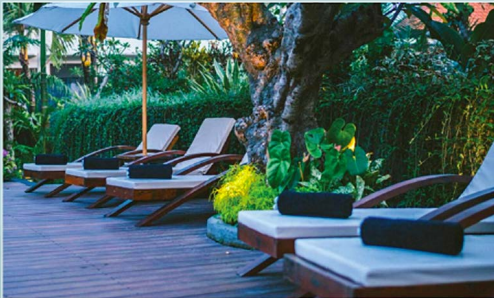


# Bali Adventure Retreat

## Sample Itinerary (subject to final modifications)



### Day 1

#### Arrive. Welcome. Unwind.

2:00-5:00 PM: Check-in & Unwind.

5:00-5:30 PM Balinese Welcome Ceremony

5:30-6:30 PM: Welcome Dinner

7:00-8:30 PM: Restorative Yoga & Sound Bath

### Day 2

#### Set Your Intention.

7:30-8:30 AM: Morning Practice

8:30-9:30 AM: Breakfast

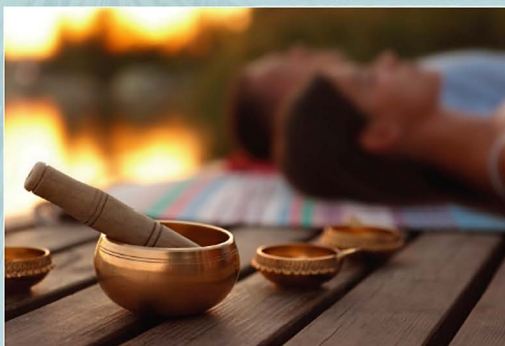
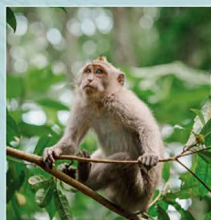
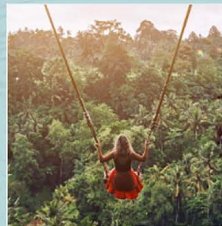
9:30-11:30 AM: Balinese Water Healing Ceremony

12:00-3:00 PM: Tegalalang Rice Terraces, Swing, Tea Tasting & Lunch

4:00-7:00 PM: Free time

7:00-8:00 PM: Dinner at Resort

8:00-9:00 PM: Yin/ Restorative + Nidra



### Day 3

#### Go With The Flow.

7:30-8:30 AM: Gentle Flow

8:30-9:30 AM: Breakfast

10:30 AM-12:00PM: Sound Healing

12:00-1:00 PM: Lunch at Resort

1:00-6:00 PM: Free time. Bike the rice fields, spa treatment, rest, visit the Ubud Monkey Forest, Art Market, Temples

6:00-7:30 PM: Dinner at Herb Library\*

7:30-8:30 PM: Balinese Fire Dance show\*

\*not included/optional



# Bali Adventure Retreat

## Sample Itinerary (subject to final modifications)



### Day 4

#### Explore. Restore. Play.

- 7:30-8:30 AM: Morning Practice
- 8:30-9:30 AM: Breakfast
- 9:30-4:30 PM: Virgin Beach day. Massages & lunch available at the beach\*
- 4:30-5:30 PM: Return to resort
- 6:00-7:00 PM: Dinner at Resort
- 7:00-8:30 PM: Yin/ Restorative + Sound

### Day 5

#### Open Your Heart.

- 7:30-8:30 AM: Morning Practice
- 8:30-9:30 AM: Breakfast
- 10:00-2:00 PM: Cooking Class in Ubud
- 2:00-3:00 PM: Lunch at cooking class, with Traditional Balinese dance
- 3:30-4:30 PM: Free time
- 4:30-6:30 PM: Cacao Ceremony
- 7:00-8:00PM: Dinner at Resort



### Day 6

#### Self-Expression

- 8:00-9:00 AM: Breakfast
- 9:30 AM-11:30 AM: Clarity Breathwork session
- 11:30-4:30 PM: Free time. Lunch at your leisure\*. Bike the rice fields, spa treatment, relax, visit the Ubud Monkey Forest, Art Market, Temples
- 4:30-6:00 PM: Restorative & massage
- 6:00 PM: Dinner at your leisure\*

\*not included



# Bali Adventure Retreat

## Sample Itinerary (subject to final modifications)



### Day 7

#### Trust Your Guidance.

7:30-8:30 AM: Morning Practice

8:30-9:30 AM: Breakfast

10:00-1:00 PM: Nung Nung Waterfall

1:00-2:00 PM: Lunch

2:00-3:30 PM Free time

3:30-4:30 PM: Evening Practice

5:00-9:00 PM: Fire Ceremony & Final  
Dinner at an Ashram



### Day 8

#### Integrate.

7:30-8:30 AM: Gentle Flow

8:30-9:30 AM: Breakfast

10:30-11:30 AM: Closing Ceremony

12:00 PM: Checkout

Heading somewhere after the retreat?

Your retreat package includes 2  
airport transfers. We are happy to  
drop you at the airport, or ferry dock.

