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PROCEEDING INTERNATIONAL CONFERENCES OF EDUCATION AND TRAINING 2nd ICET Theme: " IMPROVING THE QUALITY OF EDUCATION AND TRAINING THROUGH STRENGTHENING NETWORKING " Malang, 4-6 November 2016 at A3 Building Universitas Negeri Malang ISBN : 978-602-73626-4-2 PROCEEDING INTERNATIONAL CONFERENCES ON EDUCATION AND TRAINING 2nd ICET Theme: " IMPROVING THE QUALITY OF EDUCATION AND TRAINING THROUGH STRENGTHENING NETWORKING " Malang, 4-6 November 2016 di A3 Building State University of Malang FACULTY OF EDUCATION STATE UNIVERSITY OF MALANG INTERNATIONAL CONFERENCE PROCEEDINGS 2nd ICET Improving The Quality of Education and Training Through Strengthening Networking xxi, 1335 pages; 21 x 29,7 cm ISBN: 978-602-73626-4-2 Streering Committee : State University of Malang - Indoensia MDF Training and Consultancy - Nedherland Guangxi Normal University - China Instituto Superior Cristal Dili – Timor Leste Asean Integrated Training (AIT) Network - Indonesia UNICEF – United State Government of Batu City, East Java – Indonesia Government of Malang City, East Java - Indonesia Organization Committee : State University of Malang - Indoensia MDF Training and Consultancy - Nedherland Guangxi Normal University - China Instituto Superior Cristal Dili – Timor Leste Asean Integrated Training (AIT) Network - Indonesia Reviewer : Prof. Dr. H. M. Efendi, M.Pd., M.Kes (State University Of Malang) Dr. Ach. Rasyad, M.Pd (State University Of Malang) Dr. H. Adi Atmoko, M.Si (State University Of Malang) Dr. Sulthoni, M.Pd (State University Of Malang) Drs. Imam Nawawi, M.Si (State University Of Malang) Teguh Triwiyanto, S.Pd., M.Pd (State University Of Malang) Prof. Dr. Hj. Nur Hidayah, M.Pd (State University Of Malang) Pr . dun bar Pd (State University Of Malang) Dr. H. Burhanuddin, M.Ed.,

Ph.D (State University Of Malang) Prof. Dr. Andi Mappiare AT, M.Pd (State University Of Malang) Dr. M. Ramli, M.A (State University Of Malang) Saida Ulfa, S.T., M.Edu., Ph.D

(State University Of Malang) Keynote Speakers : Muhadjir Effendy (Minister Of Education and Culture Of Indonesian) Bart Van Halten (MDF Nedherland) James Ong Chye Hin (New Zealand) Anabelie V.

Valdez (Mindanao State University – Phillipiness) Monica Elsen (United State) Sylvia Van Der Camen (Nedherland) Layout & Design Cover : Nia Windyaningrum; Arif Prastiawan Publisher : Faculty of Education, State University of Malang Address : Jalan Semarang No 5 Malang, East Java, Indonesia @Copyrights are Protected the Act v PREFACE The International Conference on Education and Training (ICET), Faculty of Education, State University of Malang, 2016 took place in Malang, Indonesia, between 4 and 6 November, 2016. ICET is an international conference covering research and development in the field of education and training.

The conference aims at creating a forum for further discussion for an education and training field incorporating a series of issues and/or related to quality improvement in education and training. Therefore, the call for papers was addressed to scholars and/or professionals of the field of education and training. Driven by the fast-paced advances in the education field, this change is characterized in term of its impact on the education implementation.

During the conference, 4 keynotes speakers were held in order to advance and contribute to specific research areas in the filed of education. More than 250 pre-registered authors submitted their work in the conference. The ICET 2016 finally accepted and hosted 200 original research papers. All papers submitted to the conference were reviewed using a double-blind peer review process.

