



SHAKTI SPIRIT YOGA
with Rachel Hull

GENERAL INFORMATION FOR SHAKTI SPIRIT LEVEL 1 TRAINING

- ❖ It will be best for you if you arrive a few days before the training begins, to allow yourself to acclimate and be focused and settled by the start of the course. We will not accept applicants who cannot arrive for the Orientation Day on the very first day of the training (Orientation Day is on the 11th September, 2012).

From experience, those who do not allow themselves enough time at the beginning are not at their most attentive for the first week and bring this disorientation to class. To get the most out of the training, please do your arrive early enough that you can be well settled when we start (this may mean staying in alternative accommodation for a few days if the Santra Putra rooms are booked). Arriving early enough gives you time to locate the supermarket and stores and make sure you have what you need before we begin. We can give you some contact details of possible places to stay.

- ❖ Visas – For most countries it is possible to arrive in Indonesia and get a 30-day visa on arrival that can be extended for another 30 days maximum once you are here. If you live in a place where there is an Indonesian consulate, you may be able to apply for a 60 day visa (non-extendable) before you come, making it easier once you get here. There are other options for those wishing to stay longer than 60 days, and we can advise you of these personally once you are accepted to the training.

- ❖ Booking rooms at Santra Putra and staying off site:

It is up to each participant to book their room at Santra Putra, the venue where the training is held, by emailing Wayan Karja at the following address: karjabali@yahoo.com

Please do not book a room with Santra Putra until you have been accepted for the training. Please be sure to CC us on ALL communication you have with them, and then we can make sure to double check your booking and room number. If you forget to also CC us, it will be difficult for us to know what is going on.

Shakti Spirit Yoga is charged a fee for using the studio at Santra Putra, and also greatly expands upon the daily breakfast that they would provide, with Yoga friendly choices and a special cook of our own. A part of these expenses has been added to each room cost.

In order to keep the group energy contained and to create a more 'retreat' environment that is beneficial for everyone, we much prefer to have all our students staying at Santra Putra, which is a lovely place to stay. This also makes it convenient for getting to the classes, and ensures that we have the place filled with like-minded and similar life-styled people.

If anyone decides not to stay there for some reason, or moves out part way through, they will be required to pay us a fee of Australian \$100 to cover their share of the studio cost. If you are staying off site and wish to join us for breakfasts/brunch, the fee will be RP 25 000 per breakfast (Indonesian Rupiah – approximately US\$2.50).

- ❖ Once the training gets closer, we will send an email listing the participants' names and email addresses. This may be useful for those who wish to contact other students and/or possibly travel together.
- ❖ Bali is a fascinating island to explore, and you will have some time on the weekends to leave Ubud and go to other places, such as the beach, which is about 1 hour away. But for much of the time you will be in Ubud and need to be 100% focused on the training (which we think is a fun thing to do anyway!). We suggest you allow time either at the beginning or the end of the training, to visit some other parts of the island, especially if you are wanting/needing a holiday. We highly recommend this if you have the time, as there are many fascinating places to visit in Indonesia.
- ❖ As above, there are many interesting things to do in Ubud and we're sure you'll get to join in on some of them and have an amazing time here. However, as this is the Shakti Spirit Yoga Teacher Training you will need to remain 100% focused on this training in order to complete it successfully and gain your certification. The 'monkey mind' can come up with all sorts of distractions and desires, such as wanting to join classes at other studios or with visiting teachers, visit friends who are coming to Bali, participate in festivals, etc. To avoid embarrassment and unnecessary stress for all concerned, please do not ask us for time off to do any of these things if they interfere with your attendance at the Shakti Spirit Training, as the answer will be no.
- ❖ We are requesting recreational drug-free training participants for the duration of the training. If you partake in the above, we would request you to stop at least 2 months before the training begins. If you do not feel you can do this, please do not apply at this time or you may be asked to leave the program.