



you
travel



Hello,

For those of you I have not had the pleasure of meeting yet, I am Tina one of the experienced consultants at YOU Travel New Lynn.

I've travelled twice this year to the beautiful island of Bali. What a fantastic destination and very affordable too.

I like to stay in Seminyak, Bali's trendiest area known for its shopping, sunsets, amazing bars and fashionable restaurants. The area offers an abundance of day spas to revitalise your soul, where Balinese treatments can last hours or

even the whole day (for a fraction of the price you would pay at home)!

The beach comes alive as the sun descends and people head to the beach-front bars for a delicious cocktail or two.

Bali has a tropical climate and is warm and humid all year round, with a dry season from May to September. So it's perfect for a break from the New Zealand winter months.

In August 2019 I'm taking a small group of ladies to Bali to experience a **BALI YOGA RETREAT** in Ubud. I invite you to come with me.

Enjoy waking up to join a yoga session with a private yoga instructor. After that, there are free scheduled activities that you might want to join. Nature walks, aqua aerobic classes, Jamu Demo, Balinese dance lessons and making "Canang" (offerings to the Gods). In the afternoons enjoy a 2 hour Rejuvenation and Healing Spa treatment using 3 different methods of Ayurvedic. Bliss!

Exclusive Bali Yoga Retreat

for just **\$3,275** per person share twin

Single supplement available on request.
Space is limited so register your interest
today!

Contact me at tina@youtravel.co.nz

INCLUDES

- Return flights & taxes
- Return airport transfers
- 7 nights accommodation
- Travel insurance - excluding pre-existing cover
- Breakfast & some dinners
- Yoga & spa treatments



Like to Cook?

Here is a Yummy Zingy Balinese Chicken Curry Recipe
Enjoy!



Ingredients:

- *1 medium onion
- *3 cloves garlic, peeled
- *2 mild red chillies
- *1/4 cup cashew nuts
- *1 tsp dried turmeric
- *1/2 cup coconut milk
- *1/2 cup water
- *2 Tbsp grated palm sugar (or brown sugar)
- *1 Tbsp fresh ginger, grated
- *1 Tbsp peanut oil
- *500g fresh chicken skinless thighs cut into 2cm pieces
- *3 Tbsp lemon juice
- *1 Tbsp soy sauce, dark

Method:

1. Combine onion, garlic, chillies, cashew nuts, turmeric, lemon juice, soy sauce, sugar and ginger in an electric blender or food processor and blend until it forms a smooth paste.
2. Heat the oil in a heavy based pot or pan and add the blended spice and nut mixture. Fry this, stirring to prevent sticking, for 4-5 minutes to let the flavours develop and the sugar caramelise. Add the fresh chicken and cook for a further 15 minutes.
3. Add the coconut milk and water, simmer uncovered on low, stirring occasionally until tender and the sauce has thickened (approximately 10-15 minutes).
4. Service with rice and steamed green beans or bok choy.

If Bali isn't the destination for you, please let us create a wonderful holiday to another part of the world.

YOU Travel New Lynn has a knowledgeable and friendly team who can add value to your next trip. We are travellers, just like **YOU**.
We look forward to meeting you soon!

No one sees the world like

