

SINGING & YOGA RETREAT

UBUD, BALI

July 19 to 25, 2024



A week of singing, led by internationally acclaimed choir director, Tony Backhouse and yoga with senior yoga teacher, Josie Tanham, staying at the tranquil Narasoma retreat. An oasis in the heart of Ubud.

Tony Backhouse is a legend in the Australasian a cappella movement. Tony's been travelling the globe since the late 80's leading singing tours and workshops in Australia, NZ, Nth America, Samoa, Fiji, Bali, Fiji, the UK and Europe immersing people in joys of singing and sharing his passion for black gospel music.



'...Tim Finn says he is quite simply the finest vocal arranger he knows. Sam Neill reckons he's a national treasure.'



Josie is a senior teacher with Yoga Australia, and an accredited Mindfulness Meditation teacher with the Australasian Mindfulness Institute. She has been guiding yoga retreats in Europe, Bali and Western Australia for over a decade. Her sessions are for all levels of experience and ability.

"She cares for everyone in the room and ensures that each person is comfortable and relaxed in where she guides them..."

The Location

Narasoma is a stunning sanctuary in the heart of Ubud. Your program will include plenty of free time to relax and unwind in the beautiful surroundings and options for you to explore Ubud's rich art and culture. Or, you can literally stroll down the lane into the heart of Ubud. Narasoma's facilities include a cafe, massage and beauty spar and pool.

https://www.narasoma.com/images/video/narasoma_2019.mp4



For booking options

<https://www.theyogapractice.net.au/ubud-bali-yoga-retreat>
or email josephine@theyogapractice.net.au