



# A SAMPLE OF OUR DAILY SCHEDULE

## BALI ADVENTURE HEALTH RETREAT SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6.30am		Yoga	Yoga	Yoga		Yoga	Yoga
8.00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00am		Surf OR Train	Surf OR Train		Surf OR Train	Surf OR Train	Farewell
11.00am				Rafting			
12.00pm	Check In						
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2.00pm	Intro's	Workshop		Workshop	Workshop	Workshop	
3.30pm	Yoga OR Train	SUP OR Beach	Waterfalls	Surf OR Train			
5.00pm	Workshop				Beach Yoga	Finns Beach	
6.30pm	Sunset	Sunset	Workshop	Sunset			
7.30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8.30pm		Meditation		Night out	Meditation	Night out	
	Free time						
	Optional Offsite Activity						