You will be given the choice to pay a Deposit, in Full or via a 5 x Monthly Payment Plan. Once you have completed your order, we will be in touch to finalise your exact dates (extra nights can be requested) and confirm your room booking.

Welcome to Santosha@PuriNusa!

WHAT IF I WANT TO STAY EXTRA NIGHTS AT SANTOSHA@PURINUSA?

Your booking runs from the day before the training begins and ends the morning of your last day. If you wish to stay extra nights at our accommodation we will send a link so you can easily book and pay for your additional nights stay. We will check your exact dates upon receipt of your booking. Please note: if you have booked a shared twin room for your stay, you will need to upgrade to a private room for the additional nights.

Extra Nights in AUD - \$30 AUD Garden View / \$40 AUD Ocean View per night
Extra Nights in USD - \$20 USD Garden View / \$26 USD Ocean View per night

CAN I SHARE A ROOM WITH A FRIEND NOT ON THE COURSE?

Yes, if you wish to share a room with a partner or friend who is not attending the course you are welcome to choose the **Private Room** Inclusive Accommodation package and have your friend join you in the private room at no extra cost. If twin beds rather than the King Bed are required, please let us know.

I'M A MALE JOINING YOU, CAN I BOOK A SHARED ROOM?

We welcome everyone to join us for this incredible experience! However, as typically the number of female students tends to outnumber that of males, we currently require males to book a private room if they book an Inclusive Accommodation package. If you are a male and do want to share a twin room, please get in touch with us and we will endeavour to place you with a fellow male yogi - dependent on male numbers.

CHOOSE YOUR OWN ACCOMMODATION

EXPERIENCE COMPLETE FREEDOM TO CHOOSE THE ACCOMMODATION TO BEST SUIT YOUR NEEDS, WITH OUR CHOOSE YOUR OWN OPTION.



**BOOK YOUR YOGA
TEACHER TRAINING
ONLY - AND SELECT
YOUR OWN STAY FROM
THE OPTIONS IN THIS
GUIDE, OR FROM SITES
SUCH AS AIRBNB OR
BOOKING.COM**

There is no shortage of amazing accommodation options in the area! You can choose your own accommodation in Nusa Lembongan from the options in this Guide - or sites such as [booking.com](https://www.booking.com) or [airbnb](https://www.airbnb.com).

Make sure to book accommodation **within at least 10 minutes walk** of Santosha Yoga Village (preferably five!) for an easy time on the island!

Santosha cannot be held responsible for your choices, so please do your own research on the options to ensure they are best suited to your needs. Make sure to **check refund and payment policies** on any deposits or payments made.

THE PULAU – 3 MIN WALK

STYLISH AND COMFORTABLE ROOMS WITH POOL VIEWS AND CALM, CLEAN SURROUNDINGS AT A GREAT PRICE.



STUDENTS LOVE: FUN AND KIND STAFF, CLEAN POOL, COMFORTABLE BEDS

Standard Double Room - Pool View

Approx \$22 AUD Per Night - 21 Nights = \$462 AUD

Approx \$15 USD Per Night - 21 Nights = \$315 USD

Superior Double Room - Upstairs Ocean View

Approx \$25 AUD Per Night - 21 Nights = \$525 AUD

Approx \$16 USD Per Night - 21 Nights = \$336 USD

Upgrade to Breakfast included for approx \$3 AUD/ \$2 USD per day

Rooms include private bathroom, wifi, hot shower

To view details here: <https://www.booking.com/Share-iX8fJH>

TO BOOK:

Contact directly via WhatsApp: +62 822 3781 7405 for Santosha rates

Mention you are a Santosha student in your message :)

Our 2024 Courses are 22 Days - so add one extra night in your calculations :)

BUNDA 7 - 5 MINS WALK

CHARMING ROOMS SET IN A LOVELY GARDEN WITH POOL AND ON-SITE RESTAURANT, THIS IS A GREAT VALUE OFFERING CLOSE TO BEACH AND SHALA.



