

Bali Bound: Journey to Inner Peace

ARRIVAL - DAY 1

- 2:00pm** **Check-in start**
- 4:30pm** **Gentle Yoga (1h)**
Slow flow yoga to settle into your body and the space
- 5:30pm** **Check-in close**
- 6:30pm** **Dinner in *Da Compound Restaurant* (\$20 covered meal)**
A local family offering natural and delicious food inside their balinese compound
- 8:15pm** **Welcoming circle & Evening Meditation (45min)**
Nothing to prepare, just come as you are and meet the group

DAY 2

- 7:00am** **Dynamic Yoga (1h)**
Start the day right with this dynamic flow open to all levels
- 9:00am** **Breakfast at Narasoma**
- 10:00am** **Meditation Experience with Athil Singh (1h)**
Experience a unique mindfulness activity through rhythm and sound
- 11:00am** **Free Time to relax or explore Ubud* (2h)**
- 1:00pm** **Lunch at Narasoma**
- 2:00pm** **Free Time to relax or explore Ubud* (2h30)**
- 4:30pm** **Yin Yoga (1h)**
Wind down with this very gentle yoga class open to all levels
- 6:30pm** **Diner at *Clear Cafe* (\$20 covered meal)**
A picture-perfect and a must-try when in Bali
- 8:15pm** **Storytelling evening (45min)**
Sit down, listen... and get transported to a world of wonders and magic

DAY 3

- 7:00am** **Dynamic Yoga (1h)**
Start the day right with this dynamic flow open to all levels
- 9:00am** **Breakfast at Narasoma**
- 11:00am** **Group Excursion Pyramids of Chi**
Immerse yourself in positive vibrations and Pyramid Power
- 1:00pm** **Lunch at Narasoma**
- 2:00pm** **Free Time to relax or explore Ubud* (2h30)**
- 4:30pm** **Yin Yoga (1h)**
- 6:30pm** **Dinner at *Warung Biah Biah* (\$20 covered meal)**
A small restaurant with a small menu of the most delicious balinese specialties
- 8:15pm** **Evening Meditation**
Time to lay down, breathe, and experience true relaxation

DAY 4

- 7:00am** **Dynamic Yoga (1h)**
- 9:00am** **Breakfast at Narasoma**
- 10:00am** **Free Time to relax or explore Ubud* (3h)**
- 1:00pm** **Lunch at Narasoma**
- 2:00pm** **Free Time to relax or explore Ubud* (2h30)**
- 4:30pm** **Sunset Walk - Campuhan Ridge Walk**
- 6:45pm** **Dinner at *Yoga Barn Cafe* (\$20 covered meal)**
Set in the middle of an oasis, this open-air café will feast your tummy and eyes
- 8:15pm** **Evening Meditation (45min)**
Time to lay down, breathe, and experience true relaxation

DAY 5

- 7:00am** **Dynamic Yoga (1h)**
- 9:00am** **Breakfast at Narasoma**
- 11:00am** **Water Purification Ceremony Excursion**
Enchanting adventure, where nature's beauty meets the spiritual realm
- 1:00pm** **Lunch at Narasoma**
- 2:00pm** **Free Time to relax or explore Ubud* (2h30)**
- 4:30pm** **Yin Yoga (1h)**
- 6:45pm** **Dinner at *Sayuri Healing Foods* (\$20 covered meal)**
Delicious plant-based, cooked and living food, and the best raw desserts in town
- 8:15pm** **Evening Meditation (45min)**

FINAL MORNING

- 7:00am** **Dynamic Yoga (1h)**
- 8:00am** **Gentle Yoga (1h)**
Slow flow yoga to settle into your body and the space
- 9:00am** **Breakfast at Narasoma**
- 9:45am** **Closing Ceremony**
Considered to be the highlight of the retreat by participants, not to be missed!
- 11:00am** **Check-out**
Time to say 'Goodbye'

** During your free time we recommend visiting the Monkey Forest, booking a blissful massage at Star Child, checking out the Watsu Pool or latest offering at Yoga Barn, or meandering the local shops.*