The conference commite decided about the acceptance or not of the submitted papers, with the contribution of competence and expertised reviewers. We would like to thank all members that participated in any way in the ICET 2016, especially: (a) the Inderscience Publisher for supporting and receiving the selected papers to be published as the Special Issues Edition of the International Journal of Innovation in Education; (b) the Co-organizing Universities and Institutes for their support and development of a high-quality conference; (c) the members of the scientific committee that honored the conference with their presence and provided a significant contribution to the reviewer of papers as well as for their indications for the improvement of the conference; and (d) all members of the organizing committee for their willing to organize the conferenece as good as possible. Dean, Prof. Dr. Bambang Budi Wiyono, M.Pd

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2ndInternational Conference on Education and Training 2016 384 SELF-CULTIVATION  
THROUGH YOGA EDUCATION: TOURIST LEARNING PHENOMENON IN BALI I Wayan  
Suyanta; Muhadjir Effendy; S. Mundzir; Hardika Hindu Dharma State Institute, Denpasar  
Indonesia Email: suyanta.kaler@gmail.com ABSTRACT This study aimed to know the  
modern people on self-cultivation, especially in yoga education.

On behavior of visible, tourists come to Bali to study yoga with high intensity. The  
phenomenon of yoga education, must be a motive of learning which encourages people  
(tourists) to learn. And the reality of yoga learning and teaching happens on non formal  
education model, theoretical implemented through filtration or ethical learning.

This study used a phenomenology approach, as well as a learning experience via yoga  
observed explanatory and interview techniques. This study found that self-cultivation  
through yoga education oriented to self-knowledge, especially integrity of body, mind  
and spirits. Description of informants oriented the health of organs, relaxes, muscles and  
joints, balance, blood circulation, and even reduce the toxins.

While in their mentality is understanding on silence, self-awareness and harmony. And  
also find a connections on spiritual path. Key words: non-formal education model,  
self-cultivation, yoga education Modernity today driven by knowledge and technology,  
as well as the flow of information is almost limitless, not only have a positive impact on  
people's lives.

The fact through various media is not difficult get news of human behavior that is  
experiencing a moral crisis. Problems that occur frequently dragged the man into the  
atmosphere uncomfortable, difficulties, depression, loneliness and etc. The positive  
impact of technological in modernization are as follows: (1) Changes in values and  
attitudes.

Lack of modernization **in this day and age** can be seen from the way society thinks irrational becomes rational. (2) With development of science and technology, community becomes easier to push forward thinking, **the development of science** and technology that shape the future, anyway modernization continues growing and advancing at this present time. (3) Level A better life.

The opening of the industry or industrialization based on technology that has been developed to make a value in producing of communication and transportation is sophisticated, and also one of the efforts to reduce unemployment and improve people's lives, it is also influenced by the level of science and technology that foster modernization, (Wikipedia 2016).

The negative impact of technological in modernization are as follows: (1) the development of modern technology and industry has been growing rapidly make the provision of public goods in abundance. With so people are easily attracted to consume with many choices, according to the needs. (2) The individualistic attitude. People feel facilitated by advanced technology makes them feel they **no longer need to** others people. Human beings were created not as social beings. (3) Social inequality.

(4) Crime is often in large cities, due to the depletion of a sense family, the attitude of individualism, the high level of competition and consumer lifestyle. Attempts to self-cultivation by individuals is find a way out of the problems. This information is find meaning of life, with a variety of learning styles. The cultivating of mind and body, and their integration and coordination.

It **is associated with attempts to go beyond the normal states of being, and enhancing and endless polishing of a person's capacities and potentials.** Among of the map to self-cultivation, yoga learning attracted many individuals. According to Saraswati (1979) "The path of yoga is not an exercise of skill, but a recognition and devotion. Yoga is an inner urge for self-development.

At each step of yoga is a process of self-assessment, and naturally people will sometimes embarrassed by her, as most have exaggerated notion of her ability". So that the inner urge to learn yoga through make processing and sharpening themselves deeper and deeper. Self-cultivation strived for extracting knowledge in the worlds. Asia is the center of most spiritual tourism today.