STUDENTS LOVE: POOL, GARDEN, KIND STAFF, QUIET LOCATION

Budget Rooms - with AC, hot-water

150,000 IDR Per Night

Approx \$15 AUD Per Night - 21 Nights = \$315 AUD

Approx \$10 USD Per Night - 21 Nights = \$210 USD

Superior Rooms - with AC, hot-water

200,000 IDR Per Night

Approx \$20 AUD Per Night - 21 Nights = \$420 AUD

Approx \$13 USD Per Night - 21 Nights = \$273 USD

Bunda 7 Bungalows features an outdoor swimming pool, restaurant and rooms with a private balcony. Set amidst a tropical landscape, rooms at Bunda 7 come with traditional Indonesian décor and wooden furnishings. All rooms are fitted with a fan, seating area and an en-suite bathroom with hot shower facilities.

TO BOOK:

Contact Putu via WhatsApp: +62 812 3918 9237 for Santosha rates :)

Mention you are a Santosha student in your message :)

Our 2024 Courses are 22 Days - so add one extra night in your calculations :)

TIGERLILLYS - 5 MIN WALK

THIS LUXURIOUS OPTION OFFERS LUSH GARDENS, STYLISH ROOMS, STUNNING POOL AND DELICIOUS FREE BREAKFAST.



STUDENTS LOVE: HELPFUL SERVICE, BOUTIQUE VIBES, ONSITE RESTAURANT

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

Standard room

Low Season - 1,200,000 IDR Per Night / High season - 1,500,000 IDR Per Night

Approx \$120 / \$150 AUD Per Night - 21 Nights = \$2,520 / \$3,150 AUD

Approx \$80 / \$100 USD Per Night - 21 Nights = \$1,690 / \$2,100 USD

Suite Room

Low Season - 1,800,000 IDR Per Night / High season - 2,500,000 IDR Per Night

Approx \$180 / \$250 AUD Per Night - 21 Nights = \$3,780 / \$5,250 AUD

Approx \$120 / \$165 USD Per Night - 21 Nights = \$2,520 / \$3,465

TO BOOK:

Contact directly via WhatsApp: +62 812 4664 0343 for Santosha rates :):

Website: <https://tigerlillyslembongan.com>

Mention you are a Santosha student in your message :)

Our 2024 Courses are 22 Days - so add one extra night in your calculations :)

MEGACAHYA - 3 MIN WALKS

THIS LIGHT AND AIRY POOLSIDE PALACE OFFERS GREAT VALUE - WITH LOVELY STAFF, CLEAN ROOMS AND A HANDY LOCATION.



STUDENTS LOVE: BIG CLEAN ROOMS, POOL, FRIENDLY AND HELPFUL STAFF

These clean and comfortable rooms have Free WIFI, Swimming Pool. and balcony seating for every room. Small study desk in room and shop onsite - bike and scooter rental onsite.

Twin Room - Jan, Feb, March, April, Oct, Nov, Dec - 225.00 IDR Per Night

Approx \$22 AUD Per Night - 21 Nights = \$462 AUD

Approx \$15 USD Per Night - 21 Nights = \$315 USD

Double Room - May, June, Sept - 250.000 IDR per night

Approx \$25 AUD Per Night - 21 Nights = \$525 AUD

Approx \$16 USD Per Night - 21 Nights = \$336 USD

Double Room - July, August - 270.000 IDR per night

Approx \$27 AUD Per Night - 21 Nights = \$567 AUD

Approx \$17 USD Per Night - 21 Nights = \$357 USD

Pictures: <https://www.facebook.com/pages/Mega-Cahya-Bungalow/979555398766597>

TO BOOK:

Contact directly via WhatsApp: +62 813 3766 1361 for Santosha rates :):

Email: megacahya_bungalow@yahoo.com

Mention you are a Santosha student in your message :)

Our 2024 Courses are 22 Days - so add one extra night in your calculations :)

**PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.**

VISTA HUTS – 3 MIN WALK

THIS HUT IS TAILORED FOR THE BUDGET-CONSCIENCE TRAVELER, WHO APPRECIATE SOME OF THE BEST THINGS IN LIFE ARE OFTEN THE SIMPLEST.



