

**Yoga, Fitness, Dine and Adventure to Bali!**  
**You Hosts: Athena Engelman and Jennifer Swarbrick**  
**Your Personal Chef: Sarah Tilhou**  
**June 1-9, 2019 (9 days/8 nights)**

**5 nights Ubud/ Included Activities**

- ~ Yoga, Fitness Classes
- ~ Local Cultural Dinner and Dancers with Agung's Family
- ~ Biking and Waterfalls Tour
- ~ Tirta Empul (Water Temple Purification)
- ~ Balinese Massage
- ~ Airport Transfers

**(Optional Activities)**

- ~ The Elephant Sanctuary \*Top 10 Tour\*
- ~ Sunrise Hike and Viewing of Mt Agung
- ~ Shopping in the Marketplace and Boutiques in Ubud
- ~ Day Trip to Uluwatu Secret Beach/ Surfing

**3 nights Seminyak/ Activities**

- ~ Beach Workouts
- ~ Live Music
- ~ Balinese Cooking Class

**Day 1: (Ubud) June 1**

- 3:00pm Arrive/ Unpack/Settle In
- 4:30pm Retreat/ Mala Gifting :) Opening circle
- 5-6:30pm Yin/ Restorative Class
- 7:00pm Dinner

**Day 2: (Ubud) June 2**

- 7:00am Fresh cut fruits, coffee, tea
- 7:30-8:30am Pilates, Fitness Blend
- 9-10:00am Fresh Breakfast
- 10- 4:00PM Free time to explore Ubud/ Take a Tour/ Relax by the pool/ Get a massage
- 5:00-6:00pm Chill Yoga
- 7:00pm Dinner

**Day 3: (Ubud) June 3**

- 7:00am Fresh cut fruits, coffee, tea
- 7:30-8:30am Pilates, Fitness Blend
- 9-10:00am Fresh Breakfast
- 10- 4:00PM Bike and Waterfalls Tour
- 5:00-6:00pm Chill Yoga
- 7:00pm Dinner

**Day 4: (Ubud) June 4**

700am Fresh cut fruits, coffee, tea  
7:30-8:30am Inspired Yoga/Fitness Blend  
9-10:00am Breakfast  
11-4:30pm Tour to the Tirta Emple (Water Temple)  
5-6:30pm Radiate Higher Yoga  
7:00- 8:30pm Dinner

**Day 5: (Ubud) June 5**

700am Fresh cut fruits, coffee, tea (Self service)  
7:30-8:30am Fitness Blend  
9-10:00am Breakfast  
10- 3:30pm Free time to explore Ubud/ Take a Tour/ Relax by the pool/ Get a massage.  
4-5:30pm Unwinding Deep Stretch  
6-9pm Cultural Dinner/ Dance Excursion

**Day 6: (Ubud/Seminyak) June 6**

700am Fresh cut fruits, coffee, tea (Self service)  
8- 9:00 AM Yoga Flow Expanding  
9:30am Breakfast  
**11:00 Transport to Beach (1.5 hours)**  
12:30pm Settle into Rooms/ Beach Walk  
5:30-6:30 Happy Hips Yoga  
7pm Dinner

**Day 7: (Seminyak) June 7**

700am Fresh cut fruits, coffee, tea (Self service)  
7:30- 8:30am Flow Your Own Way Yoga/Pilates Blend  
9:00am Breakfast  
10:00-4:00 Free time to walk the beach, take a surf lesson, explore Seminyak  
7:30pm Dinner

**Day 8: (Seminyak) June 8**

700am Fresh cut fruits, coffee, tea (Self service)  
7:30-9:00 AM Beach Workout!  
9:00 AM Breakfast  
10:00am Free Time to walk the beach, take a surf lesson, get a massage, explore Seminyak  
4:30pm: Yin Yoga  
7pm: Balinese Cooking Classes with Chef Sarah

**Day 9: (Seminyak) June 9**

700am Fresh cut fruits, coffee, tea (Self service)  
7:30-9:00 AM Last Beach Workout  
9:00 AM Breakfast  
10AM Closing and Sharing Circle :)  
11AM Transport to Denpasar Airport

Thank you for sharing! XOXOXO~ Athena, Jen and Sarah