

TIME TO
CLEAN UP
YOUR ACT!
MEET
THE TEAM
AT

HOTEL KOMUNE

HEALTH
HUB

At Hotel Komune, we want to support you on improving and restoring your vitality and wellbeing from the inside out.

We have brought together a powerful team from a variety of modalities to provide you with real results during your stay as well as the tools to take home with you to create long last, changes.

Book a private session with one of the Health Hub practitioners to deepen your practice or fitness regime, gain confidence or receive one-on-one instruction to help you develop a practice or routine that is tailored specifically to your individual needs.

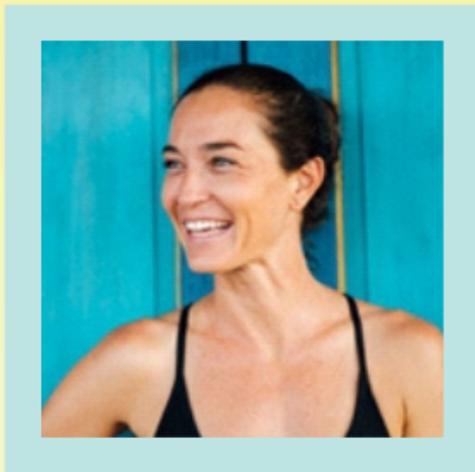
HOTEL KOMUNE

YOGA

Yoga's recent popularity in the west has many people believing that it is a physical activity done to build strength and flexibility in the body through attempting to master difficult postures. While it is true that practicing the yoga asanas will build strength and flexibility, the postures are the most superficial aspect of this 5000-year-old Indian Body of Knowledge and only scratch the surface of its depth.

There are many different paths of yoga yet all have the ultimate goal in the end of deepening one's Self-knowledge also known as "Self-realization" All paths of yoga when practiced in earnest will create more harmony for body, mind and spirit which then allows one's natural self to shine through. Give yoga a try for yourself and experience the immediate benefits. We offer a variety of different styles of yoga that are available to both beginners and more experienced students please refer your calendar for styles and times. Private Training sessions available, please enquire at Front Desk.

HOTEL KOMUNE



Nicole Cain

Ayurvedic Health Practitioner and
Yoga Instructor - RYT 500
yoga.bali@komuneresorts.com

Nicole has been teaching daily yoga classes here at Hotel Komune for the last four years and enjoys educating others on how to apply yoga and Ayurvedic principles to create optimal health and wellbeing. Nicole specializes in digestive wellness and believes in the body's innate ability to heal itself when given the right environment and circumstances to do so. Nicole's passion for the healing arts emerged through understanding her own journey of digestive disturbances, chronic fatigue and back pain. Frustrated by a lack of answers and relief from western medicine, she began her own search into varying traditional and modern alternative health therapies. Nicole studied Holistic Nutrition at the Nutritional Therapy Institute in Colorado and Ayurvedic Medicine at the California College of Ayurveda.



Lisa McKnight

Yoga Instructor E-RYT 200

lisa.bali@komuneresorts.com

Lisa brings a wealth of experience and knowledge to her classes. She has been a certified yoga teacher since 2008. An Iyengar influenced teacher, her passion of yoga is fed watching her student's bodies and minds change and become more open. Lisa's dedication to her path of yoga has led her to teach in Nepal, India, Philippines, Australia and Indonesia. Inspired by Iyengar yoga, she travels to India when she can to deepen her own practice and share with her students



Lia Gunawan

Yoga Instructor RYT 200
lalitanayoga@gmail.com

Lia's Yoga journey is more than a decade now. When she started yoga as a way to recharge her mind while working a hectic desk job, she discovered an oasis to her life. Through stillness, she found her way back to the ground and deeper connection to others. She delved into her practice, she fell more and more in love with yoga, and it fundamentally changed the way she lived her life.

