

# Bali Meditation Retreats at Blooming Lotus Yoga Now Open For Registration

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Blooming Lotus Yoga, based in Ubud, Bali, Indonesia, has announced that the [meditation retreats at Blooming Lotus Yoga](#) are now open for registration. The meditation retreats that are held in Ubud, Bali, have four features. These are the daily meditation sessions, daily yoga classes to energize the body and mind, Yoga Nidra to heal and release subconscious habitual patterns, and lifestyle guidance. There are two types of meditation retreats offered: Beginner's Yoga & Meditation Retreats and Intermediate Silent Meditation Retreats.

Angela, a spokesperson for Blooming Lotus Yoga, says, "If you need to spend some time slowing down, clarifying your purpose in the world, or want to go deep within, these free silent meditation retreats are perfect for you. These retreats are for intermediate students who are interested in the yogic approach to spiritual liberation. These courses provide a strong foundation in which you can continue a meditation and pranayama practice at home, as well as qualify you to teach meditation to others."

