

# Upcoming Bali Yoga Retreats Just Announced by Blooming Lotus Yoga

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[Blooming Lotus Yoga in Ubud](#), Bali, is one of the most well-respected yoga retreat centers and schools in the world. New yoga retreat dates have just been added over the next few months for people who wish to learn more about yoga and the yogic way of life. Blooming Lotus Yoga offers unparalleled training in the sacred arts of asana, breathwork and meditation, in a setting that many people describe as paradise.

This school also stays true to the values that define their understanding of what it means to “live your yoga,” in that they have also created the Blooming Lotus Charitable Fund as an outpouring of compassion toward others. The yoga retreats in large part support this fund, which helps to provide relief to some of the most impoverished individuals and communities in the world. A percentage of retreat fees go directly to support charitable organizations in India that are focused upon providing the bare necessities of life like food, clean water, housing and medical care.



“So, attending one of these retreats is not only something that benefits the attendee – but also helps the whole world,” said a school spokesperson. “We practice what we teach.”

Blooming Lotus Yoga is a Yoga Alliance Registered School that also trains yoga teachers, but the retreats that were just announced are not for advanced practitioners. They are specifically designed for beginners and/or intermediate yogis.

Several slots are still available in many of the upcoming dates for [their 4 or 7 day yoga retreats in Bali](#) . The school stresses that their programs are generally attended by up to 20 people, so they are not intended for those who want to be part of a very small group.

There is a clear retreat schedule available online for both the four and seven-day options. The online calendar shows which retreats are close to full and which are still very open. "People should be aware that the yoga retreats nearly always fill up very quickly."

"Ours is not the kind of yoga that is just about the postures," states their spokesperson, "We are about the mind, body, and spirit – true yoga. This is not a fitness regime, and people who are only interested in that should look elsewhere."

Students are expected to be up by 7:00 a.m. during the retreat, so this is also not intended to be a lazy holiday. However, they are very open to beginners and the accommodations are modern and comfortable. Room accommodations range from a shared suite to a private villa. Wi-fi is available, but alcohol is not allowed. The school itself is located near a local temple, where locals come to collect the holy spring water and purify themselves.

These all-inclusive retreats include two vegan meals per day and cultural events to experience Balinese culture.

These retreats are very well-reviewed by people who have attended them. "It's Paradise. You can feel the energy the minute you arrive," wrote one visitor.

Blooming Lotus Yoga tailors classes to the attendees so that they are not too easy or too challenging. The type of yoga they teach for these retreats are daily Vinyasa Flow classes. This type of yoga uses a focus on breath and stringing poses together, as opposed to doing the same postures in every session. From a philosophical point of view, Vinyasa recognizes the temporary nature of all things. Everything is in motion, everything changes. It is also sometimes referred to as a "breath-synchronized" practice.

Those considering a [Bali yoga retreat](#) would be hard-pressed to find one that has higher praise from past attendees. Francine, from Australia said, "I will be forever grateful for the unconditional love, guidance and support that they extended to us all during our precious time with them. Thank you also to the Universe for allowing me to be one of the fortunate people to have this truly inspirational experience."

Blooming Lotus Yoga was founded by Lily Goncalves and Ramananda Mayi. The yoga school has a presence in Thailand as well as Bali. There are five other teachers that offer instruction at the schools. "Our teachers were incredible," said a student who was just leaving the retreat. "I am already thinking about when I might be able to come back."

Source: <http://www.pressadvantage.com/story/33236-upcoming-bali-yoga-retreats-just-announced-by-blooming-lotus-yoga>