

Typical Schedule:

→ Sunday May 31st

Arrival day 7pm Welcome dinner

→ Monday June 1st

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Time to relax, massage, pool, Infrared sauna, explore, 1-1 yoga (extra charge)

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Dinner in a fabulous restaurant in Ubud which we organise for you to go as a group (optional)

Other options to order food at villa Gaia for those who prefer to stay at the venue (minimum 3 people)

→ Tuesday June 2nd

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Time to relax, massage, pool, Infrared sauna, explore, 1-1 yoga

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Dinner in Ubud which we organise for you to go as a group (optional)

→ **Wednesday June 3rd**

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Tegenungan Waterfall

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Dinner at Villa Gaia (inclusive)

→ **Thursday June 4th**

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Time to relax, massage, pool, Infrared sauna, explore, 1-1 yoga

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Dinner in Ubud which we organise for you to go as a group (optional)

→ **Friday June 5th**

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Historical Temples & Meditation Chambers of Gunung Kawi

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Dinner in Ubud which we organise for you to go as a group (optional)

→ **Saturday June 6th**

8.30 to 10am

Yoga class

10am

Delicious brunch

11.30am

Time to relax, massage, pool, explore, 1-1 yoga

5.30 to 7pm

Meditation, yin yoga, yoga nidra, breath work session

7pm

Farewell Dinner at Villa Gaia (inclusive)

→ **Sunday June 7th**

Breakfast - Time to say goodbye

Please note, all sessions are optional :)