



UDARABALI
YOGA DETOX SPA

Monthly Udara Yoga Retreat - Sample Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:45 AM		Morning Meditation	Morning Meditation			Morning Meditation			
7:15 AM		Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	Get your Coconut	
7:30 AM		Aerial Yoga Class	Pilates Class		Aerial Yoga Class	Aerial Yoga Class		Yoga & Meditation Class	
9:00 AM		Breakfast	Breakfast	Breakfast (8.00 AM)	Breakfast	Breakfast	Breakfast (8.00 AM)	Breakfast	
10:00 AM					Excursion Day to sacred Temple and waterfall				
10:30 AM		Yoga Class		Yoga Class		Yoga Class	Yoga Class	Final Round	
11:00 AM			Yoga & Meditation						
12:00 PM			Workshop						Check-Out
1:00 PM		Lunch	Lunch	Lunch			Lunch	Lunch	
2:00 PM	Check-In			Offering Basket Workshop and Blessing Ceremony		Lecture about Mindfulness and healthy lifestyle	Balinese Massage		
3:00 PM	Welcome	Water Aerobics	Water Aerobics			Water Aerobics			
4:00 PM	and Introduction		Balinese Massage	Water Yoga			Water Yoga		
5:00 PM		Excursion to							
5:30 PM	Aerial Yoga Class	Tanah Lot Temple	Aerial Yoga Class	Aerial Yoga Class		Yin Yoga Class	Aerial Yoga Class		
7:00 PM	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell Dinner with Traditional Balinese Dance		
7:30 PM	Yin Yoga Class	Yin Yoga Class	Yin Yoga Class	Sound Healing Event in the Sauna	Yin Yoga Class		Yin Yoga Class		

Note: This is a sample schedule and the times may be different during your retreat program