



# A SAMPLE OF OUR DAILY SCHEDULE

BALI WOMENS NOURISH + RENEW 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		Fitness	Fitness		Fitness	Fitness	Farewell
11.00am				SUP OR Beach			
12.00pm	Check In						
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2.00pm	Intro's	Workshop		Workshop	Workshop	Workshop	
3.30pm	Yoga	Shopping	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		Movie Night	Meditation	Sound Healing	
	Free time						
	Optional Offsite Activity						