



Join us on a two-week adventure

Bali

1st – 15th November 2009

with

Ilona Selke & Don Paris Ph.D

and

Guest musician Bruce BecVar

at the fabulous

ShangriLa Oceanside Resort & Spa

North Shore of Bali

www.bali-shangrila.com

Watch a beautiful introductory video!



*Experience the Island of the Gods and take time to experience Inner Peace,
Transformation & Inspiration.*

Come on an exotic trip filled with treasures for your Soul.

Don and Ilona have led these highly successful seminars in Bali for the last 5 years.

We will take time for:

- Daily Yoga
- Meditation into very high states of consciousness
- Explore Soul-Journeys for transformation
- Practice transformational emotional imagery and breath work
- Go on 5 early morning boat rides to see the dolphins, (as the dolphins are not that accustomed to human contact, these rides will be on small fisher boats)
- Experience deep relaxation
- Go snorkeling in a world class reef
- Enjoy our culinary exquisite food by the ocean side
- Watch exquisite Balinese dances
- Go on a trip to a natural Hot Spring
- Hike to a large, breathtaking waterfall
- Visit an authentic Balinese Fishermen Village
- Visit Bali and Buddhist temples
- Enjoy **daily** massages all inclusive
- Visit a Bali Seer “DUKUN” and get a personal reading
- Join in our famous singing of Bajans and Mantras with Bruce BecVar and dancing
- Explore Ubud on a two-night, three-day excursion, and the city of Artists.



*This is truly a holiday for your Soul,
where we will experience higher frequencies, creative self discovery,
and where we will take time
to enter into realms of higher consciousness,
that are waiting for you to be explored.
Come with us on a trip into the land of Heaven on Earth!*

In these two weeks in Bali, at the beautiful *ShangriLa Oceanside Resort & SPA*, we will create a unique atmosphere which allows our souls to rise to higher plateaus, go deeper into our purpose and make space for our soul to realize itself in the next phase of our lives.

Our days will be filled with a rhythm of exploring the inner and outer beauty. In the early mornings we will go out to meet the Dolphins on outrigger-fisherman boats, and enjoy the famous beauty of Bali's North Shore at sunrise.

You may get to swim in the warm waters with dolphins or dive and snorkel, and enjoy the rich coral and fish life in the ocean in front of *ShangriLa*.

After the boat rides we will start our mornings with gentle Yoga, followed by meditation. Daily after breakfast will gather for two hours to be guided into Soul-Journeys in order to experience the heights of our consciousness.



During lunch and dinner you will be able to gaze onto the gentle waves of the ocean while you will enjoy the culinary delicacies of Bali, or sipping your delicious fruit juices. We will make sure we have enough time to just BE, and will take time in the afternoons to sunbathe, experience deep relaxation and be pampered by daily massages.



Nine daily massages are included in your package price so each day you can receive a massage of your choice or enjoy a pedicure or manicure, or you may want to try our Fullbody Reflexology Treatments.

If there is time you can order a flower petal bath in candle light, just for you.

In the later afternoon we will meet again for two hours to explore our inner psyche and to transform blockages that are currently holding us back from our visions, under the guidance of Ilona.

In the evenings we will gather to sing Bajans and Mantras together by a beach fire, or dance in the Meditation Temple, guided by **the shining star musician Bruce BecVar**. www.shiningstar.com

We will meet as an order of higher Beings and hold the space of inner quiet, as we enter states of expanded states of reverence, awe and higher consciousness together. In all of our senses we will experience Heaven on Earth.

Alternating with our inner journeys and transformational work we will take day-trips to explore the culture of Bali.

We will go on the following excursion:

- a Buddhist Temple
- the luxurious warm water baths
- admire the beauty of Balinese Hindu temples,
- go snorkeling at the breathtaking dive spot off the Island of Menjangan,
- go hiking along a small brook amidst large rocks and lush jungle and drink juice from a freshly cut coconut,
- we will conclude our hike by bathing under the exhilarating refreshing waterfall and birthing our natural strength again.
- visit the Artist's town UBUD for 2 days
- optional: we will visits a renowned Acupuncturist Dr. Akuh in Ubud

In the middle of our two-week Bali vacation we will spend two nights in the renowned Artist's town UBUD, where we will explore and enjoy the cultural riches of Bali.

