

## **FOR IMMEDIATE RELEASE**

SPIRITUAL VACATIONS – An ancient way to find peace of mind

### **AUSTRALIANS VISITING BALI WITH A DEEPER PURPOSE**

**BALI – May 7, 2009** – An increasing number of Australians are coming to Bali for more than just a beach break. There is a change taking place as they search for a spiritual dimension to their holiday in a natural and cultural environment. The new Australian generation needs a sanctuary where they can reconnect with their true self. Ubud, located in the country side of Bali is renowned for its powerful spiritual energy; it is the perfect place for self discovery.

Spiritual tourism is one of the fastest growing segments in the travel industry worldwide, although it also is perhaps one of the oldest forms of tourism, with Christians and Jews visiting the Holy Land, Muslims traveling to Mecca, Sikhs visiting the Golden Temple.

The growing individualism of our society and the loss of common traditions have combined to further the need to find something deeper and more meaningful.

According to the American Travel Industry Association, 25% of travelers said they were currently interested in taking a spiritual vacation. 12% said they were more interested in taking a spiritual vacation now compared to five years ago.

Claude Chouinard, a Canadian involved with the tourism industry in Indonesia for the past 15 years is responding to the emerging demand for spiritual tourism, with a growing number of people seeking a more fulfilling and meaningful vacation.

Since 2004, the ongoing journey, "Escape the World" has developed to be known and respected as a jewel in the world of yoga, meditation and spa retreats. Led by Iyan Yaspriyana an Indonesian yoga teacher certified by Yoga Arts from Byron Bay, the retreat has attracted and made a difference in the lives of hundreds of people from the world over since its beginning.

"Australians are still the majority of our guests. Most arrive at the retreat stressed, tired, and overworked; they all share the same need for uplifting experiences. Our mission is to re-balance their daily lives and reconnect their soul to their bodies and minds. We aim to do so through awakening and satisfying their five senses, focusing on their chakras or energy points. By allowing our guests to experience meaningful rituals in a natural and non-pretentious environment, we succeed in improving their quality of life, and this makes us feel good about what we are doing" says Claude.

*Katie Burke, a retreat participant from Melbourne, Australia, said "This retreat is a chance to replenish the mind, body and spirit. The challenges that can arise from an intensive yoga practice are balanced with an abundance of nurturing, delicious food and sublime body treatments that nourish all levels of your being. As the mind becomes free of the responsibilities of everyday life, the senses are stimulated and heightened. The lush green landscape and the sounds of nature provide an ideal backdrop to stretch the body, free the mind and heal the spirit.*

*Claude and Iyan have created a sanctuary to attract people from all corners of the world to come together and journey through these six days. With a touch of magic and lots of laughter this retreat is an opportunity to re-evaluate your life and make the transition into the next phase with a renewed outlook."*

Besides their ongoing retreat, Claude and Iyan are welcoming over 20 retreat leaders in 2009, 10 of them from Australia, who have chosen to share their experiences and lead groups in a different Balinese dimension.

Whether one is looking for a yoga or lifestyle retreat, a cleansing and detox program, deeper meditation knowledge, pilates or discovery journeys, ONEWORLD retreats provides the necessary experiences. Guests receive a high and personal level of customer care blended with spiritual elements and rich culture that reflects the uniqueness of the island.

It is the only place that provides ongoing, all-encompassing and holistic spiritual experiences in Bali.

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Download ONEWORLD retreats press kit from the [media page](#) of the website

**About ONEWORLD retreats:**

ONEWORLD retreats is part of PT. Zen Jiwa Raga, a reputable company established in Bali since 2002 specializing in spa and resort management. Since 2003 PT. Zen Jiwa Raga has run its own retreat program "Escape the World" and hosts guest teachers' retreat programs of all kinds and from the world over.

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