



**know before  
you go**



vibrant living yoga  
teacher training  
radiantly alive

# pretraining preparation

## REQUIRED READING

- i. Jivamukti Yoga, by Sharon Gannon and David Life
- ii. The Heart of Yoga: Developing a Personal Practice, by TKV Desikachar
- iii. Loving What Is, by Byron Katie (audiobook version is suggested)
- iv. Yoga Anatomy, Leslie Kaminoff

Please prepare a 300 word written evaluation for each book i-iv (above), sharing what you find is most significant, how you envision this material could inform your practice of being a yoga teacher, and any general impressions. You do not need to bring these books to the training.

Send four completed reports (300 words each in a Microsoft Word document) together in one attachment to [ytt@radiantlyalive.com](mailto:ytt@radiantlyalive.com) six weeks before the start of the program. Extensions may be requested for late registrants.

## ADDITIONAL REQUIRED READING AND WRITTEN EVALUATION FOR JUNE LEVEL II TRAINEES -

- Bhagavad Gita - minimum one version, two translations ideal for comparison

## RECOMMENDED READING (OPTIONAL)

- Anatomy of Movement by Blandine Calais-Germain
- Autobiography of a Yogi, by Paramhansa Yogananda
- Diet for a New America, by John Robbins
- The Sunfood Diet Success System or Eating for Beauty, by David Wolfe
- Power versus Force, by David Hawkins
- Yoga: The Spirit and Practice of Moving Into Stillness, by Erich Schiffmann
- Hathayogapradipika, The Bihar School of Yoga
- Light on Yoga, by BKS Iyengar
- Textbook of Yoga Psychology, R. Mishra, Brahmananda Sarasvati
- Other versions of Patanjali's Yoga Sutra

## ASANA & DVD PREPARATION (LEVEL II ONLY)

1. Competence with Surya Namaskara A & B from the Ashtanga Vinyasa system.
2. Non-Vibrant Living Yoga Level I alumni (or Level I students who did not study directly with Edward Clark) are required to review and familiarize themselves with the techniques and instruction of the *Tripsichore Yoga: Uniquely Advanced Vinyasa with Edward Clark DVD*, which is available for purchase online (Amazon, etc).

\*If you have questions or concerns about completing any of the pre-training requirements, please contact us.

## DIETARY RECOMMENDATIONS

To maximize the positive impact of the extraordinary living food you'll enjoy here (and minimize any potential discomforts), please reduce or eliminate your consumption of the following items to the greatest extent you are able for at least one month prior to beginning the Training.

- |      |         |     |                 |
|------|---------|-----|-----------------|
| I.   | Meat    | IV. | Caffeine        |
| II.  | Dairy   | V.  | Refined sugar   |
| III. | Alcohol | VI. | Processed foods |

## OTHER HELPFUL PREPARATION

Though not a requirement, some trainees may wish to begin their experience with the Vibrant Living style of yoga before arriving at the training.

Downloadable audio podcasts of live Vibrant Living Yoga asana classes are available at our website (<http://www.RadiantlyAlive.com>) as well as on iTunes. It may be helpful to review several classes ahead of time, particularly for those new to vinyasa (or flow/power yoga).



# what to pack

Below are some suggested items to bring.

Your favorite yoga mat.

Yoga clothes.

Casual and comfortable clothes. Daytime temperatures are generally in the 80's (F) and nights in the upper 60's-mid 70's (F).

Beach/pool necessities, including swimsuit and sun screen.

Comfortable footwear (flip-flops, open air shoes, etc. are practical).

Toiletries.

Any special medications/treatments you may need.

Class notebook, personal journal, pens.

Non-yoga outfit for casual dinner

Electric adapter (two round pins, 220 volt).

Refillable sports water bottle (not glass).

Alarm clock.



# money

If you forget something, don't panic - virtually all the items above can be purchased in Ubud. There are also many shops in town that sell yoga clothing, basic mats and other related items.

The Balinese currency is the Indonesian rupiah; the exchange rates are always fluctuating, and the current exchange value can be found at: <http://www.xe.com>.

If you change money in your own country, make it a small amount (US\$50 or so) as rates will be better here than abroad. If you change money at the Denpasar airport, be aware the rates there are also poor. A total of 500,000 rupiah should be enough for all of your initial needs, including your transportation from Denpasar to Anahata. Once you arrive in Ubud, we can direct you to establishments with good rates and integrity.

