



Santosha
YOGA INSTITUTE

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INSTITUTE

NUSA LEMBONGAN BALI



A Yoga Teacher Training is one of the most incredible adventures you will have in your life, so our goal is to ensure that you dive into this adventure on one of the most beautiful locations on earth!

Connect to the ocean and the magic of this small island community - centered around our beachside Yoga Hub –Yoga Village Nusa Lembongan. At the heart of Yoga Village Nusa Lembongan is a community filled with passion – for surfing, yoga, food, health and well-being... or simply living in an authentic heart-connected way.

Our on-site café Ginger & Jamu ensures you will be nourished with goodness while you undergo this transformative training. We cater to all needs with a selection of wholesome and delicious meals and snacks all made with the most important ingredient of all... love.

Nusa Lembongan is uncrowded and unspoilt – giving the place a real tropical island vibe. Life moves at a slow pace and you feel completely at peace when you arrive to her shores. A calmer pace of life also means compared to other locations in Bali an exotic yoga getaway here is inexpensive and accessible.

For ocean-lovers the island offers so much – world-class diving/ snorkeling, free-diving, excellent surf breaks, SUP and SUP yoga in crystal clear waters and beautiful beaches to swim or just soak up the famous Nusa Lembongan sunsets from a cosy bean-bag.

Your yoga teacher training here will be an experience unlike any other. If you have always dreamed of a life of tranquility and freedom, surrounded by clear aqua waters and the peaceful vibes of a true yoga community – then you will soon find Yoga Village Nusa Lembongan is the perfect yoga teacher training destination for you.

WHY CHOOSE NUSA LEMBONGAN FOR YOUR YOGA TEACHER TRAINING?



- Getting to paradise has never been easier!

Travel to the island is quick and simple. The boat ride is only 30 mins from Sanur, Bali. Arrive at the airport, be picked up and taken directly to the boat and be relaxing on the island with a fresh juice before you even know it!

- Surf and ocean-lovers' dream

Enjoy the pristine beaches and waters that surround the island – surf, dive and snorkel. You can literally leave our shala and walk a few short steps into clean turquoise waters for a refreshing dip between sessions!

- Everything you need within walking distance

The accommodation we recommend is all within 1 – 10 minutes walk – giving you less time to travel and more time to enjoy.

- On-site food, drinks and cool cafe vibes

Delicious meals and juices are available all day. Ginger & Jamu can cater for all types of dietary needs – if you have allergies, are wanting to detox, or just make healthy changes our chef Jamie will find the best way to cater for you.

- Magical backdrop for your yoga experience

Our Shala is directly in front of the clear aqua ocean, with gentle ocean breezes and magical sunset views for your practice.

- The most budget-friendly Yoga Teacher Training option on the market

Life on the island is cheap – far cheaper than any other options on the market. We feel passionately about making this experience accessible to all budgets which is why we do not lock you into luxury or shared accommodation.

- Easily experience and explore this stunning part of the world

Stay on to soak up more island vibes or travel to the neighbouring islands such as Nusa Penida or Lombok. Hike volcanos, explore world-class dive sites and create more fun-filled memories with your new Santosha Yoga family.

GINGER + JAMU CAFE



Healthy food, happy yogis!

Great food is at the heart of any community, and the Village is no different! We are blessed with our on-site cafe and student favourite – Ginger & Jamu.

Run by chef (and Santosha graduate!) Jamie Chick, the café serves a selection of healthy, hearty meals, all created with the most important of ingredients – love!

At Ginger & Jamu, great care goes into creating the most most-watering meals possible using the freshest ingredients. Our chef is a yogi and expert in nutrition – he knows exactly what our busy yogis need to keep them healthy, happy and radiant.

Ginger & Jamu leave out the nasties like MSG – and leave in the healthy benefits of fresh, local produce. Vegetarian, vegan and gluten-free eaters will love the care and attention lavished on creating meals to suit all dietary needs. People with allergies can request some extra care (please speak to Jamie to arrange) and detoxers will be delighted with the options available to them.

We cannot wait to share this incredible dining experience – and view – with you.

There are also many local restaurants suited to all budgets and tastes located within a 5 minute walk of our shala.

Best food on Nusa Lembongan by a long shot! If you want fresh, super healthy Canggu style food not super expensive, this is the place to come! Everything is made from scratch using only the healthiest freshest ingredients. Cannot recommend more... thank you Ginger & Jamu!

