

BALI SPIRIT FESTIVAL

THURSDAY, MARCH 13 - SUNDAY, MARCH 16, 2008
at PURNATI Center for the Arts in Batuan, UBUD
10 AM - 12 MIDNIGHT
Registration begins at 7:30 AM

4 DAY FESTIVAL of Workshops and Live Music featuring:

DANCE

Rare master classes with Balinese maestros featuring Ibu Arini
West African Dance with Baba Kauna
Capoeira, Belly Dancing, NIA, Fire Dance and more!

YOGA

Laughter yoga with Madan Kataria
Karma yoga with Duncan Wong
AcroYoga, Radiant Flow Yoga and more!

LIVE MUSIC AND DJs

Cudamani - renowned gamelan ensemble
Mystic Beats
Goddess Alchemy Project
Tina Malia
Youssoupha Sidibe
and more!

EXPLORE DHARMA FAIR! AN OUTDOOR MARKETPLACE, HEALING HUTS AND RAW FOOD STALLS!
BUY YOUR TICKETS NOW!

Early Bird discounts until March 9th online!
1 day pass \$55

<http://www.prlog.org/10048948-balispirt-festival-march-5-16-2008-an-annual-celebration-of-yoga-dance-music-love-gratitude.html>

BALISPIRIT FESTIVAL
March 2008 Ubud-Bali
A Celebration of Yoga
Dance, Music, Love
& Gratitude!

Jivamukti Yoga
Ecstatic Dance World Music
Acro Yoga Poi & Fire Dance Kirtan
Capoeira Anusara Yoga Kundalini
Balinese Dance & Music African Dance & Drum

www.balispirtfestival.com

Join us for this incredible experience!

INHALE 5 Day Retreats: March 8-12
Choose from a selection of yoga retreat intensives.
Inspiring teachers. Amazing locations island-wide.

Mark Whitwell
Heart of Yoga
with David Moreno, Lily Diamond, Rebecca Pflaum & more!

Janet Stone
Radiant Flow

AcroYoga
Radical Fusion

To book online and check out full line-up, see:
www.balispirtfestival.com

EXHALE 4 Day Festival: March 12-16
Daily yoga, dance, music & meditation workshops.
Outdoor marketplace, healing hut, raw foods.
Live shows by world musicians & djs, all in Ubud.

Baba Kauna
West African Dance
with Fannah-Fi-Allah, Sufi Party, Bellydance & more!

Tina Malia
Sacred Acoustic

Jamie Janover
Fusion Virtuoso

Supported by:

yogakam
balispirt.com
woven music

Fusing the personal transformative process of a spiritual retreat with the ecstatic communal energy of a world music and dance fest, the **BaliSpirit** Festival offers a twelve day exultation of yoga, dance, music, the sacredness of Being.

BaliSpirit Festival is centered in the spectacular hill town of Ubud, Bali. With its lush tropical surroundings, deeply artistic & devotional culture, and world-class food, shopping and retreat facilities, Bali has been crowned "The Best Island in the World" time and time again.

Synchro-mystically, the **BaliSpirit** Festival is preceded by Nyepi, the Balinese New Year, when the island is lovingly suffused in a day-long offering of silence, fasting and prayer.

As a compassionate gesture of thanks and return to the island and its people, the **BaliSpirit** Festival includes a Karma Yoga component, where giving back to a specific Balinese NGO is a priority. Proceeds from the 2008 **BaliSpirit** Festival Benefit Concert will be dedicated to creating a permanent home for Yayasan Bumi Sehat ("Healthy Earth Mother Foundation").*

This festival is divided into 3 seamless phases.....

SILENCE.INHALE.EXHALE

Silence – The Balinese New Year, **Nyepi**, Sat March 6th & Sun March 7th **PRE-FEST OPTION**

In Bali, a traditional preparatory day of festive parades and temple rituals precedes Nyepi, the silent Balinese New Year. To experience Nyepi is a profoundly heartening, inspiring and humbling ritual, as we join three million Balinese in their annual rite of cleansing and renewal, opening our festival wrapped in sacred silence, as the island relaxes into a prayerful repose.

Inhale – Sunday March 8th through Wednesday March 12th **INTIMATE RETREATS**

Tap into the liberating currents within. Intimate **five-day retreat intensives facilitated by an extraordinary selection of international teachers** offered at retreat centers throughout vibrantly artistic village of Ubud. Participants choose one retreat from a wealth of offerings, including:

- various yoga & dance modalities
- spiritual and meditative practices
- cleansing/rejuvenation programs

Exhale - Thursday March 13th through Sunday March 16th **YOGA, MUSIC & DANCE FESTIVAL**

Emerging from the cocoon of our retreats, we now move to Ubud Center, the cultural heart of Bali, which embraces us for four **days and three nights of creative exploration and uplifting celebration**, with abundant time and space for connecting with new friends from all over the world. Exhale offerings include:

- daily yoga, dance and music workshops
- World-wide ecstatic, ethnic and traditional dance forms.
- Martial Arts Practices from around the globe
- vital (raw) cuisine and elixirs
- collective meditation/transmission
- nightly music and dance performances

On the final day, this celebration culminates in a daylong festival filled with Kirtan, world music and dance provided by performers from around the world.

Extra Information:

• Bumi Sehat is a natural birthing clinic founded by internationally respected midwife Robin Lim, which provides free natal care as well as free alternative & traditional medical services to Balinese families. Notably, the Bumi Sehat organization compassionately responded to the tragedy of the 2005 tsunami by not only providing emergency medical relief, but also establishing a permanent natural birthing clinic and training center for the community of Aceh. www.bumisehatbali.org

• Join us for a pre-festival fundraising Benefit concert with Michael Franti, lead singer of Spearhead (www.spearheadvibrations.com). The show will take place 1 week before the festival begins, on Sunday March 2nd, either in Seminyak or in Ubud.

Exhale Headliners Include:

Jamie Janover - percussionist-at-large.
www.jamiejanover.com - www.zilla.com

Tina Malia - Sacred vibes acoustic, both originals & Sanskrit.
www.tinamalia.com

Fannah-Fi-Allah - Qawwali party ala Nusrat Fatah Ali Khan.
www.fannah-fi-allah.com

ToLife! - Acoustic-trance band. Electric guitar, didgeridoo, tribal percussion & chant. www.myspace.com/tolifemusic

Marcus Berg - Acoustic-electric Sanskrit reggae-chant band.
www.myspace.com/marcusberg

Becky White - "Rootsy Americana Acoustic Devotional for the New Millenium"
www.beckywhitemusic.org

BKP - Traditional mbira (chill-out set). Also afro-pop dance band in discussion, depending on our needs and other scheduling factors.
www.myspace.com/whereisbcp

Shakinah - Acoustic singer-songwriter.

Neeraja - Morning kirtan daily after early yoga class

For more information... www.balispirtfestival.com

General inquiries: info@balispirtfestival.com

Sponsorship or teaching inquiries: director@balispirtfestival.com

about Nyepi: www.balispirt.com/newsletter/march_2007.html