ATMs that accept bank cards and credit cards from all over the world are common. Be certain to notify your bank/credit card company that you will be using your card in Bali (Indonesia). American Express is not widely accepted.

If you bring US dollars, be sure they are printed in 2001 or later and in excellent condition. \$100 bills get the best exchange rate. US\$ Traveler's Checks can be exchanged for rupiah, though with a lower exchange rate.

Rates are approximately:

- 1 US Dollar = 10,000 rupiah
- 1 Japanese Yen = 125 rupiah
- 1 Euro = 15-16,000 rupiah
- 1 South African Rand = 1,200 rupiah
- 1 Australian Dollar = 8,000 rupiah
- 1 Singapore Dollar = 8,000 rupiah
- 1 Canadian Dollar = 9,000 rupiah
- 1 Swiss Franc = 10,000 rupiah

## OPTIONAL EXPENSES

Once you arrive to Anahata, the training is all-inclusive. You may want to have some extra cash for additional purchases that are not part of the training program.

- Bodywork sessions – massages, craniosacral, Reiki, Roling, private NLP sessions and more. Costs range from US\$20-100 depending on the session. Note: these treatments will be available as soon as the training begins, so if you plan on receiving bodywork, you may want to bring cash (US dollar or rupiah) or withdraw money at the airport before you arrive at Anahata.
- Detox/Cleanse – Optional 1 week cleanse during the training. Approximate US\$125.
- Laundry – offered three times per week at the hotel. Cost per clothing item: approximately US\$5-10/week.
- Excursions during free time. Trips to the beach, volcano, etc. are at your own cost. Cost US\$10-50. All meals and accommodations are included on off-days.
- Transportation – Anahata offers a free scheduled shuttle to and from Ubud. Private transport to and from town or other areas in Bali can be arranged. Share a ride with others to save. Cost US\$2-40 per person (depending on location and number of people).
- Gratuity for resort staff - 100-200,000IDR (US\$10-20)
- Airport Departure tax - 150,000 rupiah (must be paid in rupiah)
- Organic super foods, top quality supplements, raw food cookbooks, Bali exclusives and more will be available. Costs vary.
- Shopping – Ubud offers bountiful opportunities for shopping, from clothing, handicrafts, art, souvenirs and more.



# communication

In order to get the most out of the experience, we *highly* encourage you to minimize your contact with the outside world (work, family, friends). The more you can place emails, phone calls, business, relationships on hold during the month to focus on you and your experience, the richer and greater the benefits.

## **Mobile Phones:**

You can bring your mobile phone to Bali and buy a pre-paid SIM card which allows you to make calls and send and receive text messages. Basic SIM cards typically cost approximately 100,000 rupiah (US\$10), the bulk of which is usable credit. US citizens require tri-band phones with GSM capability to be able to make calls in Indonesia. New, cheap mobile phones can be purchased for around 400,000 rupiah (US\$40).

## **Internet**

Internet access is widely available in Ubud, and cheap, with varying connection speeds. There is also a very slow and unpredictable wireless connection in the Anahata lobby.

No electronic or communication devices are permitted in yoga shala or during class time. A few days of silence throughout the training include no communications (exceptions for emergencies).



# travel and visa

Please be proactive and learn about visa requirements particular to your own home country in advance of actual travel as possible.

To enter Indonesia, your passport must have a minimum of 6 months remaining validity from the date of your prospective DEPARTURE FROM Bali.

## 30-Day Visa-On-Arrival (VOA)

For purposes of the trainings, you are entering as a tourist and can do so with the Visa-On-Arrival, which is available to most nationalities, and is good for 30 days including your arrival and departure dates.

## 30-Day Visa-On-Arrival (VOA) with 30-Day Extension (60 Days Max)

If you are attending both the Level I & II courses together, or wish to stay longer than 30 days (new as of January 2010), you can extend your 30-day VOA for another 30 days, good for a total of 60. We can help arrange this for you via an agent in the third week of the Level I training. This cost is approximately US\$70 and due at time of extension. You will not need to leave the training or handle any special paperwork.

## Social Visa – 60 days to 6 months

This is an easy process you can set up in person or by mail with your local Indonesian consulate/embassy. Application information and required forms are available from the local embassy website. You cannot obtain this visa in Indonesia and must apply for it before arriving.

The Social Visa is good for 60 days and extendable each month up to 6 months. The visa is valid for social, cultural, and religious visits, which include visiting family/relatives and organizations, and exchange visits between academic, art, or sports institutions.