Finally bringing good food to Lembongan!" ~ Holly, UK



ACCOMMODATION OPTIONS



Students on Nusa Lembongan are spoilt for choice, with so many great accommodation options only a few minutes walk from the shala!

Unlike other trainings we do not lock you in to shared accommodation, or expensive resort rooms. We let YOU choose the experience which best suits your budget and retreat needs. Whether you like a little extra luxury, or are on a back-packers budget - this is the course for you!

We provide a range of recommendations to suit all budgets – from cosy family-run guesthouses to luxurious poolside bungalows. For those who want to make the most of their time on the island and enjoy the vibes in our cafe and communal yoga hub, on-site accommodation at Agung's Bungalows is also available, making your commute to the shala each day mere metres away. Perfect for those who like a sleep in!

We offer two Accommodation Options to make life easy for everyone. Whether you value your flexibility or ease, we have you covered:

OPTION ONE - Need Help?



If you would like a hand from our friendly team with booking your accommodation, select Accommodation Assistance when you book your course.

Our Student Support will be in touch within 72 hours to assist you in booking a room near the training that best suits your needs.

OPTION TWO - Choose Your Own



For ultimate flexibility, select and book your own accommodation.

We can provide you with recommended options to suit all budgets and needs - all within 3 - 10 minutes walking distance from our shala.

ACCOMMODATION OPTIONS



There are **MANY** great clean and cheap options within a few minutes walk of your shala. Your choices are:

Need Help?

For complete ease and simplicity select Accommodation Assistance when you book your course. Our Student Support will be in touch within 72 hours to assist you in booking a room near the training that best suits your needs.

Choose from this Guide

Book your accommodation in Nusa Lembongan using this Guide. Do book early if you have a preference, as the island can get busy in peak seasons! See following pages for options.

Use the Link

Choose your own accommodation in Nusa Lembongan. Copy this link to find places within walking distance of Agung's Bungalow (the site of our shala):

https://www.booking.com/hotel/id/agung-lembongan-bungalow.en-gb.html#map_opened



Yoga Village Nusa Lembongan

Google map link: <https://goo.gl/maps/GwXAxpbLAQg2>

MAP TIP: To check the distance from your hotel to our site, use this link (replace the second field with your hotel): goo.gl/7axccR

ONSITE @ AGUNGS BUNGALOWS



Agungs Bungalows – Onsite @ Yoga Village

Agungs is onsite and next to our shala. We do not own Agungs - so email Maya directly with any room questions or to book your stay: gungmas55@gmail.com
Please note 20% deposit is required on all bookings

Budget - single or double

One person - 25 Nights - \$625 AUD - Per Night \$25 AUD

Sharing between two - \$750 AUD - Per night \$30 AUD (divided between 2)

One person - 25 Nights - \$450 USD - Per Night \$18 USD

Sharing between two - \$550 USD - Per night \$22 USD (divided between 2)

Bungalow

One person - 25 Nights - \$800 AUD - Per Night \$32 AUD

Sharing between two - \$950 AUD - Per Night \$38 AUD (divided between 2)

One person - 25 Nights - \$575 USD - Per Night \$23 USD

Sharing between two - \$675 USD - Per Night \$27 USD (divided between 2)

You can view more images here: <http://www.booking.com/Share-GhfU4f>

To book contact Maya directly and mention you are a Santosha student to receive Santosha rates.

Phone +62 812 39346464 / Email - gungmas55@gmail.com

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.



TARCI BUNGALOW



Tarci Bungalows - 5 mins walk

Please book directly via our Student Support to receive Santosha rates - santoshanusalembonganoffice@gmail.com

Standard Room - includes Free Breakfast

- AC but no hot water

25 Nights - \$750 AUD - Per Night \$30 AUD

25 Nights - \$550 USD - Per Night \$22 USD

Queen Room- includes Free Breakfast

- AC & hot water

25 Nights - \$1,250 AUD - Per Night \$50 AUD

25 Nights - \$900 USD - Per Night \$36 USD

Close to shala, beachfront cafe, stunning pool and onsite cafe.

