

*2016 Bali Yoga Retreat*  
*"Living life as a celebration"*

Facilitated by James Knight and Jai Laiden

Week Schedule\*: February 21 – March 2, 2016

**Sunday, Feb. 21**

Snacks and beverages provided all day for arriving guests

6:30 pm Meet at dining hall: Welcome introduction and orientation by Laiden

7:00 pm Dinner

**Monday, Feb. 22** - 1st Chakra. Theme: Grounding

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 10:30 am Week overview by James and Laiden

10:30 – noon Gentle Somatic Yoga®

1pm Lunch at Dragonfly Village

1:00 – 5:00 pm Relax and unwind at the Retreat. Spa treatments available at Cantika (RSVP)

5:00 – 6:30 pm Bio Energetic Exercises - James. Mantra and Meditation - Laiden

7:00 pm Dinner

**Tuesday, Feb. 23** – 1st Chakra. Theme: Purify

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

11:30 – 4:30 pm Visit and participate in two Balinese temple experiences. At the first temple, Pura Pasar Jaganat, we will be dressed in Balinese temple attire and learn how to make offerings/praying. The second temple, Tirta Empul, is a water temple.

5:00 – 6:30 pm Sacred Movement - Laiden

7:00 pm Dinner

9:00 – Midnight? Optional: Full moon ceremony at a beautiful water temple by the ocean. RSVP (Cost: \$10 -15)

**Wednesday, Feb. 24** – 2nd Chakra. Theme: Relationships and Creativity

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

11:30 – 4:30 pm FREE day

Options include: Cooking class, Thai Massage, Tantra Yoga, resting at the Retreat, Monkey Forrest, exploring Ubud, and more...

12pm Lunch served at Dragonfly Village RSVP

4.30 – 5:30 pm Partner Thai Yoga - Laiden

5:45 pm Dinner



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7:30 – 9pm Kecek (Monkey Chant and Trance Dance)

**Thursday, Feb. 25** – 3rd Chakra. Theme: I AM!, discipline, perseverance, focus, and power

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

11:30 – 4:30 pm FREE day

Options are: Balinese spa treatments, downhill cycling eco tour that highlights the local scenery and villages, and more...

11.30 lunch pm Lunch served at Dragonfly Village RSVP

5:00 – 6:30 pm Special Breath Empowerment Workshop... “The Power to Expand”

6:30 – 8 pm Herbal Steam and Bonfire at Dragonfly Village

8:00 pm Dinner

**Friday, Feb. 26** – 4th Chakra. Theme: Love. Giving and Receiving.

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

11:30 – 1pm Lunch at Dragonfly Village

1:30 – 3:30 pm Karma Yoga project

4:30 – 5.30 pm Group healing ceremony

5:45 – 6:45 pm Crystal Bowl meditation

7:30 – 10:30 pm Dinner and party with Balinese Gamelon and dancers

**Saturday, Feb. 27** – 5th Chakra. Theme: Finding our voice. Communication. Verbal and non-verbal.

6:30 am Coffee and tea available

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

12:00 – 6PM Travel to Villa Boreh (our seaside Resort). On the way we will stop and enjoy Batur Hot Springs

6:30 pm Dinner

8:00 pm Sound Healing with mantra and meditation – Laiden

**Sunday, Feb. 28** – 6th Chakra. Theme: Vision, intuition, connecting with our angels and guides, and channeling our truth

6:30 am Coffee and tea available.

8:00 am Breakfast

9:30 – 11:00 am Gentle Somatic Yoga®

11:30 – 4:00 pm FREE day

Options: Beach activities: snorkeling, swimming, beachcombing, sunbathing by the pool, exploring the Retreat grounds, cooking class, Thai Massage, spa treatments, Tantra yoga, and more...

1 pm Lunch at Villa Boreh RSVP

4:30 – 6:00 pm Light Sacred Movement - Laiden. Guided meditation - James



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6:30 pm Dinner

**Monday, Feb. 29** – 6th Chakra. Theme: Envisioning

6:30 am Coffee and tea available.

8:00 am Breakfast

9:30 – 11:00 Gentle Somatic Yoga®

11:30 – 4:00 pm Optional: Day adventure: A hike to sacred pools and waterfalls

1pm Lunch at Villa Boreh RSVP

4:30 – 6:00 pm Group process with Laiden and James

6:30 pm Dinner

8:30 Fire Ceremony

**Tuesday, March 1** – 7th Chakra. Theme: Owning/Integrating our Whole Self. Source living in form: Divine Embodiment.

6:30 am Coffee and tea available.

8:00 am Breakfast

9:30 – 11:00 Gentle Somatic Yoga®

11:30 – 3:30 pm FREE day

1pm Lunch served at Villa Boreh RSVP

4:00 – 6:00 pm Closing Circle

6:30 pm Dinner and party at Villa Boreh

**Wednesday, March 2**

6:30 am Coffee and tea available

8:00 am Breakfast

9:00 – 10 am Gentle Somatic Yoga® Class

Check out of hotel

*\*Schedule could change depending on the group needs and weather.*



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