We will watch exquisite Balinese dances, such as the Ketcak Fire Trance Dance and the Barong or Legong Dance and eat in artistic and very quaint restaurants.

During the days in Ubud you will have time to explore the many little shops on your own, that Ubud offers along Monkey Forest Road, and visit the local vibrant Bazaar with its many fruits and clothing, in order to bring back home some genuine handcrafted art from Bali.

While in Ubud we will also visit a Balinese Seer, a “ DUKUN” whom we have known for a number of years, which will surely be a very magical experience, and time permitting, we will see a typical Balinese family living in an extended family compound. Experience Bali as Balinese people experience it!

Ubud offers some of the most beautiful restaurants where you can enjoy delightful international food, great ambiance and most creative environments.
Experience your own version of *Eat, Pray, Love* in Bali

Everything is offered in an all inclusive
two week-package, for 2600 USD plus flight
A vacation that will serve as an activation of your Soul.

Come and let us experience higher frequencies together and take time to experience the wonders and beauty of this world
.... on a trip to the Island of the Gods.....

Stay at the magical ShangriLa Oceans Side Retreat & Spa



www.bali-shangrila.com

What you should know:

- 1) We will enjoy two weeks of vegetarian gourmet dishes, with fish options, and healthy smoothies and juices, **but no alcohol.**
- 2) In preparation for the vacation we highly recommend the following reading: **“Wisdom of the Dolphins” and “Dolphin, Love & Destiny”** by Ilona Selke www.ilonaselke.com
- 3) Please also read cultural information and BASIC GREETINGS and short PHRASES <http://se-5.com/balivilla/blog/?p=34#more-34>
- 4) Please look at our Blog for further cultural information: www.shangrilablog.com
- 5) The first night of seminar we will meet at the KUMALA PANTAI Hotel at 5:30 pm in the lobby.

MEETING HOTEL



www.kumalapantai.com

Hotel Kumala Pantai

Jl. Werkudara, Legian Kaja, Kuta 80361

Tel.: +62 361755500,

Fax: +62 361755700

Email:

<mailto:kumalapt@indosat.net.id>

Webseite : www.kumalapantai.com

- 6) We will go to dinner as a group on the first evening, spend the first night at the KUMALA PANTAI Hotel and leave for Shangrila Oceanside Retreat the following day. If you wish to come earlier please arrange extra nights at the Kumala Pantai by writing them an email. We will also stay the last night at the Kumala Pantai.
- 7) Your passport has to be valid for at least 6 months when you enter Bali. As a tourist you will receive a VISA on arrival for 30 days for US 25,- which you have to bring in USD Cash!
- 8) After your registration you will receive more details as to where to go & what to bring.

We are looking forward to our adventure in BALI, the island of the Gods!

Yours, Ilona Selke & Don Paris

www.ilonaselke.com & . www.se-5.com

www.livingfromvision.com and www.baliseminars.com

SHANGRILA

www.baliseminars.com

Place:

Take a photo tour on
the internet.

Course Facilitator: Ilona Selke &
Don Paris

Dates: 1st-15th November 09

Price: 1895.- Euro
2600 USD
Rand 20,845
plus flight

Booking:

Booking with 50%
Deposit. 1895.- Euro

Living From Vision
P.O. Box 1530
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Booking per E-mail:
info@ilonaselke.com

Full payment or 2nd
half of payment due
by 15. Sep. 09



with Ilona Selke & Don Paris
Bank transfer to:
Ilona Selke

Bankname:
Volksbank Bonn Rhein Sieg
D-53111 Bonn
Germany

IBAN:DE61380601862012707013

BLZ: 380 601 86

Account No: 2012 707 013

SWIFT/BIC-Code: GENODEDD

IBAN Nr. lautet:
DE61380601862012707013

Include:
YOUR NAME
& Baliseminar Nov.09

Registration

Bali Adventure & Soul- Seminar

2600 USD for 14 days all inclusive

1. – 15. Nov 2009

Please send this portion of the Registration

- per Fax: +1480- 247- 4214
- or per Email to : info@ilonaselke.com

50% deposit due upon registration.
Full payment due 6 weeks prior to Seminar.

Name: _____

Street: _____

City: _____

ZIP : _____

Tel: _____

Email: _____

Credit Card Number: _____

Exp. Date: _____ / _____

Security Code: _____

(the last three digits on the back of the card behind your signature)

Contact information in case of an emergency :

Special food needs or allergies :

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