STUDENTS LOVE: GARDEN, LOVELY OWNERS, FREE BREAKFAST

AC Room – 225.000 night including breakfast
 - approx \$22 AUD Per Night – 21 Nights = \$462 AUD
 - approx \$15 USD Per Night – 21 Nights = \$315 USD

Free homemade breakfast – Fruit, Pancake, Coffee & Tea – also drinking water free

Vista Huts offer spacious room (4x4 sqm) with a comfortable King Coil bed, attached bathroom and wide verandah.

Room facilities: King size bed, Wardrobe, Luggage bench, Writing desk, Air conditioning.
 Bathroom facilities: Western toilet, Shower running fresh water, Wash basin, towel
 There is a gazebo in the yard for relaxing or yoga meditation.

Please note: Vista Huts is currently dealing with a loud rooster next door. Be aware there may be crowing at night and early morning.

TO BOOK:

Contact Wayan directly via WhatsApp: +62 812 4642 890 for Santosha rates :):
 Or via the site: <http://www.vistahuts.com/>
 Mention you are a Santosha student in your message :)
 Our 2024 Courses are 22 Days – so add one extra night in your calculations :)

**PLEASE NOTE: RATES MAY CHANGE AT THE DISCRETION OF THE OWNER,
 PLEASE CHECK DIRECTLY FOR MOST UP-TO-DATE COST.**

PONDOK WIDI - 3 MINS WALK

SIMPLE, CLEAN AND COSY FAMILY-RUN GUESTHOUSE OFFERING INCREDIBLE VALUE CLOSE TO OUR SHALA.



STUDENTS LOVE: PRICE THAT CAN'T BE BEAT, HELPFUL STAFF, QUIET LOCATION

Double Room

175,000 IDR Per Night

Approx \$18 AUD Per Night - 21 Nights = \$378 AUD

Approx \$12 USD Per Night - 21 Nights = \$252 USD

Pondok Widi Guesthouse offer clean, simple rooms with bathroom, AC, wifi and outdoor seated area, within a few minutes walk of the shala and beach. Situated away from the main road, this family-run guesthouse is quiet and peaceful, the perfect stay for those on a simple budget!

TO BOOK:

Contact directly via WhatsApp: +62 858 2921 9195 for Santosha rates :):

Mention you are a Santosha student in your message :)

Our 2024 Courses are 22 Days - so add one extra night in your calculations :)

ONSITE CAFE - GINGER + JAMU



GINGER + JAMU CAFE



HEALTHY FOOD, HAPPY YOGIS!

Great food is at the heart of any community, and the Village is no different! We are blessed with our on-site cafe and Santosha student favourite – 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!

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

Ginger & Jamu 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 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 of our shala.

"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! 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, UK

MEAL PACKAGES



Please note that the following are approximate guide prices only and can be subject to change for each course based on local prices and currency fluctuations. Contact gingernjamu@gmail.com for the latest prices and for pre-booking your meals.

Meal Package 1: Breakfast

Breakfast only – includes fresh fruit, Granola, yoghurt VG/VEG, tea or coffee
1.8M IDR/ \$180 AUD

Meal Package 2: Breakfast and Lunch

Breakfast and daily Vegan special includes selected juices, tea or coffee
3M IDR/\$300 AUD

Meal Package 3: All Three meals

Daily vegan specials with hot tea and juices
5.8M IDR/ \$580 AUD

Is there a vegetarian option?

Yes plenty! Everything is plant based on the meal plans and there is a range of add-ons available that includes meats, eggs and cheeses at extra cost. There is also an option to create your own menu to ensure all your nutritional needs and desires are met.

Is there a plant-based/vegan option?

Yes plenty! Everything is plant-based and it is the perfect time to eat this way. There is also an option to create your own menu to ensure all your needs and desires are met.

Is there a gluten-free (GF) option?

Yes we will always a GF option, however, we are not able to guarantee the kitchen to be gluten-free in the way that would be required by people with celiac, chrons disease etc.

Are drinks included?

Tea, coffee and selected fresh juices are included per meal.

