

Yoga Retreat

July 26, 2024 - July 28, 2024 | Bintan Island, Indonesia | Lead by Rhoo

DAY 1: ARRIVAL AND ACQUAINTANCE

MORNING	8:30am Meet at Tanah Merah Ferry Terminal 11:00am Arrive Bintan Island
AFTERNOON	12:30pm Lunch 4:30pm - 6:00pm Afternoon Yoga
EVENING	6:30pm Sea Food Dinner with Boat Ride 9:30pm Rest

DAY 2: YOGA AND RELAXATION

MORNING	7:30am - 9:30am Morning Yoga 9:15am Breakfast 11:00am - 1:00pm Yoga Workshop
AFTERNOON	1:30pm Lunch 2:30pm Free & Easy Time (Water sports, Cycling etc) 5:00pm - 6:30pm Evening Yoga
EVENING	7:00pm BBQ under the Stars 9:30pm Rest

DAY 3: EXPLORE AND FAREWELL

MORNING	7:30am - 8:30am Morning Yoga 9:00am - 10:00am Breakfast 11:00am Check Out
AFTERNOON	12:00pm Half-day tour to Sand Dune/Blue Lake, Lagoi Bay Lake, Lagoi Bay Beach & Lagoi Bay Plaza 1:30pm Lunch (Ayam Penyet) at Waroeng Yeah
EVENING	6:00pm Depart to Ferry Terminal for 6:35 PM Ferry 8:00pm Estimated Arrival Time at Singapore

**Itinerary is subject to changes