

Creative Rebirth – Yoga Holiday Intensive with Basia Lipska

November 4 to 10, 2007

From Ashtanga Yoga Mornings to Groovy Dance Evenings, Yoga Phuket extends this invitation to all level practitioners from experienced beginners and beyond

“The light from your heart...carry it with grace.”

BASIA J. LIPSKA



Basia Lipska is a creative artist and an earnest practitioner of the **Ashtanga Vinyasa System of Yoga**. She trains at AYRI in Mysore, India and is the first Polish teacher authorised by **Sri K Pattabhi Jois** to teach the Ashtanga Vinyasa method. Basia has lived in Japan since 1997 during which time she co-founded **Ashtanga Yoga Japan**, the **Museum Tokyo Performance Space** and assisted in the expansion of the **International Yoga Center**. She offers classes, workshops, teacher training programs and organizes holistic services and events in Japan as well as Poland. Basia has performed yoga demonstrations, choreographed and supervised yoga-related projects at various venues and appeared in numerous health & fashion magazines, DVD's, TV programs and books promoting yoga and healthy living standards. Having witnessed the transformative power of yoga, Basia reads the layers of mental, emotional, physical states and their psychosomatic knots as an enigmatic art form in itself.

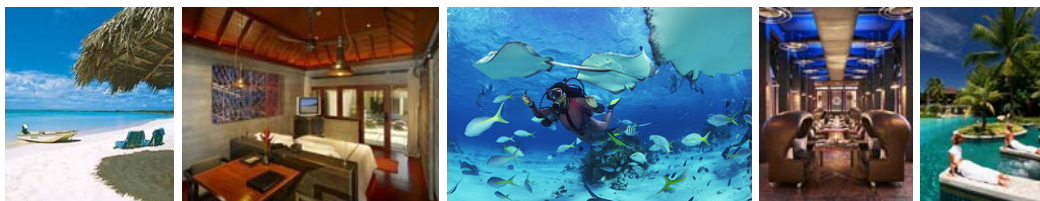
Her work as a yogic advisor consists of revealing and dissecting the layers that eclipse the Self. As an **artist** she translates this into unveiling the **pentimenti** – the initial doodles, notes, grids, lines, patterns of thought – which she sees as being infused with hidden insights. Her research lies in the creation of a contemporary design aesthetic that is mnemonic of the ontology of the Sacred.

A RARE JEWEL | PHUKET'S INDIGO PEARL

Nai Yang Beach & National Park, Phuket, Thailand

Indigo Pearl is a unique luxury resort in the lovely Nai Yang area of Phuket, only 10 minutes from Phuket International Airport. Architecture inspired by Phuket's Tin Mining past, the decor evokes a Thai factory of a century ago which is balanced with the softness of raw Thai silk, floral art and gardens – the creation of Asia's legendary architect Bill Bensley. An experience as rare as an Indigo Pearl.

Relaxed and rejuvenating yoga sessions are given in the purpose-built yoga room and there is a grass area on which to practice behind Rivet Lounge, across from the amphitheatre.



HOLIDAY PACKAGE PRICE

SINGLE AT **67,000 THAI BAHT (approx. US \$1,900)** 2nd PERSON SHARING ROOM/PCKG AT ONLY **11,200 THAI BAHT (US \$320)**
(therefore, 2 people sharing a room at \$2,220 means each person pays \$1,110 net!)

INCLUDES:



- 6 nights accommodation at luxurious 5-star Indigo Pearl Resort in a Plantation Villa with private courtyard
- 6 Ashtanga Vinyasa Yoga intensives with Basia Lipska (mornings)
- 6 evening Dance Classes (beginners hip hop, latin dance...) with choreographer/dancer Jarvey
- Room includes daily breakfast, King-size bed
- In-room amenities with fresh fruits, flowers
- One-hour Thai Massage
- Return airport car transfers AND late check-out

* **BONUS OPTION:** healing sessions, detox programs & bodywork with **Sofia Lipska** during your holiday week!

HOW TO BOOK

Reservations at www.indigo-pearl.com
E-mail queries to info@yogaphuket.com
More Info at www.yogaphuket.com

Thailand hotline: +66 (0) 89 027 6970
Hong Kong hotline: +852 9869 YOGA