

The Wellness Emporium Wellness Retreat – Bali Schedule

DAY 1 – Check In Day	
From 3 pm	Check-in. Your pre-arranged driver will pick you up from Denpasar airport / hotel (areas include Canggu, Seminyak, Uluwatu, Kuta, Jimbaran Bay, Ubud). <i>*please note extra charges may occur for pick-ups outside of the main areas please feel free to send us an email if you would like a quote.</i>
5:30pm	Group Circle <ul style="list-style-type: none"> - Meet & Greet Your Retreat Leader & Fellow Travellers - Run Through Program Schedule
7:00pm	Group Dinner – <i>Group Dinners all have a conversational theme to get the party (conversation) started and to help learn & grow from each other.</i>

DAY 2	
7am – 8:15am	Yoga & Meditation
8:15-10am	Breakfast
10am - Midday	Wellness Workshop with Chae Calder. Sessions run from 1-2 hours.
<p>FREE TIME Options during your free time:</p> <ul style="list-style-type: none"> • Enjoy a 60min Balinese Massage in the comfort of your villa - on us! • Visit the beaches of the local area including Echo Beach, Canggu or Seminyak • Take surf lessons at the famous surf beach, Echo Beach • Enjoy a sunset drink at one of the beach restaurants • Visit the local markets of Ubud • Visit the lush greenery of Ubud's Sacred Monkey Forest • Go Shopping in Seminyak • Eat out at one of our favourite healthy food cafes in Canggu • Enjoy a pamper day at a spa (in-house or local) • Hang out by the Villa pool • Read a book • Listen to an audible • Meditate • Write in your journal • Visit Uluwatu magnificent temples & beaches • Visit the temple at Tanah Lot • And so much more.... <p style="text-align: center;"><i>You will be able to organize many of these activities with our (two) private drivers during your stay.</i></p>	
7:00pm	Group Dinner at The Villa

DAY 3	
7am – 8:15am	Yoga & Meditation
8:15-10am	Breakfast
10am - Midday	Wellness Workshop with Chae Calder Sessions run from 1-2 hours.
<p>FREE TIME</p> <p>Options during your free time:</p> <ul style="list-style-type: none"> • Enjoy a 60min Balinese Massage in the comfort of your villa - on us! • Visit the beaches of the local area including Echo Beach, Canggu or Seminyak • Take surf lessons at the famous surf beach, Echo Beach • Enjoy a sunset drink at one of the beach restaurants • Visit the local markets of Ubud • Visit the lush greenery of Ubud's Sacred Monkey Forest • Go Shopping in Seminyak • Eat out at one of our favourite healthy food cafes in Canggu • Enjoy a pamper day at a spa (in-house or local) • Hang out by the Villa pool • Read a book • Listen to an audible • Meditate • Write in your journal • Visit Uluwatu magnificent temples & beaches • Visit the temple at Tanah Lot • And so much more.... <p style="text-align: center;"><i>You will be able to organize many of these activities with our (two) private drivers during your stay.</i></p>	
7:00pm	Group Dinner at The Villa

DAY 4	
7am – 8:15am	Yoga & Meditation
8:15-10am	Breakfast
10am - Midday	Wellness Workshop with Chae Calder Sessions run from 1-2 hours.
<p>FREE TIME Options during your free time:</p> <ul style="list-style-type: none"> • Enjoy a 60min Balinese Massage in the comfort of your villa - on us! • Visit the beaches of the local area including Echo Beach, Canggu or Seminyak • Take surf lessons at the famous surf beach, Echo Beach • Enjoy a sunset drink at one of the beach restaurants • Visit the local markets of Ubud • Visit the lush greenery of Ubud's Sacred Monkey Forest • Go Shopping in Seminyak • Eat out at one of our favourite healthy food cafes in Canggu • Enjoy a pamper day at a spa (in-house or local) • Hang out by the Villa pool • Read a book • Listen to an audible • Meditate • Write in your journal • Visit Uluwatu magnificent temples & beaches • Visit the temple at Tanah Lot • And so much more.... <p style="text-align: center;"><i>You will be able to organize many of these activities with our (two) private drivers during your stay.</i></p>	
7:00pm	Group Dinner at a local restaurant (cost not included)

DAY 5	
7am – 8:15am	Yoga & Meditation
8:15-10am	Breakfast
By 11am	Check out Our Drivers will drop you off to the airport / hotel (areas include Canggu, Seminyak, Uluwatu, Kuta, Jimbaran Bay, Ubud)

**Please note schedule may be subject to change.*