In addition to your passport, passport photos, the application and fee (information provided on the embassy website), you'll need to submit a sponsor letter from an Indonesian National. ***We are unable to provide a sponsor letter.*** However, many local agencies in Bali are able to provide these letters for visiting tourists.

These agencies can arrange a letter for a minimal fee.

Bali Mode:  
[www.balimode-biz.com/contactus.php](http://www.balimode-biz.com/contactus.php)

PT Ide Bali  
011 62 361 728483  
[www.djs-tour.com/baliide.html](http://www.djs-tour.com/baliide.html)  
[djstour@dps.centrin.net.id](mailto:djstour@dps.centrin.net.id)

## Other Visa Info:

Make 2 complete copies of all travel documents (visa and passport). Leave one at home and accessible to family or friends, and bring one along with you in a location separate from originals.

## Departing Indonesia

When departing from Indonesia, you will be required to pay officials a 150,000 rupiah (cash) departure tax before proceeding to your gate.

Passengers who overstay any visa period for a short period of time can be processed immediately at the airport by paying US\$ 20 (IDR 200,000/day) upon departure.

# travel to bali

Although Jakarta, the national capital, is the gateway airport to Indonesia, there are also many direct flights to Bali. The only airport in Bali, Ngurah Rai Airport (DPS) is also referred to as Denpasar. In addition to direct flights, it may also be worth your time to look for deals that connect through Jakarta, Singapore, Kuala Lumpur, Bangkok and Hong Kong (to name a few).

Here are just a few airlines that fly to Bali:

- Singapore Airlines
- Thai Airways
- JetStar
- Eva Air
- Qantas Airways
- Qatar Airlines
- Cathay Pacific
- AirAsia
- Garuda Indonesia
- KLM Air

For trainees flying from the North America, we recommend these travel agents for good rates:

Dusti Travel  
1604 Franklin Ave  
Nashville, TN 37206  
615-650-2882/800-342-4114  
615-650-2881-fax  
www.dustitravel.com

Borneo International  
360 Post Street, Suite #404  
San Francisco, CA 94108  
PHONE: (415) 291-8435  
FAX: (415) 291-8437  
TOLL FREE: 1-800-2BORNEO  
Email: Travel@borneousa.com or Travel2@borneousa.com

## Airport Immigration & Customs

Upon arrival at the International terminal in Denpasar, you will be directed to Immigration officials where you will queue in either the Visa On Arrival line (and purchase your visa), or the line for visas secured in your own country ahead of time. After clearing immigration, retrieve your bags and then go through Customs. This is usually a very simple process. There are ATMs in the Arrivals Hall and money-changers after Customs.

## Transport

We can arrange transfers from the airport directly to Anahata for US\$30. If you wish to take advantage of this, *at least 2 weeks in advance please send us:*

- (a) your flight number
- (b) departure city
- (c) date of arrival
- (d) time of arrival

If you choose this option, you will be met by a driver with your name on a sign at the airport exit. If you prefer to arrange your own transportation, you can negotiate your own rates with the many taxi drivers available at the airport exit or use the airport taxi counter with fixed rates. The trip takes approximately 1.5 hours and will give you a glimpse of some of Bali's towns, temples, and gorgeous landscapes.

## Arriving on Your Own

If you are arriving in Ubud early and choose to get to Anahata on your own, your pre-training accommodations can arrange this for you. Alternatively, most drivers easily found in the streets are familiar with the location. The drive (~15 min) should cost 70-100,000 rupiah for a one-way trip. Always confirm the price before you accept the ride. Negotiating is customary.

## Directions (through Ubud) to Anahata Resort:

As with much of the island, landmarks are frequently referenced in lieu of proper street names and addresses. The following directions should be sufficient for any driver not familiar with the area.

- Drive to Ubud, pass Monkey Forest Sanctuary to the center of town.
- Turn right on the main road - Jalan Raya Ubud.
- Continue to the Arjuna statue at the next main intersection. Go 'straight' through the intersection (you'll veer slightly to the right of the statue to continue going straight down the narrower road behind it).
- You'll pass "Maya Ubud Resort" on the right (a well known landmark). Continue down the winding, bumpy road and hill, over the bridge, and up the winding hill.
- At the 'T-intersection' turn left.
- Continue along this road for another few miles. Pass the first village which will take you through massive sweeping rice fields and then enter into another village - continue...
- Keep a look out for a sign on the left that says "Anahata Villas & Spa Resort" - turn left here.
- Continue straight down road. Anahata will be directly ahead.

