Yoga & Soul Searching Retreat Bali (1.-10. April 2023)

Saturday 01. Apr	Sunday 02. Apr	Monday 03. Apr	Tuesday 04. Apr	Wednesday 05. Apr	Thursday 06. Apr	Friday 07. Apr	Saturday 08. Apr	Sunday 09. Apr	Monday 10. Apr
Arrivals all day	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15	Quiet time / Meditation 6.30 - 7.15
	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30	Morning Yoga 7.15 - 8.30
	Breakfast 9.00	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**	**Breakfast 9.00**
	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00	BREAK SILENCE 10.00
START: 3 pm									
Welcome Ceremony Getting to know everyone Programme overview	Workshop: Journaling; Creating a Vision board	Balinese Culture Day + Offering	Workshop: the Neuroscience of Mindfulness & Stress	Free Beach Day Canggu	Cooking class / Group Lunch Ceremony	Forest/Mountain/ Waterfall Hike	Water Purification Ceremony	Orphanage Project	Goodbye Circle and Ceremony
	Lunch 1pm	**Lunch 1pm**	**Lunch 1pm**	**Lunch (optional) 1pm**	**Lunch 1pm**	**Lunch 1pm**	**Lunch 1pm**	**Lunch 1pm**	**RETREAT ENDS 11 am**
	Planation Tour		Sound Healing Session				Cacao Dance Session	Burning Ceremony	
Evening Meditation	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	Evening Meditation+ Journaling 5.30-6.30	
Dinner 6.30 pm	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	**Dinner 6.30 pm**	