Meal Packages are so easy to book on the first day of your training, directly with the cafe. The cafe team will come to the shala and take bookings on day one of your course.

NUSA LEMBONGAN - TRAVELLERS PARADISE!



TIME OFF IN NUSA LEMBONGAN

GET THE MAXIMUM FUN OUT OF YOUR TIME IN NUSA LEMBONGAN - OUR SURF AND SUN PARADISE - WITH OUR 5 FAVE ACTIVITIES:



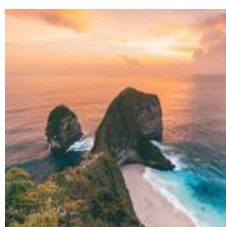
SURF LESSONS + SURF TAXI

Nusa Lembongan is home to some world-class waves, and is surf-able all year round. Take advantage of our awesome surf breaks and learn to surf! We can recommend a safe and friendly surf school, so you can leave Lembongan a legend on the waves. Suitable for beginners or those that want to take their skills to the next level. Keen surfers can also organise boat pick-ups to get in a quick surf during your breaks!



SNORKEL WITH MANTA RAYS

Swimming with the majestic mantas is truly a bucket list experience! One you don't need expensive dive equipment to experience - Mantas swim close to the surface so a snorkel and mask is all you need. The other amazing thing about this experience is the price - three hours of snorkelling sets you back only 250.000 IDR (approx \$25 AUD/ \$17 USD)



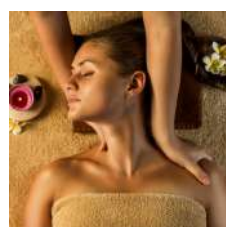
EXPLORE NUSA PENIDA

We highly recommend booking into a day tour to Nusa Penida - which includes the boat trip over and a driver to show you the sites (ask our team for tour contacts) Our students love Nusa Penida for its scenic blue billabong, crystal clear waters, breathtaking cliff-top views and of course the famous Kelingking Secret Point Beach (T-Rex beach) 🦖



ISLAND HOP TO NUSA CENINGAN

Pop over the famous "Yellow Bridge" and you arrive on the small and peaceful surrounds of Nusa Ceningan. Nusa Ceningan is popular for its clifftop sunset views (best from an infinity pool!) epic surf break and chilled beachfront cafes. Traditional seaweed farming is still the main industry on this island, and it has a laid-back and friendly local vibe.



MASSAGE + RELAXATION

No better way to take time out from your yoga teacher training schedule than treating yourself to a restorative massage. There are many massage, facial treatment and pedicure options within walking distance of the shala, with incredibly reasonable rates. Ask our team for their current fave recommendations and relax and enjoy!

EXPLORE BALI



EXPLORE BALI + INDONESIA

OUR STUDENTS LOVE TO TEAM UP AND EXPLORE BALI AND INDONESIA TOGETHER AFTER THE COURSE! HERE ARE 5 OF THEIR FAVE SPOTS:



UBUD

Ubud is a popular yoga destination for our travelling students. While the main streets of Ubud can be bustling, there are many beautiful smaller villages with hotels in the green jungle. Ubud is famous for yoga and wellness offerings, verdant rice paddies, monkey forest and its beautiful water temple which is a must-visit for our yogis!



ULUWATU

Nestled in the southern tip of Bali island, Uluwatu is known for its dramatic clifftop views, white sand beaches and epic surf breaks. The area offers an alluring mix of surf culture and local village life. For one of Bali's must-see cultural performances, the Uluwatu Temple holds a regular kecak dance against a dramatic sunset backdrop.



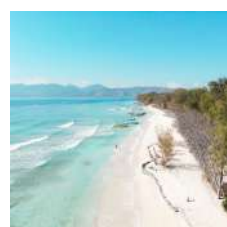
AMED

Seven villages make up what is popularly known as Amed beach. Amed is a world away from Seminyak and Canggu and is the perfect place to immerse yourself and observe typical life in Bali. From the black sand, you can swim out to some of the best snorkelling reefs in Bali, and for divers there is the famous Japanese shipwreck.



