



INFORMATION SHEET FOR YIN VARIATION TEACHER TRAINING WITH JOE BARNETT 2020

◆ TRAINING DATES

Nov 30 - Dec 20, 2020 DURATION OF THE TRAINING IS 21 days including 2 Free (OFF) Days are scheduled. You are advised to arrive at Ubud at least one day before the training.

◆ TRAINING DAILY MODEL SCHEDULE

7am - 11am AM Practice and Lecture*
11am - 1pm Lunch
1pm - 5:30pm PM Practice and Lecture*
Evening: Home Study and Assignments
*Including several small break-time

If you are on 300-hr track evening sessions (18:00-20:00) are scheduled starting on Week 2 onward.

◆ OUR VENUE

The Yoga Barn <https://www.theyogabarn.com/>
Jln. Raya Pengoseken Gianyar 80571 Ubud – Bali, Indonesia
Tel: +62361 971 236 OR +62361 971 407

Our venue is Studio Wayan <https://www.theyogabarn.com/images/the-yoga-barn-site-map-1.png>

NOTE: Studio is equipped with yoga mats and bolsters. If you feel more comfortable bringing your own mat, props, rug, you may do so but please take full responsibility of your goods.

◆ WHAT TO WEAR

The climate of Bali is tropical all year around. During the daytime, temperature could go up over 30 degrees Celsius, and it could be humid. T-shirts, tank, yoga wear made of breathable material (cotton, linen mix) would be ideal to wear. Scarves, pull-overs, small facial towels are nice to have. Flip flops, sandals, and a foldable umbrella are also nice to have, for there might be showers and rain. There are many shops (both grocery and others) nearby the studio.



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◆GETTINT TO UBUD

There is only one airport in Bali and all international flights arrive at DPS. Denpasar Ngurah Rai International Airport. From DPS, the Yoga Barn is about 75 – 90 min taxi ride. You can hire a taxi from the airport to get to Ubud. It will cost around 300,000 to 400,000 rupiah. Taxis only accept cash payment in Indonesian Rupiah. You can also book a taxi with your accommodation, or share a taxi with fellow students who arrive on the same date.

◆TOURIST VISA

Over 160 nationalities, it's **free** entry. However, your passport needs to have enough validation. Please check your passport expiration date today and plan ahead! For more details, please check here -> <https://www.bali.com/visa-indonesia-entry-requirements-bali.html>

◆PLACE TO STAY

Located in Monkey Forrest area, there are many options for accommodations nearby the Yoga Barn. The training is non-residential so that there are no hidden commissions for students to bear, and so that students can travel according to his or her budget and lifestyle. There are many cafes and groceries nearby and the cost of living is less than being in the US, EU, or Japan.

AIRBNB :

from home-stay to vacation rental with friends, <https://www.airbnb.com/> -> Search "The Yoga Barn"

TRIPADVISOR -> see the nearby hotel [https://en.tripadvisor.com.hk/Attraction_Review-g297701-d1506742-Reviews-The Yoga Barn-Ubud Gianyar Regency Bali.html](https://en.tripadvisor.com.hk/Attraction_Review-g297701-d1506742-Reviews-The_Yoga_Barn-Ubud_Gianyar_Regency_Bali.html)

Nearby Accommodation

Tegari Sari <http://www.tegalsari-ubud.com/>

A Villa Ubud Bali <http://www.avilla.co.id/ubud>

Alaya Resort Ubud (5 -star) www.alayahotels.com

Ubud Aura (3 -star) www.ubudaura.com SPECIAL OFFER AVAILABLE FOR YIN VARIATION TRAINEE. AVAILABILITY AND QUOTE, SEND AN INQUIRY TO yustiani@ubudaura.com