	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Disconnect to Reconnect Program						
8:00 AM - 9:00 AM	Breathwork	Watsu	Yin Yoga	Asana Yoga	Aquatic Therapy	Vinyasa Yoga	Vibrational Sound Therapy
	Yoga Pavilion	Vitality Pool	Yoga Pavilion	Yoga Pavilion	Vitality Pool	Yoga Pavilion	Yoga Pavilion
10:30 AM - 11:30 AM	Water Purification	Chakra Balancing	Mandala Art	Chakra Balancing	Quantum Healing	Mandala Art	Chakra Balancing
	Kubu	Yoga Pavilion	Kubu	Yoga Pavilion	Yoga Pavilion	Kubu	Yoga Pavilion
1:30 PM - 2:30 PM	Sustainability Culinary Dessert Delight	Sustainability Cooking Nasi Goreng	Balinese Medicinal Plants Workshops	Sustainability Culinary Dessert Delight	Balinese Herbal Drink Workshop	Balinese Medicinal Plants Workshops	Balinese Sambal Making
	Kubu	Kubu	Kubu	Kubu	Kubu	Kubu	Kubu
4:00 PM - 5:00 PM	Hatta Yoga	Pilates	Gong Bath Therapy	Sleep Therapy (For the mind)	Healing Yoga	Sleep Therapy (For the body)	Vipassana
	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion