



PRESS RELEASE



A MIND AND BODY OVERHAUL IN BALI

Alila Villas Soori to host
exclusive Yoga Retreat with
Jocelyn "Jyoti" Kay Levy from
26th August - 1st September
2014



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West coast Bali's Alila Villas Soori will host its first luxury yoga and wellness retreat with renowned US Yogi, Jocelyn "Jyoti" Kay Levy from 26th August – 1st September. The retreat aims to give guests a complete mind and body overhaul with twice-daily yoga sessions, guided meditation, spa treatments and healthy meals over six-nights.

The resort's tranquil setting is the perfect environment for an intimate retreat. Set between the UNESCO World Heritage rice paddy fields and wide volcanic sand beaches of the island's south west coast, Alila Villas Soori provides a taste of the real Bali with private contemporary design villas, each with their own private pool and rice terrace or ocean view.

Morning and evening yoga sessions will vary from Vinyasa Flow, which will energise, heat and awaken the body and mind and Gentle Flow, to unwind, decompress and heal. Yogi Jocelyn is a firm believer in the benefits of all encompassing wellness, creating a retreat that uses yoga to overhaul not only the body but the mind too, fusing music, movement and healing to connect the mind, body and soul.

The 'Bali Bliss' retreat also includes four luxurious Spa Alila treatments from the acclaimed onsite Spa Alila, as well as one exclusive Journey by Alila. These special excursions give guests the chance to experience the unique Tabanan region, getting under the skin of the island and learning about local culture and lifestyle. Journeys range from horseback riding on the beautiful volcanic beaches of the south west coast, to Segway journeys through the rice paddies and local temple tours, all away from the tourist hotspots.

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How? The Bali Bliss Retreat takes place at Alila Villas Soori from 26th August – 1st September. Prices start from £2139 per person (based on two sharing) or £2,823 per person (based on single occupancy) including six nights accommodation in a one-bedroom villa with pool, daily breakfast in villa or at Cotta restaurant, a buffet lunch served in the Reading Room with an all-day Juice Bar, two group dinners, five days of yoga sessions (morning and evening), four spa treatments, one Journey by Alila excursion, return airport transfers and USD200/£119 F&B or Spa credit to spend at Alila Villas Soori.

FOR MORE INFORMATION VISIT:

For reservations visit www.alilahotels.com or email soori@alilahotels.com