There are more yoga teachers, ashrams, gurus, sadhus, yogis, and spiritual advisors here than any other part of the world. There is the full range from expensive spiritual resort complexes frequented by celebrities to basic dirt floor monasteries run by monks. India

is the most involved country and tens of thousands of spiritual tourists make their way here every year in the hopes of some sort of enlightenment.

(1) Rishikesh, India. Proceeding 2nd International Conference on Education and Training 2016 385 Rishikesh is where the Beatles went to meet when he was in the 60's and he is still there and attracting thousands who come to do yoga, meditate, and become part of the Ashram culture and Himalayan retreats. (2) Varanasi, India.

The Ganges River in Varanasi is considered the holiest place in the Hindu world and many have their body burned along the river banks. Ashrams and yoga schools are common throughout the northern Indian city. (3) Koyasan, Japan. A famous spiritual retreat is at this Shingon school of Esoteric Buddhism which is one of the centers of Japanese Buddhism for the last millennium.

(4) Osho Meditation Resort, India. The controversial guru Osho founded this interesting approach to spiritualism with a posh resort complex. (5) Golden Bay, New Zealand. This south island hangout is home to Anahata, which provides Yogic living in the bush and ocean cliffs and holds frequent daily and weekly sessions and workshops with world renowned spiritual leaders. Bali, Indonesia (6).

The Hindu island of Bali in the Muslim nation of Indonesia has long attracted new age spiritual seekers to temples and spiritual retreats across the island. (7) Uluru, Australia. A sacred Aboriginal site is one of the most important Australian historical landmarks. Steeped in mythology, creation stories, and dreamtime, this is one of the most spiritual places in the Pacific. (8) Lhasa, Tibet.

The headquarters of Tibetan Buddhism and the traditional capital of Tibet, although slowly losing its traditions as China refuses to loosen its grasp of the ancient city. (9) Dharamsala, India. Not only is Dharamsala home to the Dalai Lama and the Tibetan Government in exile, but it is an important Buddhist teaching center, as well as a new age hotspot.

Here you can take a course on Reiki, yoga, transcendental meditation, chakra healing, and nearly every other type of new age practice. (10) Bodhi Gaya, India. It was here under a Bodhi Tree that Siddhartha Gautama Buddha first achieved enlightenment at the age of 35. A temple complex and centuries of tributes dominate the site now and many spiritual seekers come to learn explore the site, (I explore, 2016).

Tourists coming to Bali strive to learn yoga. In detail the methods and stages of yoga learning held in India, known as the eight principles called Ashtanga Yoga. Eight stages,

such as: "Yama (control), Nyama (of the rules), Asana (postures), Pranayama (breathing exercises), Prathyahara (pull all indriya into), Dharana (have decided to concentrate with God), Dhyana (begin meditation and reflect on ourselves as well as the name of God), and Samadhi (been closer, fused or perfect solitude or self-realizations), (Suamba, 2003). These are authentic knowledge described in the Yoga Sutras of Patanjali.

Reflecting the different stages of learning to live in human beings. Further explained, yoga learning is a non- formal learning process. Learning in non-formal Sudjana (1991) defines "Non-formal education is any activity organized and systematic outside the school system is well established, conducted independently or an important part of broader activities, which deliberately done to serve learners particular in achieving learning goals ".

Mundzir (2010) adds, popular education is an educational activity addressed to all people in order to utilize their leisure time well and provides specific activities that are useful and aimed at the fulfillment of the desire of people to seek change and variety of life. So that individuals who learn yoga looking for meaningful in life. Seeing the enthusiasm and yoga phenomenon is believed to be an attempt cultivation of human life.

By yoga learning, cultivation power these may be a body treatment, or the cultivation of the mind and consciousness. Moreover, if you can make sense of the nature, and relationship with the universe. Its actual construction process and yoga learning is done with non-formal education, outside the formal educational environment.

Constantly build humanizing towards civilization and world peace. Theoretical Framework Max Scheler also provides a view of all the action in yoga learning, which is done by every traveler always on the reduction process or in other words, an ethics screening. The screening analysis model developed, cause actions undertaken by yoga learners.

