

Time	Day 1 - Saturday 6th March - Arrive
2.00pm	Check-in and given welcome drink (transport from airport)
	Shown to room
	Optional 1 hour body massage
7.00pm	Welcome Dinner at Honeymoon
	<b>Evening entertainment</b> (optional) rest or go to bar/cafe
	*Restaurant, cafe and bar suggestions given in welcome pack
<b>Please note</b>	**All drinks are not included in the retreat price)

Time	Day 2 - Sunday 7th March
	<b>Room</b>
7.30am - 9.00am	<b>Yoga</b> - A blend of Hatha & Vinyasa gentle flow for newcomers to intermediate.
9.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Morning workshop</b> - Balinese Boreh Spice Ritual /or/ Mandi Lulur
12.30pm - 3.00pm	<b>Sunday Brunch at trendy boutique hotel</b> - (included)
3.00pm - 5.30pm	<b>Afternoon activity</b> - Monkey Forest tour and look around town or Pool & Rest
5.00pm - 7.00pm	<b>Happy Hour cocktails (not included)</b>
7.00pm	<b>Dinner</b> - (included)
	<b>Evening entertainment</b> (optional) bar, dancing, band, cafe

Time	Day 3 - Monday 8th March
	<b>Room</b>
7.30am - 9.00am	<b>No Yoga</b>
9.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Morning workshop</b> - Half Day Tour - Tampaksiring - Holy Water Blessing
1.00pm - 3.00pm	<b>Lunch</b> - (included)
3.00pm - 5.30pm	<b>Afternoon activity</b> - Neka, Arma or Blanco museum
	<b>Dinner</b> - before or after dance (not included)
7.00pm - 8.00pm	<b>Evening entertainment</b> - Balinese Dance (1 hour - included)

Time	Day 4 - Tuesday 9th March
	<b>Room</b>
7.30am - 9.00am	<b>Yoga</b> - A blend of Hatha & Vinyasa gentle flow for newcomers to intermediate.
9.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Morning workshop</b> - Waterfall tour
1.00pm - 3.00pm	<b>Lunch</b> - Included in the morning tour
3.00pm - 5.30pm	<b>Afternoon activity</b> - Batik workshop
7.00pm	<b>Dinner</b> - (included)
	<b>Evening entertainment</b> (optional) bar, dancing, band, cafe

Time	Day 5 - Wednesday 10th March
	<b>Room</b>

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7.30am - 9.00am	<b>Yoga</b> - A blend of Hatha & Vinyasa gentle flow for newcomers to intermediate
9.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Spa Beauty Package at beautiful Spa</b> (including treatment)
1.00pm - 3.00pm	<b>Lunch</b> - (included)
3.00pm - 5.30pm	<b>Pick An Option:</b> mani/pedi, facial, cream bath, tea & cake at Caramel cafe
7.00pm	<b>Dinner</b> - (included)
	<b>Evening entertainment</b> (optional) bar, dancing, band, cafe

Time	Day 6 - Thursday 11th March
	<b>Room</b>
7.30am - 9.00am	<b>NO Yoga</b>
7.00am - 8.00am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
8.00am - 5.00pm	<b>Day Tour</b>
1.00pm	<b>Lunch</b> - (not included)
7.00pm	<b>Dinner</b> - (not included)
	<b>Evening Entertainment</b> (optional) bar, dancing, band, cafe

Time	Day 7 - Friday 12th March
	<b>Room</b>
7.30am - 9.00am	<b>Yoga</b> - A blend of Hatha & Vinyasa gentle flow for newcomers to intermediate.
7.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Morning workshop</b> - Indus Ridge walk
1.00pm - 3.00pm	<b>Lunch</b> - (included)
Afternoon	<b>Free time</b>
6.00pm - 8.30pm	<b>Gourmet food tour: Night Market Feast (Gianyar)</b> (including dinner)
8.30pm	<b>Evening Entertainment</b> (optional) bar, dancing, band, cafe

Time	Day 8 - Saturday 13th March - Nyepi Eve
	<b>Room</b>
7.30am - 9.00am	<b>Yoga</b> - A blend of Hatha & Vinyasa gentle flow for newcomers to intermediate.
9.00am - 10.30am	<b>Breakfast</b> - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	<b>Morning workshop</b> - creative workshop for Nyepi - OR
9.30am - 1.00pm	<b>New Food as Medicine Vegetarian hands-on cooking class</b>
1.00pm - 3.00pm	<b>Lunch</b> - (included)
3.00pm - 5.30pm	<b>Afternoon - free time - Watch Ogah Ogah procession (together or separate)</b>
7.00pm	<b>Dinner - free time</b> (not included)
	<b>Everything closed by 10pm</b>

Time	Day 9 - Sunday 14th March - Nyepi "Day of Silence - Your day off!"

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7.30am - 9.00am	No Yoga
9.00am - 10.30am	Breakfast - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	Free time - pool, journal, sleep...
1.00pm - 3.00pm	Lunch - Delicious Balinese sacred feast! (included)
3.00pm - 5.30pm	Free time - pool, journal, sleep...
7.00pm	Dinner (either on or off site - included)
	Evening entertainment (optional) bar, dancing, band, cafe (if open)

Time	Day 3 - Monday 15th March
	Room
7.30am - 9.00am	No Yoga
9.00am - 10.30am	Breakfast - A delicious breakfast is served between 7.00am - 11.00am (inc)
10.30am - 1.00pm	Morning workshop - Walk through rice fields & visit traditional Balinese home
1.00pm - 3.00pm	Lunch - at Balinese home (included)
3.00pm - 5.30pm	Afternoon - Free time: shopping, museums, galleries, walking
7.00pm	Celebration Dinner at gastronomic restaurant - (included)
	Evening entertainment (optional) bar, dancing, band, cafe. Celebration!!!

Time	Day 11 - Tuesday 16th March
7.00am - 10.30am	Breakfast - A delicious breakfast (inc)
12.00 noon	Check-out
	Transport to the airport