With this newfound passion, Lia made a big decision to leave her corporate life and go for a journey to India to learn further studying Indian Traditional Hatha Yoga at her first 200hrs training. Later, she continued her journey to Thailand and got certified by Absolute Yoga Academy for a further 200hrs. In 2013 she came back to her root in Indonesia residing in Bali where she shares her passion in yoga and well-being practice. She continues learning to update her knowledge ever since and she currently is a qualified E-RYT 200hrs with more than 500hrs of trainings. Throughout this journey, yoga and meditation have allowed her to enter the realm of daily living with compassion towards herself and others. Her warmth and acceptance energy will guide you to find your own style of personal well-being practice and create fun journey to live in.



Erin Kindt

Life and Performance Coach, Yoga
instructor RYT 200/YIN 50

erin@odysseyretreats.com

@odysseyretreats

Erin is a life and performance coach plus a yoga teacher whose purpose is to inspire you to live your best life. Erin offers one on one coaching sessions that will support you to carve out your core values and higher purpose, create heart-centered goals and design action plans to help you achieve your dreams. With Erin, you'll work through obstacles to overcome your fears and step into a life of infinite possibility.

Erin is a passionate yoga teacher and teaches dynamic, flowing classes as well as deep, soulful Yin. She is the founder of Odyssey Retreats, a company that creates one-of-a-kind tiny retreats and big adventures to help you live a life you love.

FITNESS

By definition fitness is the condition of being physically Fit and Healthy. While this is the basic explanation, being Fit and physically Healthy runs a little deeper, on many levels. To be fit and healthy, is the ultimate result that we want to achieve, but like most things that are worth achieving, so must come action to achieving what we want. Exercise is a part of the fitness journey not only does exercise help improve your overall fitness, it also helps to manage weight plus reduce your risk of developing diseases. It can also help prevent and treat mental health problems. Strong evidence suggests that weight bearing and high intensity movements help to elicit the greatest bone density, this is of high importance through all bone development for young and old. During exercise, there is an incredible physical reaction that takes place when endorphins are released, these interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling throughout the body, improving from depression, anxiety and make you feel more positive with an energised outlook on life.

Consistent exercise can also improve memory, relieve stress, help sleep and boost overall mood. All this, accompanied by beneficial eating plan, can lead the way to overall fitness, for mind and body. Why not start a fitness regime during your stay? We offer a variety of classes, catering to all fitness levels. Private Training sessions available, please enquire at Front Desk.



Mark Hill

trainer.bali@komuneresorts.com

Mark is a qualified Personal Trainer and Nutrition consultant.

Mark has been in the health and fitness industry for 10 years. Owning his own personal training and injury rehab studio in South Africa before relocating to Bali. Mark has been working with the Komune fitness team since 2015.

Mark has helped clients of all ages and limitations to reach their personal goals as well as with some of the top surfing, cycling and disabled athletes in South Africa. From his own background of being a competitive surfer and downhill mountain biker, he has suffered many injuries and so worked with Bios, Physiotherapists, chiropractors and surgeons. This has given him a unique understanding of biomechanics and how the body works, this understanding has been carried through to his Personal Training where he now specializes in Injury rehabilitation, functional training and sports specific training.

Every one of Marks classes are well planned and focus on giving the client a well-balanced all around safe, functional and fun workout.



Andrea Baker

retreats.bali@komuneresorts.com

Andrea's extensive experience in the health, fitness and wellness spheres spans more than 20 years. Andrea's passion is with helping people create lasting healthy changes to their lives. Combining a holistic and evidence-based approach, Andrea has an ability to cut through the confusion and provide you with simple tools to change old habits and improve your life satisfaction.

Andrea is a mother of 3 grown children, a Personal Trainer with qualifications in health and wellness coaching, strength and conditioning, pilates, and nutrition. She herself, lost 15kgs to compete in Figure/Body building competitions and has helped many others in complete body transformations. You can meet Andrea in our Health Hub gym, come and say hello and she would love to chat to further if you have any questions on your own health and wellness.



Chad Fletcher

fitness.bali@komuneresorts.com

@thamacraman

Chad is a qualified Cert 3-4 in Fitness, spent some 13 years playing AFL professionally for the West Coast Eagles. Played hard and managed to gain the accolade of “All Australian” in 2004 and was also in the memorable team in 2006 as a Premiership Player.

Once he unlaced the boots and made the transition from one side of the fence to the other and now passing on all of his fitness knowledge learnt under the best sports science teachers in Australia to Hotel Komune guests.