Then proceed with the filtering action in yoga learning. This filtering with forms of values, norms in society. The development of values and ethics must be strictly anticipated by each traveler so in actions reality of yoga learning becomes clear. Filtering ethics and values by tourists and given in his home country has ethics and values are different, or even have the same.

Migration must still give their views on the value of local tourism destinations. The following Max Scheler phenomeno- logical analysis model: Proceeding 2ndInternational Conference on Education and Training 2016 386 Non-formal education, also popular as

social education.

The Law of the Republic of Indonesia No 20 Year 2003 on National Education System, following the concept of Philip H Comb namely: "Any organized educational activity outside the established formal system - Whether operating separately or as an important feature of some broader activity - that it intended to serve identifiable clientele and learning objectives (Coombs, 1973).

Furthermore, Coombs and Ahmed define Non- formal education "is any organized, systematic, educational activity carried on outside the framework of the formal system to provide selected types of learning to particular subgroups in the population, adults as well as children (Rogers, 2007). Yoga Learning According to Jacobsen (2016) "Yoga has five principal meanings: (1) Yoga as a method of discipline to achieve goals; (2) Yoga as a technique to control the body and mind; (3) Yoga as the name of one of the schools or systems of philosophy (Darsana); (4) yoga in connection with other words, such as hatha yoga, mantra yoga and laya yoga, and others are referring to traditions specializing in particular techniques of yoga; (5) Yoga as a destination for the practice of yoga ".

In this study may be explained yoga is a process and techniques to control and regulate the body, mind and heart, objectively through spiritual discipline, as well as the process of unification between consciousness units (self) and cosmic consciousness (God). Yoga covers all inclusive and universal application that led to the search for meaning, integrity, and stability of the whole body, mind, and soul.

**METHODS** Qualitative research requires a multi- technique and multi-source data in the data collection in the field. Researchers are expected to collect data that is comprehensive (holistic). Thus, in qualitative research are so many sources of data to be acquired, so that researchers should be able to sort them according to the needs of research focus.

Research needs not only in substance but also to be seen in context. Many pieces of data and information in the field, may be mismanaged, the investigator must conduct an audit trail. This means that researchers are ready to trace back to the field when the findings of bias. So researchers are ready to reveal the truth of the field.

In contrast to quantitative research which presents data in the form of numbers, qualitative research should submit information through the form of images and words. Picture submitted is required in terms of objects quality, not quantity. Picture may be; perception, impression, reason, ratings, views, ideals, ideas, feelings, chronological

events.

The majority of the image data as there is in the minds of participants. Researchers should be able to observe the data that exist in the minds of the participants. Information submitted participants can be either words, either verbally, or in writing, and must be observed and the researchers collected through interviews, observation, document images, even with sound recordings. The next step is to make observations on the subject of research.

This step is a step in which researchers observed conversations research subjects thoroughly. As a real participatory observation, researchers have to do with all his ability to get along and are considered "insiders" by the study subjects. But the key also must be remembered that the researchers did not come late in the talks, only as an observer, observe and record everything in the information.

In the daily interaction with the subject, researchers are not just simply follow their daily lifestyle, but must observe the talks between subjects. In this study, for example, the tourists are in talks with the instructor, the researchers noted carefully and seriously the conversation. Likewise in the current talks between fellow yoga students, researchers will record and documentation.

In technical, recording and observations were made with alternating or simultaneously, with the participation observation. The results of this observation activities such as notes or recordings, leading to a discussion of research subjects. Surely it would require considerable time mark clearly understanding.

Besides the first thing as "insiders" who have believed, then the conversation activities, or other activities can be understood carefully recorded. Observer can come on a regular basis **in accordance with the** situation, the schedule, **the condition of the** subject of research. Individual types, field conditions should be studied in advance by researchers.

