

**Balance Walk :**  
A meditative guided beach walk, accompanied by the sounds of the sea

**Lontar Carving :**  
Explore the ancient Balinese art of inscribing on palm leaves

**Nyuwun Yoga:**  
Combines basic asanas with attention to body alignment, ultimately helps improving posture and

**Creativity Walk :**  
A guided beach exploration to inspire artistic creations using natural sources

**Hatha Yoga:**  
A guided class on meditative physical postures and breathing

**Coconut Oil Making:**  
Learn the traditional way to make Balinese coconut oil

**Jamu Making:**  
Introduction to Balinese herbs and spices and create your own Herbal tonic

**Boreh Making:**  
Get to know fresh, traditional Balinese ingredients and make your own body scrub

**Face Scrub Making:**  
Get to know fresh, traditional Balinese ingredients and make your own face scrub

**Fitness Circuit :**  
A 60 minute class on overall physical health, guided by our fitness instructor

**Weaving Class :**  
Learn the traditional Balinese craft of palm leaf weaving

**Balinese Dance:**  
Learn the basic steps of a graceful Balinese dance with our local Balinese dance teacher

**Yoga Swing :**  
A guided class to improve flexibility and strengthen yoga postures using the yoga swing  
Not advised for beginners

**Candle Making :**  
Discover tips on creating your own flower candles

**Starlight Gazing :**  
Lay weightless on a floating platform accompanied by meditative music under a sea of stars

**Cooking Class :**  
Cook traditional balinese cuisine, guided by our chef.  
Reservation required one day in advance - Limited availability

**Pencak Silat :**  
Introduction to this ancient Balinese martial art which promotes physical well-being

**Canang making:**  
Learn about these sacred offerings to the gods and make your own

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 08.00-09.00 Yoga Swing 11.00-12.00 Face Scrub Making 14.30-15.30 Lontar Drawing 17.00-18.00 Balance Walk 21.00-22.30 Starlight Gazing	2 08.00-08.45 Pencak Silat 11.00-12.00 Weaving Class 14.30-15.30 Lontar Drawing 15:00 Cooking Class 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing
3 08.00-08.45 Nyuwun Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 16.00-17.00 Creativity Walk 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	4 08.00-09.00 Fitness Circuit 11.00-12.00 Boreh Making 14.30-15.30 Lontar Drawing 16.00-17.00 Pencak Silat 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	5 08.00-09.00 Yoga Swing 11.00-12.00 Candle making 14.30-15.30 Lontar Drawing 16.00-17.00 Balinese Dancing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	6 08.00-08.45 Nyuwun Yoga 11.00-12.00 Coconut Oil Making 15.00 Cooking Class 16.00-17.00 Fitness Circuit 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	7 07.00-08.00 Hatha Yoga 08.00-08.45 Pencak Silat 11.00-12.00 Canang Making 14.30-15.30 Lontar Drawing 16.00-17.00 Creativity Walk 21.00-22.30 Starlight Gazing	8 08.00-09.00 Yoga Swing 11.00-12.00 Face Scrub Making 14.30-15.30 Lontar Drawing 17.00-18.00 Balance Walk 21.00-22.30 Starlight Gazing	9 08.00-08.45 Pencak Silat 11.00-12.00 Weaving Class 14.30-15.30 Lontar Drawing 15:00 Cooking Class 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing
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