LOVINA

Lovina Beach is a combination of smaller beaches traversing several local villages. It's known for its black sand beaches, coral reefs and dolphins. Diving, snorkelling, swimming and dolphin watching are the main activities as well as visiting the Banjar Hot Springs, with their warm water pools and tropical gardens.



GILI ISLANDS

The gorgeous Gili Islands are a group of 3 tiny islands - Gili Trawangan, Gili Meno and Gili Air - near the coast of Lombok Island. Characterized by sandy beaches fringed with palm trees, they're known for their coral reefs just offshore. On the smallest island of Gili Meno, sea turtles swim at Turtle Point. All three islands offer white sand, snorkelling, diving and breath-taking sunset views.

FAQS - BALI, TRAVEL & VISAS



FAQS - TRAVEL - GETTING TO US

HOW DO I GET TO YOGA VILLAGE NUSA LEMBONGAN?

Getting to the island is easy and simple:

Step 1

Book
Flights and
Hotel

Book your flights

You will want to consider costs but also the timing of the arrival against the boat times from mainland Bali (Sanur Harbour) to Nusa Lembongan Island. You may need to plan to stay the night in Sanur and get the boat the next day.

Step 2

Book
Boat +
Pickup

Book Return Boat and Airport/Hotel pick-ups

Book your trip via the D'Camel website. With one easy step you can book your boat travel, pick up from the airport or your hotel and return journey. Best of all this costs less than \$40 AUD/ \$35 USD - with our Santosha discount for the whole trip there and back!

Step 3

Done!

Relax with a coconut on the beach!

Your boat transfer package with D'Camel will include a free drop off to your hotel in Nusa Lembongan! Easy!



WE RECOMMEND D'CAMEL BOATS WHO WILL BOOK ALL OF THIS FOR YOU IN ONE EASY TRANSACTION

You can easily book via the **D'Camel** Company website from anywhere:

<http://dcamelfastferry.com/>

Discount code: Santoshayoga

NOTE: Boats do not leave at night. If your flight arrives in the late afternoon/ evening, you can easily book a hotel in Sanur and travel over to Nusa Lembongan in the morning. Copy + Paste this link in your browser to easily find cheap hotels nearby to the **Sanur Harbour and D'Camel** office: <https://goo.gl/maps/5BtkeifpNvk>

FAQS - TRAVEL

HOW DO I GET TO BALI?

You will fly into Bali Ngurah Rai International Airport (DPS) also known as Denpasar International Airport.

HOW DO I BOOK FLIGHTS TO BALI?

To book your flights, you can use sites such as Flyus.com, Skyscanner or Webjet to look for flight deals. We recommend looking for deals here and then booking them directly on the airline's website for less fees and the ability to communicate directly with the airline. If you do not feel confident booking flights yourself, then contact a local Travel Agency such as Flight Centre who can easily find you a stellar deal.

For Australian students we have a Travel Agent who can work with you to book the best flights: Penny Stansfield - Mobile: +61412451735
Email: penny.stansfield@travelmanagers.com.au
Website: travelmanagers.com.au/PennyStansfield

DO I NEED A VISA TO GET INTO BALI?

Over 70 countries - including Australia, NZ, UK, USA and Germany - are eligible for a 30 Day Visa on Arrival - meaning you do not need to pre-arrange anything before you arrive. See our "Visa" section below. To check if your country is eligible for the Visa on Arrival please visit Bali.com for the most up-to-date information:
<https://bali.com/bali/bali-visa-indonesia-entry-regulations/>

DO I NEED TRAVEL INSURANCE?

Yes! You will need valid travel insurance to be able to apply for your visa and to enter Bali. We also require Travel Insurance for you to join us on the course. Travel Insurance companies have recently changed their policies to offer extensive cover for those traveling during the pandemic.

HOW DO I GET TRAVEL INSURANCE?

You can easily organise Travel Insurance through your existing insurance company (if you have one), your bank, your airline, your travel agent or online at sites such as World Nomads. You must organise travel insurance before you leave for Bali, as you cannot pay to obtain travel insurance once your travels have begun.

DO I NEED TO QUARANTINE TO ENTER BALI?