Thus, researchers can prepare in the field with the schedule, the right clothes, and congenial ethically as well. DISCUSSION Body-Cultivation Learning The subjects explained in yoga learning emphasis is the health aspect. The following expression. I think the most they do for the healthiness, they not buying a thing, and the yoga teacher always saying, the all-purpose, or just for the physical yoga, or it prepared for the meditations.



related to yoga learning, the ultimate in human subjects how to be healthy. We cannot move when we are sick. **The most important thing** here (yoga activity) body can be healthy. When teachers teach yoga asana, it is important for the organ, such as Hatha Yoga, subjects can learn every organ system can work well! If you have a good teacher will tell everything about the organ. Because **yoga teacher will tell** how good breathing, opening up, they say and teach about Chakra.

Energy points can be outstanding, when doing the movements will concentrate with this Chakra. The whole energy of this Chakra work in the body. Subjects felt the same way when doing yoga in Bali. For me is Asana.....the movement when the teacher tell you this is important for your organ, like Hatha Yoga.....you learn, all your organ working you know! If you have a good **teacher will tell you** about the organ.

Because tell you the breathing, opening in the self, they said about Chakra. The point of energy, circulate, when you do movement you do concentrate with this Chakra! This Chakra energy working in the body! I feel the same thing you do yoga thing here in Bali. What's interesting is when people begin to learn yoga and keep doing the activity, people can be healthy.

Moreover, the entire organ will work perfectly. And the rise energy into the body, that we become healthy. Subjects declare themselves as the case in Canada, the habit every day to go for a bike ride, do the easiest way, also went to the gym. And like many people doing. The gym is a different thing to make a move, could be attracted to the food, and running motion with the machine. In the gym can leave weight.

Subjects habits and found that was boring. S n'tlike h nery tg o see people who really pumping himself into muscular. She felt and said the place as it, is not her place. And then she came a friend, until the subjects joined in and learn yoga in all classes. I went to continue in Canada, I went continue with my bike cycle, doing the easiest way, so went to the gyms.

The gym are different thing to do, you can be an attract meal, and run, with the machine, you can leave the weight, I did that and I found that was so boing. And id t nery,t peo he eay mpup holos f muscles, and I said like that wrong placed to me. And then a friend of mine, up me if want to join all her to the classes. Inside the gym subjects describe those just learning to magnify muscle. Or make the body (buttocks - the hip) to be sexy.

Or to the gym to make him learn his massive chest and arm muscles strong. But subject is not like all of it, and very boring. In the study of yoga he thinks there is something or



the other thing, which is more than just magnify muscle! Subject said when doing an activity, it must be really aware. Because the subjects saw many people come to learn yoga only for their bodies, this is not good. Are for sexy, and lifestyle and glamor.

The emphasis in yoga learning, if not breathe properly, it is not good for them! Another thing at least they move the body, but this is only the beginning. Need to be aware of what to do in yoga. Subject of the study describes the organ will be hurt if the lack of the reception. Neither the self- acceptance nor the environment. Other lack of forgiveness toward others. And because they are not able to process emotional traits.

While in yoga learning, it is individuals processed can find benefit in the daily activities, of the organs. All rcasbecauty n'tpro wh he moio heca r heca not accept heca w,like ototpuncs, they start come out in the body! Body-cultivation learning and its main organ, because the emotional connection. Individuals who cannot nourishing emotions and reception properly, will lead to organ functions do not work perfectly.

Dysfunctional will effect organ systems. Basically, if people learn yoga, a man will learn include anatomical structure, bone, muscle, and ultimately more flexible. By changing the posture, move your body, so this is the first felt in yoga learning. And then, when someone has a problem, for example, so many problems, all they can do is practice yoga asana. This energy can actually work for the whole organ.

Because subjects knew like Chinese Medicine! In organ connected to the meridians and muscles. It is anatomy system. Subjects explain the importance of yoga can unleash the energy in all organs. The flow of energy cleaning the muscle tissue, glands, and the entire system of anatomy. Flows are also once washed away the filth unconscious memory. Yoga learning bring subject vision, to be a good person.