For more pictures of this superior site visit:

https://www.tripadvisor.com.au/Hotel_Review-g1137831-d2183195-Reviews-Tarci_Bungalow-Nusa_Lembongan_Bali.html#photos;aggregationId=101&albumid=101&filter=7

Please book directly via our Student Support to receive Santosha rates - santoshanusalembonganoffice@gmail.com

LINDAS



Lindas - 5 mins walk

Please book directly via our Student Support to receive Santosha rates - santoshanusalembonganoffice@gmail.com

Standard Room - includes Free Breakfast

AC, Hot water, Mini Bar, Kettle with tea and coffee

25 Nights - \$1,375 AUD - Per Night \$55 AUD

25 Nights - \$1,000 USD - Per Night \$40 USD-

Superior Room - includes Free Breakfast

Ocean View, AC, Hot water, Mini Bar, Kettle with tea and coffee

25 Nights - \$1,625 AUD - Per Night \$65 AUD

25 Nights - \$1,175 USD - Per Night \$47 USD

Close to shala, beachfront cafe, stunning pool and onsite cafe.

For more pictures of this superior site visit:

https://www.tripadvisor.com.au/Hotel_Review-g1137831-d1454350-Reviews-Linda_Beach_Resort_Bar_and_Restaurant-Nusa_Lembongan_Bali.html#photos;aggregationId=101&albumid=101&filter=7

Please book directly via our Student Support to receive Santosha rates - santoshanusalembonganoffice@gmail.com



LEMBONGAN BEACH HOUSE



Lembongan Beach House - 7 mins walk

- Not available July/ August

- Email Josh directly with any room questions or to book your stay with our Santosha discount:

lembonganbeachhouse@gmail.com

Please note 20% deposit is required on all bookings

Single Room

Santosha rate only - \$875 AUD for 25 Nights - One person only

Santosha rate only - \$625 USD for 25 Nights - One person only

This gorgeous space is perfect for students who want an independent enclave to relax and enjoy. One of the few options with its very own kitchen facilities!

Watch the sun set over the ocean from the top deck or enjoy a few drinks and a game of pool downstairs.

In-ground pool, pool table, ball games, stand up paddle boards and a three man canoe - be entertained during your days off!

For more pictures visit: <http://lembonganbeachhouse.com/>

<http://lembonganbeachhouse.com/gallery.php>

Please book directly with Josh via email to receive Santosha rates - lembonganbeachhouse@gmail.com

TIGERLILYS



Tigerlilys – 5 mins walk

<https://www.tigerlillyssembongan.com/>

All rooms have AC, ceiling fans, hot water showers, fresh drinking water, safety deposit boxes and tea and coffee making facilities. All prices include daily breakfast and all taxes and services.

Jan -17th March

Twin/ Double \$52 USD per night

Suite \$62 USD per night

1st-31st April

Twin/ Double \$94 USD per night

Suite \$160 USD per night

Please contact Tigerlilys directly and mention you are a Santosha student to receive Santosha rates.

Email: info@tigerlillyssembongan.com

Phone : +62 (0)877 6174 1486 or +62 (0)812 4664 0343

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.

YOGI BEACH BUNGALOWS



Yogi Beach Bungalows – 3 mins walk!

More images here:

<https://www.agoda.com/yogi-beach-bungalow-restaurant-lembongan/hotel/bali-id.html>

- Please book directly with Yogi Beach not via Agoda for discount

Low - 1st Jan - 31st May - Double Room

350,000 IDR Garden View per night

450,000 IDR Ocean View per night

(approx \$35 / \$45 AUD per night)

High - 1st June - 31st July - Double Room

450,000 IDR Garden View per night

500,000 IDR Ocean View per night

(approx \$45 / \$50 AUD per night)

August Only - Double Room

500,000 IDR garden view per night

600,000 IDR Ocean View per night

(approx \$50 / \$60 AUD per night)

Please contact Yogi Beach directly and mention you are a Santosha student to receive Santosha rates. Email Yogi - yugiarta@yahoo.com

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.

MEGA CAHYA



Mega Cahya Bungalow – 3 mins walk

View more images here:

<https://www.facebook.com/pages/Mega-Cahya-Bungalow/979555398766597>

Double Rooms - A/C Fan, Hot Water

300,000 IDR per night (approx \$30 AUD / \$20 USD per night)

Twin Rooms - A/C Fan, Hot Water

350.000 IDR per night (approx \$35 AUD / \$24 USD per night)

- Free WIFI
- Swimming pool
- Lovely energy, clean and comfortable - beautiful owners
- There is a small study desk in room and little shop onsite

Motor Bike - 70.000 IDR per day

Push Bike - 30.000 IDR per day

Please contact Mega Cahya directly and mention you are a Santosha student to receive Santosha rates:

Email - megacahya_bungalow@yahoo.com

+ 62 813-3766-1361

Rates above are quotes based on our recent conversation with the venue. Please re- confirm when booking.

