



YOGA, CULTURE & BALINESE NEW YEAR  
with Laura Burkhart  
In collaboration with Bali Institute for Global Renewal

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*Welcome to Bali!*

**Thursday, March 23rd**

2:00pm *Check in*  
4:30-6:00pm *Yoga class*  
6:00pm *Welcome Dinner*

**Friday, March 24th**

7:00-8:00am *Light breakfast, tea/coffee*  
8:00-10:00am *Yoga*  
10:00-11:00am *Brunch and Orientation*  
11:00am-4:30pm *Free Time*  
4:30-6:00pm *Yoga*

**Saturday, March 25th**

7:00am-12:00pm *Early morning tour  
(morning market, rice-paddy walk,  
Tirta Empul temple) Bring bathingsuit  
and sarong.*  
12:00-4:30pm *Free time*  
4:30-6:00pm *Yoga*  
6:00pm *Free time/dinner on your own*

**Sunday, March 26th**

7:00-8:30am *Breakfast*  
9:00am-12:00pm *Melasti Ceremony  
at the beach (wear white top and bring  
sarong, hat and water bottle)*  
12:00pm-4pm *Free time/lunch on your  
own. Enjoy the afternoon off to explore,  
shop, relax by the pool or get a massage*  
4:30-6:00pm *Yoga*

**Monday, March 27th**

7:00-8:00am *Light breakfast, tea/coffee*  
8:00-10:00am *Yoga*  
11:00am-6:30pm *Free time/lunch &  
dinner on your own*  
6:30pm *Visit local village for Ogoh Ogoh  
festival with hotel staff*

**Tuesday, March 28th**

ISLAND IS SILENT IN HONOR OF NYEPI.  
ALL DAY AT HOTEL  
12:00am *Nyepi/Silent day begins*  
8:30-10:00am *Yoga*  
10:00-11:00am *Brunch*  
4:30-6:00pm *Yoga*  
Lunch/Dinner at hotel

**Wednesday, March 29th**

7:00-8:00am *Light breakfast, tea/coffee*  
8:00-10:00am *Yoga*  
10:00-11:00am *Brunch*  
11:00am-6:30pm *Free time/lunch on  
your own*  
6:30pm *Fire Ceremony & Final dinner*

**Thursday, March 30th**

7:00-8:00am *Light breakfast, tea/coffee*  
8:00-10:00am *Yoga & Closing Ceremony*  
10:00-11:00am *Brunch*  
12:00pm *Check out, transfers to airport*