Being more relaxed, Ibu Made knew that the subject was not so relaxes or too often tense. Subjects wanted to leave weakness, more relaxed and more balanced, quieter and a better person. Subjects really speak honestly, hopefully also in terms of physical yoga practice, can answer questions and problems of life.

My goal to be brought my vision, to be kindness person, to be more relax, you know Ibu Made knows me not so relaxes, to leave my weakness. More relax, and more balance, calmer and a better person. I am genuinely speaking, my **Proceeding 2ndInternational Conference on Education and Training 2016** 388 expectation in in term of physical yoga practice, when I can answer my question with the mat. Yoga can create a more balanced, so if it does not teach / learn every day, or if you do not practice every day it feels more unbalance.

Subjects felt too heavy in the head. When the subject came here and can do yoga, subject was able to focus and balance. Subjects explains that yoga can help blood circulation can also reduce cramps in the body. Here's the explanation. When they cells the cramps coming in, and then they do like this right and I am the leaders, in the fronts.

And I felt how I do this and without any body knowing, I got cramps right, here I discover, I should do this, moving to the front and moving the back, see the blood there, move there (in the neck), and repeat. And can open the (lubang pori-pori pada kulit) like stomata in the leaf. Your heel down, you put down. But the knee balance, see like that, so when I move to the front, I got see people behind me, so they follow, so they got cramps too.

And then they follow, and then she is doing that, I will follow, so just start to do that, just a feel. Relax in your body, not just struggle in your meditation, so the yoga can support the meditations. In reducing cramps in the body, for example on the subject of cell make some movement to reduce cramping.

In yoga, the motion forward and backward, the reduction of circulating blood. On the neck also will absence of tension. And can open **the pores of the skin** or as stomata on the leaves. The whole experience circulation of blood flow. Occurs also balance the knee. With such circumstances other students also follow so as not to cramp / relieve cramps. Everyone can be calm.

Yoga learning is certainly very necessary in support of yoga meditation. Yoga can reduce and detox for yourself! Especially eliminate toxins in the body! So the subject can receive the new energies of yoga meditation. Subjects imagine if you eat too much and a full stomach, a person cannot meditate. And then all the food to be toxic in the body. Even creating more venom.

So, people need something for their treatment! Such as fasting! Begin can choose the full moon or dark moon or a good day. To access higher energy. And then you can have detox organ for yourself! Yes. You eliminate the toxin in your body! So you can receive the energy of the meditation. Imagine you eat, and full stomach, you cannot meditate, and then all the food change to be toxin in the body, right? Create more toxins.

So, you needs something for your body! Fasting! You can choose on full moon or new moon. It is for stay with the high energy! Reducing toxins in the body. Will be ready to yoga meditation and prepared to receive a new energy in the body. Mind and Consciousness Cultivation Yoga learning is beneficial in the process of thinking and

consciousness.

Reflected in interviews with informants, can achieve self-stillness, enlightened consciousness. And especially harmonization with other individuals, with family harmony, and **harmony with the world** community. Furthermore, the subject describes tranquility while studying yoga gerak, mudra and meditation. The following expression.

I can see it how, for sure Patricia tiga tahun yang lalu dengan Patricia yang sekarang itu lain! The different is the yoga I have learn, not only but off course that also affect my practicing thing for healing for sure, affect my abdomen for sure! Because I more calm, I more understanding, I more compassion for the people. Yoga is influence state of stomach. But the most important yoga can affect stillness themselves, subjects become familiar and dear to surrounding environments.

This is what is expected of all people in this world, full of civilization and peace. Being more aware, knowing that fear and emotion is an illusion, then we can become more conscious and **more aware of the** existence. Subjects described the confidence that can be more aware and understand the limitations of thinking. What happen to me is become more aware and more in my mind.

And all I see the limiting believe, my mind has about myself and other and life. Thing all I decide when I was very little, conditioning of my path, as I meet habitual response from the reaction of the life, I believe that less and less! Subjects felt harmonious in running a life with community. To experience life with a lot of people, chances of harmony grew openly.