SHIPWRECK POINT INN



Shipwreck Point Inn – 4 mins walk!

View more images:

<http://www.booking.com/hotel/id/shipwreck-point-inn.html>

Please book direct with Shipwreck Point Inn not via Booking.com for Santosha rates!

Santosha Monthly Rate – Double Room

With Fan – 4.500.000 IDR per month
(approx \$450 AUD / \$320 USD per month)

With A/C – 6.000.000 IDR per month
(approx \$600 AUD / \$425 USD per month)

Per Night – Double Room

With Fan – 150.000 IDR (approx \$15 AUD / \$10 USD per night)
With A/C – 225.000 IDR (approx \$22 AUD / \$15 USD per night)

Please contact Shipwreck Point directly and mention you are a Santosha student to receive Santosha rates.

Email Yogi – wayanwiarta@rocketmail.com
+ 0819 3310 3643

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.

RAMA GARDEN



Rama Garden – 3 mins walk!

<http://www.ramagardenlembongan.com/>

Lumbung Hut (double bed, hot water and fan)

- includes breakfast

26 nights = 10.400.000 IDR

- approx \$40 AUD p/night x 26 = \$1,040 AUD / \$700 USD

Garden Bungalow (double bed, hot water and AC)

- includes breakfast

26 nights = 12.350.000 IDR

- approx \$48 AUD p/night x 26 = \$1,240 AUD / \$835 USD

ACT FAST – due to high occupancy rates so only 1 Garden Bungalow and 1 Lumbung Hut will be available each month!

Please contact Rama Garden directly and mention you are a Santosha student to receive Santosha rates

Email - contact@ramagardenlembongan.com

+62 812 384 41996

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.



VISTA HUTS LEMBONGAN



Vista Huts Lembongan – 3 mins walk

AC Room – 275,000 IDR per night
- approx \$27 AUD per night x 25 = \$675 AUD
- approx \$20 USD per night x 25 = \$500 AUD

Free homemade breakfast – Fruit, Pancake, Coffee & Tea - also drinking water free

Our Hut is tailored for the budget-conscience traveler, who appreciate some of the best things in life are often the simplest.

Vista Huts offer spacious room (4x4 M2) with a comfortable King Koil bed, attached bathroom and wide verandah.

Room facilities: King size bed, Wardrobe, Luggage bench, Writing desk, Air conditioning, Bathroom facilities: Western toilet, Shower running fresh water, Wash basin, towel
There is a gazebo in the yard for relaxing or yoga meditation.

Please book Vista Huts directly via the site and mention you are a Santosha student in your message:
<http://www.vistahuts.com/>

Rates above are quotes only based on our recent conversation with the venue. They may change, so please confirm when booking.

TRANSPORT



How do I get to Yoga Village Nusa Lembongan?

Getting to the island is easy and simple:

Step 1

Book
Flights

Step 2

Book
Boat
+ Pickup

Step 3

Done!