Over 70 countries - including Australia, NZ, UK, USA and Germany - can now travel to Bali without any need to quarantine. To check if your country is eligible for Quarantine Free Travel please visit Bali.com for the most up-to-date information:
<https://bali.com/bali/bali-visa-indonesia-entry-regulations/>

DO I NEED A PRE-TRAVEL PCR OR RAT TEST TO ENTER BALI?

Over 70 countries - including Australia, NZ, UK, USA and Germany - can now travel to Bali without the need for a pre-travel PCR or RAT test. To check if your country is eligible for Quarantine Free Travel please visit Bali.com for the most up-to-date information.

FAQS - ACCOMMODATION

HOW DO I BOOK MY INCLUSIVE ACCOMMODATION PACKAGE?

To Book your Yoga Teacher Training PLUS 21 / 22 Nights stay at Santosha@PuriNusa (2024 courses will be 22 Nights, as our 2024 courses are 22 Days)

You can easily book your Inclusive Package on our website and we will arrange your stay for you. You will be given the options to choose from one of three buttons:

- **COURSE ONLY** (this is for students who do NOT want the Inclusive Package)
- **COURSE + SHARED ROOM** (click this if you want a Shared Twin Room)
- **COURSE + PRIVATE ROOM** (click this if you want a Garden or Ocean View Room)

We will be in touch once we have your booking to confirm your exact dates (extra nights can be requested) and you will be booked into the room of your choice.

HOW DO I BOOK MY COURSE AND MY OWN ACCOMMODATION?

To Book your Yoga Teacher Training Only:

You can easily book your place on the training on our website, then organise your own stay directly with your accommodation of choice. Once on the website, select THIS buttons to pay for the **training only**:

- **COURSE ONLY** (this is for students who **do NOT want** the Inclusive Package)

To book your own accommodation from this Guide:

Then contact the WhatsApp Number provided for your accommodation of choice. Our local accommodation staff love WhatsApp and will easily be able to confirm your stay! For ease of booking please provide them your:

- Name
- Arrival Date
- Departure Date
- Any other important information regarding requirements (AC etc)

IS IT BETTER TO STAY AT SANTOSHA@PURINUSA OR CHOOSE MY OWN?

This is entirely up to you! Some students love the simplicity of having us organise their stay, and many appreciate the savings that come from sharing a twin room. They also like knowing they will be living close to their new yoga friends in a friendly community. Others fall in love with one of the other options we suggest and would prefer to arrange their own stay there, would like more of a luxury or five star experience or simply prefer the flexibility of options that making their own booking offers.

FAQS - PURINUSA

WHAT IF I WANT TO STAY EXTRA NIGHTS AT SANTOSHA@PURINUSA?

Your booking runs from the day before the training begins and ends the morning of your last day. If you wish to stay extra nights at our accommodation we will send a link so you can easily book and pay for your additional nights stay. We will check your exact dates upon receipt of your booking. Please note: if you have booked a shared twin room for your stay, you will need to upgrade to a private room for the additional nights.

Extra Nights in AUD - \$30 AUD Garden View / \$40 AUD Ocean View per night
Extra Nights in USD - \$20 USD Garden View / \$26 USD Ocean View per night

CAN I SHARE A ROOM WITH A FRIEND NOT ON THE COURSE?

Yes, if you wish to share a room with a partner or friend who is not attending the course you are welcome to choose the **Private Room** Inclusive Accommodation package and have your friend join you in the private room at no extra cost. If twin beds rather than the King Bed are required, please let us know.

I'M A MALE JOINING YOU, CAN I BOOK A SHARED ROOM?

We welcome everyone to join us for this incredible experience! However, as typically the number of female students tends to outnumber that of males, we currently require males to book a private room if they book an Inclusive Accommodation package. If you are a male and do want to share a twin room, please get in touch with us and we will endeavour to place you with a fellow male yogi - dependent on male numbers.

DO ROOMS HAVE WIFI?

