

Itinerary Bali Retreat 18 – 24 October 2019

Included:

- Welcome drink
- 6 nights in a comfortable hotel room with tea/coffee amenities
- 5 yoga sessions in the morning
- 3 yoga sessions in the afternoon
- 6 times Breakfast (coffee / tea / juices included)
- 5 times lunch (water included)
- 6 times dinner (water included)
- Twice daily coffee, tea or fruit juice in the breaks
- All transportations by car to the places we will visit
- Blessing ceremony by priest on first day
- Sound healing event in the Pyramid of Chi
- Nature walk to a waterfall with lunch at guide's house
- Encounter with horses
- Encounter with rescue dogs
- One massage
- Celebration evening
- Certificate

Plus:

- Sarong
- Journal and Pen
- Daily fresh Balinese offering for your room

Not Included:

- Airfare
- Transfers from and to airport
- Travel insurance (required!)
- Any food and drinks you order

Daily time structure:

07:00 - 08:00 Yoga* (from 2nd day till last day)
08:00 - 09:00 Breakfast
11:00 - 11.30 Morning Break
13:00 - 14.30 Lunch

Flexible afternoon breaks

17:00 - 18:00 Yoga* (from 3rd till 6th day)
19:00 Dinner (exception second: 19.30h)

*The yoga teacher will be able to suit beginners as well as experienced practitioners. I strongly recommend to attend those sessions.

Day 1 (18/10/2019)

Starting in the afternoon

- 14:00 - Welcome drink
- 15:00 - Start of our retreat with introduction and building a circle of Connection and Trust
- 17:00 - Blessing ceremony for us and our retreat with Balinese priest

Day 2 (19/10/2019)

- Connection with yourself
- Journaling: time with yourself
- I AM - practice/exercise
- Sound healing introduction
- Drive to the sound temple
- Private sound healing session
- Journaling: time with yourself

Day 3 (20/10/2019)

- Connection with yourself and others
- Nature walk including lunch
- Letting go of any blockades under a secluded special water fall
- Awareness for mother earth and animals around us
- Time to just be with and for yourself

Day 4 (21/10/2019)

- Connection with animals
- Shamanic journey
- Deepening the process of connecting
- Connection with horses
- Circle of Trust and Connection

Day 5 (22/10/2019)

- Connect and communicate with animals
- Meditation and exercises
- Preparation for the visit of dogs
- Connection and communication with the dogs
- Feedback to the dog owners
- Circle of Trust and Connection

Day 6 (23/10/2019)

- Animal connection/communication
- Journaling: time with yourself
- Shamanic Meditation
- Massage
- Time for yourself, nature and animal beings
- Celebration, certificates and special dinner

Day 7 (24/10/2019) - Closing Morning

- Circle of Trust and Connection
- Goodbye Ritual (finishing at 11 am)