## Training Location

Anahata Villas & Spa Resort  
Br Umah Anyar, Pejeng Kaja  
Tampak Siring, Gianyar  
80571 Bali, Indonesia  
<http://www.anahataresort.com/>  
Tel: +62 361 8987 991 or +62 361 7453 267

# check in and check out

## Check-in and Registration

1:00 – 5:00pm on first day of the training

Trainee rooms will only be available to check-in after 1pm on the first day of the training; registration closes at 5pm. Early registration is not available. We suggest you arrive after lunch, as dinner will be the first meal available.

Registration is a simple process and all you need to do is walk into the hotel lobby. You will receive some materials needed for the course, handle any unpaid balances or airport transportation fees, and have the opportunity to mingle with other trainees, walk around the property or rest in your room.

The first group meeting is at 6pm and dinner follows immediately afterwards.

## Check-out

Important to know - the training ends *at 1pm on the final day*. Please schedule your flights accordingly, so that you are not leaving early or missing classes. Be prepared to check-out directly after lunch, which ends at 2pm.



# ubud lodging

## Early Arrivals

We do not handle any pre- or post-accommodation bookings. However, if you are arriving into Ubud beforehand below are some recommended options. This is by no means a comprehensive list, as many accommodations are available in Ubud. Most can be found online, and reviews and further listings on [Tripadvisor.com](http://Tripadvisor.com) can be helpful.

All accommodations are central and within 10 minutes walking distance of town unless otherwise noted.

### Budget (Under \$25)

Ubud Bungalow	* <a href="http://www.ubudbungalow.com">www.ubudbungalow.com</a>
Ari Guest House*	+62 085237163942
The Yoga Lofts*	<a href="mailto:Britt@yogawithbritt.com">Britt@yogawithbritt.com</a> +62 81 237 868786 USA +1-503-429-2801
Melati Cottage	<a href="http://www.melati-cottages.com">www.melati-cottages.com</a>
Jati 3 bungalows	<a href="http://www.jati3bungalows.com">www.jati3bungalows.com</a>
Brata1 Guesthouse	<a href="mailto:boykas3000@yahoo.co.id">boykas3000@yahoo.co.id</a> +62 81 236 31197
Nirwa Homestay	<a href="mailto:balimitra2001@yahoo.com">balimitra2001@yahoo.com</a> + 62 81 236 284413

### Low-Mid Range (Under \$40)

Nick's Homestay & Pension*	<a href="http://www.nickshotels-ubud.com">www.nickshotels-ubud.com</a>
Sawah Sunrise Bed & Breakfast*	<a href="mailto:sawahsunrise@yahoo.com">sawahsunrise@yahoo.com</a> +62 361 318 2740
Swasti Bungalow	<a href="http://www.baliswasti.com/en/galerie.html">www.baliswasti.com/en/galerie.html</a>
Matahari Lumbung's B&B	<a href="mailto:aida_hasan55@hotmail.com">aida_hasan55@hotmail.com</a> +62 85 935 22 0009 (not central)

### Mid Range (\$35-70)

Honey Moon Guest House*	<a href="http://www.casalunabali.com/honeymoon-guesthouses">www.casalunabali.com/honeymoon-guesthouses</a>
Nick's Hidden Cottages*	<a href="http://www.nickshotels-ubud.com">www.nickshotels-ubud.com</a>
Desa Sanctuary, The Village*	<a href="http://www.sanctuarythevillage.com">www.sanctuarythevillage.com</a> (not central)
Kumara Sakti*	<a href="http://www.kumarasakti.com">www.kumarasakti.com</a> (not central)
Gardenview	<a href="http://www.baligardenview.com">www.baligardenview.com</a>
Tegal Sari	<a href="http://www.tegalsari-ubud.com">www.tegalsari-ubud.com</a>
Cendana Cottages	<a href="http://www.cendanaresort-spa.com">www.cendanaresort-spa.com</a>

### Mid-High Range (\$45-150)

Biyukukung*	<a href="http://www.biyukukung.net/index.php">www.biyukukung.net/index.php</a>
Arma Resort*	<a href="http://www.armaresort.com">www.armaresort.com</a>
Green Field Bungalows*	<a href="http://www.greenfieldubud.com">www.greenfieldubud.com</a>
Ananda Cottage	<a href="http://www.anandaubud.com">www.anandaubud.com</a> (not central)
Balispirt Hotel	<a href="http://www.balispirithotel.com">www.balispirithotel.com</a> (not central)

