



YOGA, CULTURE & BALINESE NEW YEAR
with Debra McKnight Higgins & Jean Marie Hays
In collaboration with Bali Institute for Global Renewal

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 bathing suit
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*