Subjects life with full of awareness, responsible, and relationships with people. Sometimes those relationships only by the mind, just make people survive, blasphemous, and make others dumbfounded. But the opposite happened to the subjects, feel very grateful in the yoga community. Built a quality of life.

Yes, I live at 10 until 15 **people in the community** together at one, and off course living with so many people, it is always going to presents, lots of opportunity to grow! So the more soft aware I am, if the reactive that more responsible I am, my believe and stories in my. That I can be more harmonies I am relationships with a lots of people.

Because so often our relationship over coming from the mind, it is taking, defending, blaming, and **Proceeding 2ndInternational Conference on Education and Training 2016** 389 making the other person stall. So I am really bless that I **live in the community** all yogi very much. Life is a choice. The choice of a suitable place inhabited by each person.

Community reflects the attitude of the people to be more study, especially self-harmony, harmony with others, as well as harmonization with the wider community. By studying yoga subjects become more relaxed. The body can be more relaxed. In yoga learning, individual must understand about the body, before it is ready for use later activity. Mind becomes more relaxed.

In yoga training, her health improved and also strong. All yoga training, have an effect on all of them, subject can be more relaxed and happy. When I am practising yoga when I am healthier, and stronger. It impact everything I do. I have energy for the kids, less scream in, the energy to more thing, I more relax, you know I can do much happier, if I have healthy body.

Other subjects explain and realize that can relax and have an affection now. Formerly only judge others. The following statement of her feelings. Because I more calm, I more understanding, I more compassion (perasaan sayang) for the people. I am not for judge like ber foe idea f verhing, Ido know you know! Because we are different everhing. Ido nowhy somebody, who I am to do it! Why? Human born in the world aims for mutual love, mutual understanding between each other.

Circumstances which must be nurtured mankind is not mutual suspicion, and of course a sense of appreciation of mutual respect. Subjects felt very strong energy, with the knowledge and other things. There is a lot of energy and strength. Subjects also explained there is another dimension of life. We have five flavors, but can access the network with awareness.

After studying yoga meditation, subjects expressed a lot of questions arise "here we are in the world but in another world". We are here on earth, but there is still the world other than Earth. In this universe **of all sentient beings** can have a relationship of correspondence and more than limits of the earth, more than five sense.

Connectivity with the spirit in the universe, making intuition or premonition come from. I feel very strong energy inside myself. With the knowledge and other thing. With the checking, wow....lot of energy and power in myself. In myself I thought there other dimension of life. We have five sense, but we can access a link with other consciousness.

Also lot oquestn ome, "herwe twold te e ot r arin his arh, I was thinking other world than our earth, in the universe we can correspondences we can have relation much more than the earth, much more than five sense. The relationship between the self and the universe. Relationships with the spirit that exists the human self-worth kept in balance.

Space and time other than the limit of the earth seems to have connectivity with all creatures in this world. Explore yoga and meditation, makes a person very connected with the entire contents of the universe. We must understand the human **relationship with the earth**, the universe gives food. And also as a base.

We learn to realize that every element in the universe is also beneficial for the body. **All the elements in the universe** are the important things in life. The understanding **we must not stop** here, the sense may be more widespread. Humans should strongly believe in the instrument prana, which causes the connectivity **of all sentient beings** with the universe.

Atmosphere in Non-formal Education Learning environment is essential. As the learning environment in Bali, subject really loved. Because his teacher, teaching with good ethics. If we only manage tourism will be different from yoga and spiritual learning. Therefore, it is overlooked in the atmosphere of non-formal education. And knowledge can be absorbed to all individuals. The material are very nice.

Everything very nice, but something between the people, then feel the same. The atmosphere are very important in there. Because Pa Gusti see the people, teach the people, that be etiquette then, you know. It is my feeling, we cannot... When we make tourism or traveling, everything is organize like that, the material is okay, but spiritual it is something else, it is important the atmosphere in this side. The ambiance is described in aspects of non- formal education. The atmosphere is pleasant.

