



YOGA & CULTURE IN BALI with Jeanne Heileman
In collaboration with Bali Institute for Global Renewal

Saturday, April 22nd

2:00pm *Check in*
4:00-6:00pm *Yoga*
6:30pm *Welcome Dinner*
& *Shala Orientation*

Sunday, April 23rd

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:30am *Yoga*
10:30am-12:00pm *Brunch and Bali*
Institute Orientation
12:00-4:00 pm *Free time to relax, get*
a massage, go into Ubud...
1pm *lunch*
4:00-6:30pm *Yoga*
6:30pm *Dinner*

Monday, April 24th

6:30am *Light breakfast, tea/coffee*
7:00-11:00am *Early morning market*
Tirta Siring Temple for water blessing.
Bring Sarong, sash and Bathing suit.
12:00pm *lunch, then free time*
4:00-6:30pm *Yoga*
6:30pm *Dinner*

Tuesday, April 25th

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:30am *Yoga*
10:30 *Brunch and then Free Time*
1pm *lunch*
4:00-6:30pm *Yoga*
6:30pm *Dinner*

Wednesday, April 26th

7:00-8:00am *Breakfast, tea/coffee*
8:00-10:30am *Yoga*
10:30 *Brunch and then free time*
1pm *lunch*
4:00-6:30pm *Yoga*
6:30pm *Dinner*

Thursday, April 27th

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:30am *Yoga*
10:30am *Brunch and then free time*
1-5pm *Swimming, Relaxing and Yoga at*
the Royal Pitta Maha
8:30 pm *Dinner*

Friday, April 28th

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:30am *Yoga*
10:30 *Brunch and then Free time*
1:30pm *lunch*
6:00pm *Fire Ceremony*
8:00pm *Dinner*

Saturday, April 29th

7-8:00am *Light breakfast, tea/coffee*
8:30-10:30am *Yoga*
10:30-11:30am *Brunch*
12:00pm *Check out, transfers to airport*

*****Exact timing and schedule
subject to change**