

FOR IMMEDIATE RELEASE

MARTINE BOUNET – Not just another yoga teacher!

PERFECT BALANCE...YOGA, WINE TASTING AND CULINARY EXPERIENCES

BALI – May 14, 2009 – Wine lovers are not put aside when joining Martine’s yoga and lifestyle retreat “Reveal Your Self, Enjoy Yourself”. In August 2009 Bounet a certified yoga teacher and honorable “Commandeur des Vins de Bordeaux” experiencing a glamorous career with Berry Bros & Rudd will lead her third retreat on the island of Bali.

‘I try to live my life according to the philosophy ‘one moment not lived is a moment lost’. It is, at times, more easily said than done, so that is why I feel so grateful to be able to combine my two passions through leading Yoga & Lifestyle retreats...which, of course, include wine tasting and fine dining’ says Martine.

In the most humble way, Martine enjoys sharing her two passions, Bounet is a true master in both. Born and raised in Bordeaux, yet Bounet claims that it is in London that she learned everything she knows about wine and yoga!

Before moving to UK Martine worked for the trading section of respected Château Lynch Bages, so of course she knew a thing or two about Bordeaux wines. Fortunate to have started in such prestigious wine environment, she believes that her years spent at the reputable Chateau sowed the seeds of a genuine passion for wine. Bounet has now been working for over a decade for the well known wine merchant Berry Bros & Rudd. A family owned business that dates back more than three centuries! Over the years she gradually climbed the career ladder to become the Wine Buyer for the on-trade side of the business. Bounet has been to astoundingly beautiful places, met amazing people and enjoyed pure liquid gold.

Besides judging competition such as the renowned International Wine Challenge, dinning at the world’s top table, Bounet finds the time to practice and teach yoga and meditation. In Bali, Martine has chosen oneworld retreats to manage the event and Chris Salans, Asia’s most acclaimed chef and owner of Mozaic Restaurant in Ubud to share a culinary portion of her retreat.

Reveal your Self through the practice of Yoga and Meditation. The Yoga is Hatha and combines the precision of Iyengar with the dynamism of Ashtanga. Guests are introduced to Pranayama, Asanas, relaxation techniques and yogic activities.

Enjoy yourself through an exciting range of activities from cycling, walking through villages without forgetting to awaken the senses with some enticing culinary and wine tasting experiences.

Ubud, Bali - August 23rd to 28th , 2009

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About ONEWORLD retreats:

ONEWORLD retreats located in Bali offers all-encompassing and holistic spiritual experiences, innovative programs and a fully professional service.