Yes, all rooms at PuriNusa have wifi. However as we are on an island wifi reception can be patchy at times. We recommend ALL students purchase a SIM card with data upon arrival to Bali, to access their own wifi for use on the island :)

DO ROOMS HAVE AC?

The Private Garden Room and Ocean View rooms have air-conditioning, the Shared Room has a fan.

DO ROOMS HAVE HOT SHOWERS?

The Private Garden Room and Ocean View rooms have hot showers, the Shared Room has a refreshing cold shower - perfect for the tropical heat!

DO ROOMS HAVE STUDY DESKS?

The Private Ocean View rooms have a small alcove with study desk, the Garden Rooms have a study area with desk. Shared Room has the outdoor seated area for study. PuriNusa also has several lovely garden or oceanside seated areas perfect for study and reading.

FAQS - MEALS

I AM ON A TIGHT BUDGET, WHAT IS THE LOWEST I CAN SPEND?

If you budget well and eat local, you can spend as little as \$10 AU (\$7 US) a day on meals, which over 21 days would be \$210 AUD (\$150 USD). Note this would be simple local food and not include alcoholic beverages, lattes or fancy meals out!

HOW DO I BOOK THE GINGER + JAMU MEAL PACKAGES?

Meal Packages are so easy to book on the first day of your training, directly with the cafe. The cafe team will come to the welcome circle and explain the package options and take package bookings on day one of your course.

I WOULD RATHER MAKE MY OWN DINING DECISIONS, CAN I HAVE EAT OFF-SITE?

Of course! We would love to see you in the cafe, but you are welcome to make your own decisions about where you eat .

I AM VEGAN - CAN I EAT ON THE ISLAND?

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty vegan options. There are some good vegan spots on the island and nearby our shala. Bali Eco Deli nearby also has vegan options. If you still find it a struggle with those options, please let out cafe manager and chef Jamie know and he can add some extra vegan options.

I AM GLUTEN FREE - CAN I EAT ON THE ISLAND?

Yes, very much so! Our onsite cafe Ginger + Jamu has many tasty GF options. Bali Eco Deli nearby also has GF options. If you still find it a struggle with those options, please let out cafe manager and chef Jamie know and he can add some extra GF options for you. Some local dishes are also naturally GF, though watch for sneaky ingredients like soy sauce.

WHERE CAN I BUY FRESH FRUIT AND SNACKS?

There are many small local shops along the main street with snacks - both healthy and not so healthy. Some also sell fresh fruit and coconuts. There is also a daily morning market (6 - 9am) by the field opposite Green Garden Warung.. For bliss balls fans, Ginger + Jamu also has these and other tasty treats available all day :)



FAQS - VISAS

WHAT DO I NEED FOR TRAVEL TO BALI?

- Valid Passport with at least 6 months before expiry
- Visa (can be obtained on arrival)

HOW DO I GET THE VISA I NEED?

Over 70 countries – incl. Australia, NZ, UK, USA and Germany – are eligible for a 30 Day Visa on Arrival – meaning you do not need to pre-arrange anything before you arrive. Visit the Visa Requirements Page on Bali.com to check eligibility for your country. The visa you require will also depend on whether you wish to stay less or more than 30 days.

LESS THAN 30 DAYS:

Most visitors to Bali staying less than 30 Days can get a Visa on Arrival. Please check the link below if your country is listed under the countries that have this visa exemption. If so, then you only need to worry about your length of stay. Below 30 days is no problem. If your country is not listed then you need to apply for a Visa with an Indonesian Embassy or consulate abroad (outside of Indonesia):

<https://bali.com/bali/bali-visa-indonesia-entry-regulations/>

MORE THAN 30 DAYS:

If you plan to stay more than 30 days, then you have two options:

1. Apply for a 60 Day Visa before leaving for Bali
2. Purchase a paid 30 Day Visa on Arrival when you arrive in Bali Airport, and then extend it a further 30 days once there using one of our trusted visa agents.

