

Bali Yoga Retreat Itinerary

Flight Details

Departure: 3rd July, Friday morning - Scoot flight at 7:45am, arriving Bali at approximately 10:00am (*Please check and include full flight number and details in materials*)

Return: 6th July, Monday - 5:45pm flight (participants to self-book)

Airport Transfers

- **Airport pick-up** arranged at 10:30am
- **Estimated arrival at Solana, Ubud:** 12:30pm

Check-in at resort: 2:00pm

Retreat Schedule

Day 1 – 3rd July

- **1:00pm:** Lunch at resort
- **2:00pm–5:00pm:** Rest & relax / check-in
- **5:00pm–7:00pm:** Yoga session (Lydia, Su)
- **7:15pm:** Dinner

Day 2 – 4th July

- **7:00am:** Fruits, juice & eggs
- **8:00am–10:30am:** Yoga
- **10:30am:** Brunch
- **11:30am–5:00pm:** Ubud outing (market, shopping, food, exploration)
- **5:20pm–7:00pm:** Yoga workshop by Susan
- **7:15pm:** Dinner

Day 3 – 5th July

- **7:00am:** Fruits, juice & eggs

- **8:00am–10:30am: Yoga**
- **10:30am: Brunch**
- **11:30am–5:00pm: Free flow outing based on group request**
- **5:20pm–7:00pm: Yoga workshop by Susan**
- **7:15pm: Dinner**

Day 4 🌊 – 6th July

- **7:00am: Morning session (as scheduled)**
 - **12:00pm: Check-out**
 - **Afternoon: Shopping / free time**
 - **4:00pm: Transfer to airport**
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