1. Fly into Bali

Arrive at Denpasar (Ngurah Rai) International Airport, Bali, Indonesia

2. Book Return Boat and Airport pick-up/ drop off via D'Camel website

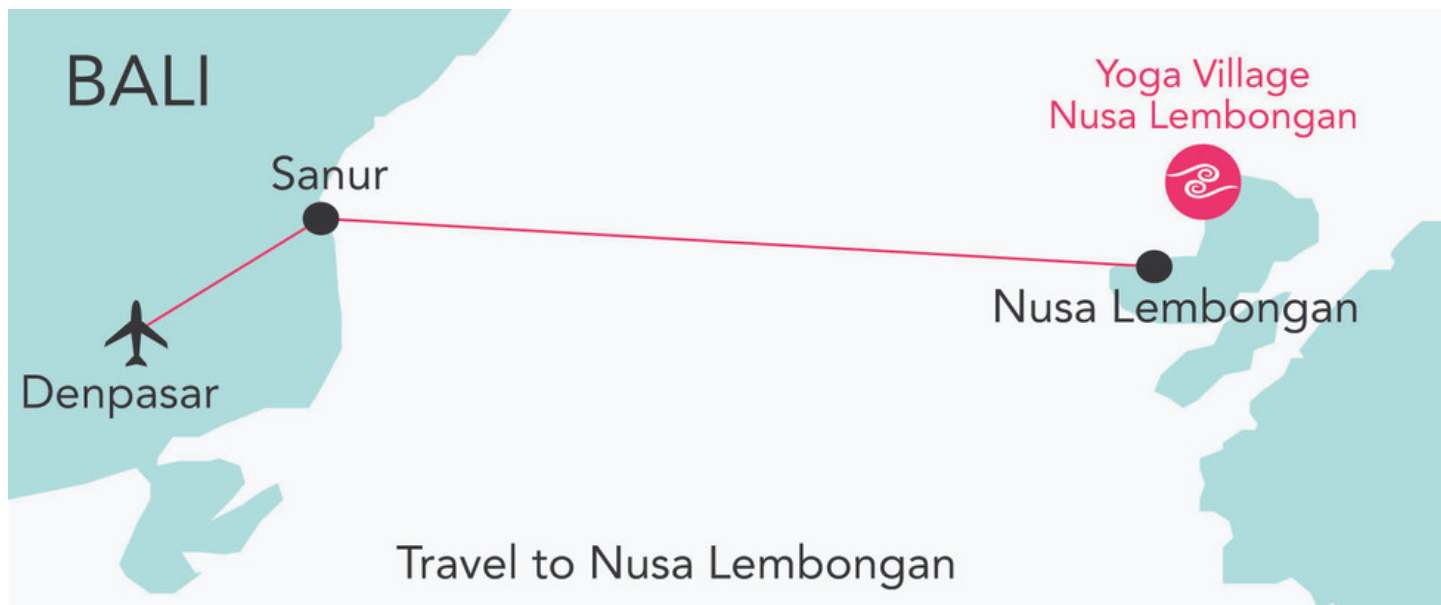
With one easy step you can book your boat travel, pick up from airport and drop off to hotel in Nusa Lembongan - and return journey. Best of all this costs less than \$40 AUD/ \$35 USD - with our Santosha discount for the whole trip there and back.

3. Relax with a coconut on the beach!

Your boat transfer package with D'Camel will include a free drop off to your hotel in Nusa Lembongan!

NOTE: Boats do not leave at night. If your flight arrives in the late afternoon/ evening, you can easily book a hotel in Sanur for the night via booking.com and travel over to Nusa Lembongan in the morning. Copy + Paste this link in your browser to easily find cheap hotels nearby to the Harbour and D'Camel office: <https://goo.gl/maps/5BtkeifpNvk>

TRANSPORT



1. Fly into Denpasar (Ngurah Rai) Airport
2. Travel to Sanur Boat Harbour (approx. 40 mins)
3. Boat to Nusa Lembongan (approx 20 mins)
4. Free Transfer to your Hotel with all Fast Boats

You can easily book via the D'Camel website from anywhere in the world - including your travel from airport to the Harbour in Sanur, boat trip across and hotel drop off in Nusa Lembongan. Make sure to use the Santosha code for our generous Santosha discount.

Book your Nusa Lembongan trip package here: <http://dcamelfastferry.com/>

Discount code: Santoshayoga

SURF + DIVE



What can I do on my days off?

The possibilities are endless for action and relaxation! Some ideas:

- Snorkel with Manta Rays
- Hire a surf board or surf lesson (packages available for Santosha students)
- Visit Nusa Penida - breathtaking clifftops, bright blue water and lagoons
- Day trip to Bali - Ubud, Sanur or Uluwatu
- Pamper and massage day
- Hire a bike and explore the island and Nusa Ceningan (connected by bridge)
- Chill out at our onsite cafe Ginger + Jamu and soak up the island vibes

Snorkeling, Diving and Island Hopping

There are many local companies offering safe and fun snorkel, dive and island tours – at very reasonable rates. A 4 hour snorkeling trip, taking in 3 diving spots including a popular Manta spotting point, costs as little as 250.000 IDR/ \$20 USD. We highly recommend our students take this amazing opportunity to witness the incredible Manta Ray in the wild.

There is also the opportunity to visit the wild and unpopulated Nusa Penida on your days off. Day trips include the short speed boat ride and a guided tour taking in dramatic cliff walks, breath-taking coast views and hidden lagoons.

We can also help you arrange surf lessons, board hire and SUP hire packages.

We will provide more information on arranging these activities during your four days off during the Welcome Circle. Or email for more info today!



READY TO JOIN US?



Ready to transform your life?

We can't wait to have you join us on our Yoga Alliance accredited RYT-200 in paradise...

You can book your place on our trainings here:
www.santoshayogainstitute.edu.au/dates/

Courses do fill up - so make sure to grab your place on the dates you want today!

Questions? Send our friendly admin team an email:
santoshayogayttoffice@gmail.com



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