

Awaken Retreat

Bali Itinerary

Day 1: Sunday the 4th of June



2:30 PM Check in
Hotel Tjampuhan Spa

4:00 PM Cold drink by the pool for
Introductions

6:00 PM Group dinner

8:00 PM Grounding & intention
setting

Day 2: Monday the 5th of June



7:30 AM Yoga practice-
Ganesh Meditation

10:00 AM Tirta Empul Temple –Water
cleansing. Koi pond

2:00PM Massages at the Tjampuhan
Spa

5:00 PM Women's Circle, connection to
Goddess & connection to guides

7:00 PM Group dinner

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Day 3: Tuesday the 6th of June

- 7:00 AM Ridge Walk & visit to Pura Gunung Lebah. Take away breakfast.
- 10:00 AM Worshipping your Inner Goddess
- 2:00 PM Ubud Markets
- 7:00 PM Goddess Dinner - dress as your Goddess self!



Day 4 : Wednesday the 7th of June

- 8:30 AM - 13:00PM Traditional Balinese market tour and cooking class
- 4:00 PM Cacao Ceremony, yin yoga & shamanic Journey
- 7:00 PM Goddess Dinner



Day 5: Thursday the 8th of June

7:30 AM Yoga & womb wisdom meditation

10:00 AM Alas Harum Day Club. Pools, rice terrace, coffee museum and tasting and Bali swing

4:00 PM Sacred Space:
Reflection & sharing time

18:00 - 21:00 Dinner out at The Sayan House, Ubud



Day 6: Friday the 9th of June

7:30 AM Yoga & meditation

10:30 AM Skript/ Layana
Waterfalls & Goa Gajah visit

3:00 PM Vision my best life Workshop

7:00 PM Goddess dinner

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Day 7 : Saturday the 10th of June



7:00 AM Yoga & women's circle

10:00 AM Visit to the Monkey Sanctuary

13:00-15:00 Ayurvedic Treatments

18:00 - 21:00 Yoga Barn
Community Dance

Day 8 : Sunday the 11th of June



08:00AM Closing Ceremony

11:00 AM Check out