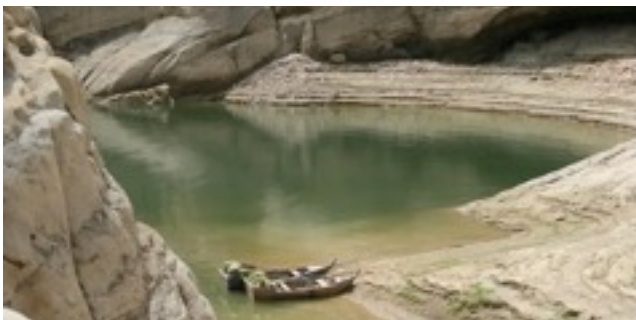


THE RETREAT

Set in beautiful tropical gardens with oranges, mango and papaya trees, Basunti's spacious residences provide comfort combined with spectacular views.

The new lodge has four twin-bedded terraced rooms each with its own bathroom, private entrance and balcony. The main house with its large shaded verandah is divided into two distinctive self-contained maisonettes each suitable for three people. The kitchen at Basunti, under the direction of Dave Butterworth (a founder member of Neal's Yard bakery) produces a mouth-watering array of both European and local vegetarian dishes, whole wheat breads and pastries, fresh juices from its fruit trees and the option of fresh line caught fish from the lake for non-vegetarians



YOGA in India is always a magical experience. Basunti, in the heart of a beautiful wildlife reserve, makes it special. Whether you have been travelling in India or just want to escape the bustle of everyday life, yoga at Basunti is the perfect way to unwind, relax and reclaim yourself. There are at least two Yoga classes per day, leaving plenty of time for swimming, bird watching, and exploring on foot or by canoe.

Classes are held twice a day, either in the circular, shaded yoga shala or on the roof terraces. The shala, directly overlooking the lake, has a thatched roof and a marble floor that keeps it refreshingly cool at all times of the day. The main terrace has a 360° panoramic view of the lake and is perfect for morning and evening yoga sessions. The atmosphere at sunrise and sunset can be magical.



Anusara Retreat

2-12 October 2010

BASUNTI

NORTHERN INDIA

"Basunti is a jewel, the kind of magical place that you might spend months looking for if you were travelling independently through India, and still never find."
'Sunday Telegraph'

BRIDGET WOODS KRAMER



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BRIDGET WOODS KRAMER

Bridget Woods Kramer

teaches with great joy and heart-felt enthusiasm. She has 30 years of teaching experience in the Health and Fitness field. She has studied yoga since 1975.

Bridget is known for her dynamic style of teaching with close attention to alignment detail, while bringing a unique lightness and creativity to the practice. She is very dedicated to her students taking a personal interest in their progress. Bridget is a certified Anusara yoga teacher who has studied with John Friend since 1994.