VISA EXTENSIONS

If you have chosen to extend the paid Visa you will be given the name of the Agent to contact to organise this. We suggest that you begin this process within the first few days of arriving on the island. **Please contact us for the Visa Agent details if you plan to stay longer than 30 Days.**

TO HELP WITH VISA - HEI SERVICE SUPPORT

A company called HEI Service Support can offer you expert advice and a visa package to assist you. Please contact Halim via email halim@heiservice.com or WhatsApp +62 858-2929-5646.

VIP FAST TRACK IMMIGRATION SERVICE - AVOID THE QUEUES! RECOMMENDED!

If you would like to book assistance through Bali Denpasar Airport, there is a VIP Service that we recommend that will meet you from the plane and provide a fast-track service to help you with the COVID-19 registration, skip all of the queues for Visa, customs and immigration and help you to collect your bags and facilitate a smooth handover to your driver in the arrivals hall. The price is 630,000 IDR/\$63 AUD which can be paid in cash or by bank transfer. Contact Wayan Sugiarta at VIP Immigration Fast Track: Whatsapp +62 857-3793-8994

OUR HAPPY STUDENTS!



WHAT OUR GRADUATES SAY

OUR STUDENTS LOVE LIFE ON THE ISLAND AND THE OPPORTUNITY TO SURF, SWIM AND EXPLORE IN THIS BEAUTIFUL REGION!

"ITS JUST MAGICAL"



"My expectation were blown out of the water... completely! As you do your yoga practice the sun rises in front of you, and you can hear the waves of the ocean and it's just magical. The island life had a way of helping you detach from the past... being on the boat and seeing the island and how beautiful it is, just really clarified that we are on a journey" - Kerry, Ireland

"RIGHT ON THE BEACH"



"Nusa Lembongan as a training location has been the best decision I made so far! It's just so beautiful, you are right on the beach, with the water there. On your breaks you can go for a swim. You can immerse yourself in the local culture, the food, definitely has been the best decision to do it here!" Ciara, Aus

"ONE OF THE MOST BEAUTIFUL PLACES I'VE EVER SEEN"



Nusa Ceningan is one of the most beautiful places I've ever seen, the water is crystal clear and you can explore all the different cafes on cliff-faces overlooking the ocean. It's nothing I could have ever imagined. I've always seen it on a postcard and didn't think it was real, but it's one of those places you can put on a postcard!" - Iono, Aus

"ABSOLUTELY INCREDIBLE"



"This place is absolutely incredible, and it is so much more than just learning yoga. The locals here couldn't be nicer and this island is absolutely beautiful. I highly recommend this place to anyone who is interested in becoming a certified Yoga Teacher, you will not regret it!" - Bill, USA

WANT TO KNOW MORE ABOUT WHAT OUR STUDENTS LOVED ABOUT THEIR TIME WITH SANTOSHA? SEE MORE SANTOSHA STORIES HERE:

SANTOSHA TESTIMONIALS



FOLLOW YOUR HEART

Need some further questions answered? We'd love to talk yoga with you! Our team are busy travelling the world teaching and sharing yoga so the best way to contact us is via WhatsApp:

Jennie - inquiries Australia, NZ and Asia: +61 402 087 633
Sophie - inquiries Europe & Americas: +44 774 708 5144

Or email our helpful team:
info@santoshayogainstitute.edu.au

I'M READY TO JOIN!

HOW DO I START MY TRANSFORMATIONAL BALI JOURNEY?

Congratulations on making the incredible decision to step into an exciting new future!

Book your place on our Bali Level 1 Course:

<https://santoshayogainstitute.edu.au/yoga-teacher-training/200-hour-ytt-bali/>

Book your place on our Bali Level 2 Course:

<https://santoshayogainstitute.edu.au/yoga-teacher-training/bali-300-hour/>

From there we will be in touch to welcome you to your group and assist you in getting started on this exciting new journey - and begin you on your daily practice and studies straight away.

We are so honoured to be walking this path with you and cannot wait to connect personally very soon!

Oceans of love,

Sunny



Phone, WhatsApp, Signal: [+61 402 087 633](tel:+61402087633)



info@santoshayogainstitute.edu.au



www.santoshayogainstitute.edu.au



www.facebook.com/SantoshaYogaInstitute



www.instagram.com/santoshayogainstitute/