Bali has been home for Chad for the last 4 years and has been working at Hotel Komune for now 2 years.



Jane Brooks

trainer.bali@komuneresorts.com

Jane has been working in the fitness industry for 15 years. As a certified personal trainer, and health and nutrition professional. Her passion for health and fitness were sparked from a very young age watching her own father train in his gym. From this vivid childhood memory, she became inspired to support and guide people to better themselves through movement and diet. She has had a natural understanding for what is beneficial for the body and mind from a very young age, and always led an active lifestyle, involving herself in ballet, gymnastics, cross country, running and later finding her passion of resistance training. Jane understands fitness from a holistic perspective and has a deep appreciation of how mental health effects self-esteem and over all wellbeing. Her studies of health, nutrition, psychology and a business in Sports Nutrition have allowed her to appreciate and work in all aspects of the fitness industry. Jane has worked in both the UK and USA alongside both fitness and mental health care professionals which further deepened her comprehension of health and fitness. You can meet Jane in our Health Hub gym, come take a class with her and see for yourself what incredible knowledge and skills she must share.



Ken Dinsmore

Traditional Chinese Medicine (TCM)
Acupuncture/Chinese Herbs

Ken brings to Bali a wealth of experience, including 25 years as a practitioner. Ken specializes in the management of muscular skeletal conditions, digestive disorders, skin conditions, pain management and also offers dietary and nutritional advice.

Ken's health mantra is simple, if the body/mind balance is strong focused and harmony then disease will not manifest.

Ken Dinsmore's qualifications include a bachelor's degree in health science from Australia as well as in Traditional Chinese Medicine, including Acupuncture and Chinese herbs, Certified in many; First Aid Paramedic, Hygiene and safety Regulations, Workplace Assessment and Training



Nicole Cain

Ayurvedic Practitioner

yoga.bali@komuneresorts.com

Ayurveda “The science of Life”

Ayurvedic medicine is the world's oldest, comprehensive health care system still widely practiced today. Originating in India, Ayurveda is said to be 5,000 years old. During an Ayurvedic consult, your unique constitution or “dosha” will be determined as well as any imbalances, key symptoms and potential causes of the imbalance.

During your consultation, expect to provide a detailed personal history of your digestion, elimination, diet, exercise, sleep, lifestyle habits, physical features, relationships and occupation. This detailed personal history along with a pulse and tongue diagnosis will be used by the practitioner to gather information in order to guide you to your optimal state of wellbeing and balance. You will then be given a personalized treatment plan including; diet, herbs, lifestyle, yoga, meditation, breathing techniques, daily rhythms, purification, aromatherapy, sound, color and massage therapy to reestablish balance.



Anshu Singh

Biodynamic Breathwork practitioner,
Yoga instructor RYT 200

Originally from India, Anshu later moved to the USA where she worked as a software developer in the fast pace life of Silicone valley. After having children, she decided to move to Bali to have the opportunity to spend more time with her family and step away from the corporate world. After 6 years, Anshu still lives here in Bali with her family and recreated her life here as a breath work facilitator, yoga instructor and she is currently creating her own workshops and courses on the pleasure revolution, where she aims to guide people back to their own inner source of joy.



Graham Reiki

Originally from Ireland, Graham presently resides in Bali and has been practicing as a reiki master for over 14 years. At the age of 28 years old, after an injury to his spine, he slowly became chronically arthritic and relied on crutches and wheelchairs to get around, he spent time in body casts, and was covered from head to toe in psoriasis. He was prescribed heavy medications just to get through the day which resulted in further side effects. By chance, graham met a man whom had also previously been confined to a wheel chair but was now walking around disease free and full of energy. He had healed himself through reiki energy and began to treat graham over several months. Through graham's own healing journey, he began to understand that all of his physical ailments were the result of previous childhood trauma and anger that was stored in his body. After he started to experience relief and directly see the effects of the power of reiki, he began to study reiki for several years so that he could share this healing energy with the world. He openly and passionately shares his knowledge of reiki during his sessions.

*please allow 2 hours for your consultation and treatment with Graham