



YOGA & SURF IN BALI
with Sarah Pascual & Dave Larot

Sunday, April 23rd

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

Monday, April 24th

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

Tuesday, April 25th

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:00am *Yoga*
10:00am *Brunch*
11am *Optional: Surf Lesson*
1pm *lunch*
4:00-6:00pm *Yoga*
7pm *Dinner*

Wednesday, April 26th

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

Thursday, April 27th

7:00-8:00am *Light breakfast, tea/coffee*
8:00-10:00am *Yoga*
10:00am *Brunch*
11am *Optional: Visit to Uluwatu temple*
1pm *lunch*
4:00-6:00pm *Yoga*
7pm *Dinner*

Friday, April 28th

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

Saturday, April 29th

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

Sunday, April 30th

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**