### Luxury (\$150 and up)

Ibah Luxury Villa*	<a href="http://www.ibah-bali.com">www.ibah-bali.com</a> (not central)
Waka di Uma	<a href="http://wakadiume.com">wakadiume.com</a> (not central)
Maya Ubud Resort & Spa	<a href="http://mayaubud.com">mayaubud.com</a> (not central)

## Late Night Arrivals

If your flight arrives late or in the middle of the night, it may be more convenient to stay near the airport and then come to Ubud the following day. Below is one recommended option that offers free airport shuttle service. We can then organize private transport from the hotel to Ubud.

The Radiant Hotel & Spa in Seminyak  
<http://theradianthotel.com/revs@theradianthotel.com>  
+ 62 361 752106

# good health

## Vaccinations

Routine vaccinations should be current; these include tetanus, diphtheria, polio, measles-mumps-rubella and varicella. No other vaccines are required to enter Bali. Any additional vaccinations are optional and are left to the individual to decide whether to pursue them. There is no malaria in the main tourist areas of Bali.

## Medical Care

In the case of minor illnesses or injuries, there are several international medical clinics that cater to tourists in the local Ubud area and closer to the airport. These clinics typically do not accept insurance (though you may be reimbursed through your insurance provider) and are relatively inexpensive. If situations require extreme medical emergency care, patients are evacuated to Singapore. Due to significant cost evacuation care, it is advisable to check this coverage is included on your medical plan.

## Insurance

It may be worth to be comprehensively insured to cover all costs and consequences of medical treatment, repatriation, damage/theft/loss of personal belongings, recovery of course fees and flights booked or needed in the event of cancellation or early departure.

## Drinking Water

Bottled water is provided at the resort. To minimize plastic waste from disposable water bottles, please bring a (non-glass) refillable sports water bottle. Virtually all establishments in Bali use bottled water for drinking purposes.

## Raw Food Kitchen

Our entire kitchen staff is trained in food and safety handling and is overseen by a western trained chef and team to ensure that our kitchen meets a high level of western hygiene standards.



# other information

## Tipping

Tipping is not part of Balinese or Indonesian tradition. If you are coming from a tipping culture, try to resist the urge to tip everyone. And, most local workers are poorly paid, so if the service is good, it's appropriate to leave a little extra. Save tipping for the times when it's deserved rather than expected.

Restaurant staff do not expect tips and won't take offense if you pay the stated bill amount. You are also welcome to slightly round up the bill and not take back the small change or leave a little if the service was good (though not the 15-20% American rates). Many restaurants add on an extra 10% service tax to the bill (though it's unknown if the workers ever see it).

## Transportation

Taxi cabs do not expect tips either, but will try their best to avoid giving you change, hoping you will allow them to keep the extra. Private drivers keep their entire fare and also don't expect to be tipped. Though if drivers or porters offer unusually good service or handle extra-heavy bags, it's courteous to offer something.

## Other Services

Those performing body treatments in spas are typically not paid well, so a little extra is appreciated if the service was good. This goes for any guides you may use for the day as well or someone who runs a special errand for you.

## Training and Resort

Anahata's staff goes to considerably extra lengths to graciously accommodate our group for the month. You will have close contact with many of the smiling faces at the desk, cleaning your villas and in the restaurant as well as many working behind the scenes. If you would like to tip the staff, we suggest that you do it once at the end of the training. We'll be collecting a pool of tips so that it can be divided among them evenly. They greatly appreciate it.

## Shipping

Because of the unreliability and expense of shipping to Indonesia, we discourage it unless absolutely necessary. If you need to send an urgent package, we suggest you use DHL. Fed Ex does not deliver to the resort and you'd have to pick it up at their office during business hours in Ubud. Unless it is a document you're shipping, you'll also almost always be expected to pay customs and brokerage fees when it arrives. This may be a considerable amount, based on the charges we've seen before.

If sending via DHL or Fed Ex, please use:

Your Name  
C/O Anahata Spa & Villas Resort  
Br Umah Anyar, Pejeng Kaja  
Tampak Siring, Gianyar  
Bali 80571  
Indonesia  
62 361 8987 991