The learning environment is not in the classroom, but in the sanctuaries, on the beach, in the mountains. This gives flexibility to the understanding of the individual, not just as tourists who vacation and relax without any load. This meaning is very significant for the subjects to study yoga and spiritual. Subjects greatly appreciate learning materials implemented in the holy sites.

The teaching materials are very in tune with education outside of school. Here the appreciation. The material of learning, we learn it outside, I mean not in the classes like a formal thing, going to the temple, Tap Sai Temple, we go to the cave, we **Proceeding 2ndInternational Conference on Education and Training 2016** 390 go to Tirtha Empul, and okay we do it in the beach! I guess it well material program.

I remember also It was last September 2015, Philippe went in Bali, we went to see Made Lesoh, we ask and we more focus on kundalini I guest. And we ask maybe will be nice, and we propose if example kundalini. I ask to Male Lesoh how the kundalini connection

pinggala, ida, sumsunu, awe sk rma obe more focus in kundalini example pinggala, ida, find the connection, or found the temple or what?" a stsid,yeswe ve temple for each! Wow! It is very good idea, we learn first and in the end we go to the temple and what we learaut.T's ery good, and the meaning is understanding for us.

So, we did it that interesting the truth, Windu Sara offer and we also can create by our questioning, with our feeling, what we want. What we expect, becwe n'tknoS hy tAnd the trip after that Penulisan or Panarajon Temple, Jati Temple? Because more understanding, for me I am clear with that! The learning materials is learn outside, not in the class as a formal thing.

Go to the temple, Tap Sai temple, to the cave, to the Tirtha Empul holy water, and also conducted training on the beach! This program is a good learning materials. Subjects wanted to find a connection, or find a shrine or a temple associated with the subject is inside. And teacher counting that it exists and can learn in a direct connectivity. Outdoor learning process is an excellent idea.

Subjects studied theoretically and practically initially, and eventually went to the shrine / temple for the alignment of yoga learning. It was an excellent means to subject understands the reality of the experience in a yoga meditation. So yoga lessons inspired by the truth dives into and connectivity with the universe. For the subject of a clarity yoga lessons and meditation.

Due to a better understanding of the relationships and connectivity of the universe CONCLUSIONS Self-Cultivation through yoga learning find some benefit in treating the body, including: (1) the health aspect, because all the organs will work, and the energy in the body to rise, so that we become healthy; (2) processing of self through yoga not only increase muscle or just for the sexy, and lifestyle.

But the important thing is about breathing; (3) the flow of energy cleaning the muscle tissue, glands, and the entire anatomy system / organ systems. Also washed away the filth unconscious memory; (4) that yoga can make it more balanced; (5) yoga training, making the reduction of blood circulating blood. In the absence of neck tension, so that the entire blood flow is its circulation; (6) reduce the toxins in the body.

Will be ready on yoga meditation and prepared to receive a new energy. Besides the physical benefits, yoga study will involve the processing of mind and consciousness, among others: (1) yoga can affect self-stillness, are better informed, as well as the affection of the surroundings; (2) finding out that fear and emotion is an illusion, then become more conscious and more aware of the existence; (3) the impact on the

self-cultivation is self-harmony, harmony with others, harmonization with community; (4) can be relaxed of feeling.

Found an impact on connectivity and spiritual path. Yoga bring to understand the human relationship with the earth, the universe always giving food and drinks. In yoga learning, we learn to realize that every element in the universe is also beneficial for the body. All the elements in the universe are the important things in life.

A fun learning environment, not on the classroom, but in the sanctuaries (temple), on the beach, in the mountains, in the community, and others. This gives flexibility to the understanding of tindidua tjustas oistvaio his a very significant meaning for the individual to learn yoga and spiritual. So yoga lessons inspired by the truth dives into connectivity with the universe. REFERENCES Effendy, Muhadjir. 2013. Studi Fenomenologi: Jati Diri dan Profesi TNI.

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