

Bali Retreat: General Outline

Welcome to Our Bali Retreat Arrive prepared and inspired! Some timings may shift slightly as we move with the rhythm of the island and the tides, but this gives you a strong sense of the flow.

DAY 1 — The Opening

Welcome to Nata Homestay

Check-in: 12:00–2:00 PM

Please aim to be fully settled by 2:00 PM.

3:30–6:30 PM — Opening Circle

Location: Island Yoga Lembongan Shala

Dress code: All shades of ocean blue (comfortable for movement) - Introductions - Intention setting - Cacao ceremony - Gentle yoga (baby backbends — suitable for all levels) - Breathwork - Mini meditation

7:00 PM — Light Dinner

9:30 PM — Journaling & Lights Out

DAY 2 — Poolside Practice & Theory

6:30–9:30 AM — Morning Session - Yoga: breath-led movement, bandhas, drishti - Breathwork - Ice bath - Yoga Nidra

10:00 AM — Brunch & Beach

1:00–6:00 PM — Poolside Theory Training *Location: Blue Corner*

7:00 PM — Light Dinner

9:30 PM — Journaling & Lights Out

DAY 3 — Into the Ocean

6:00–7:45 AM — Yoga & Breathwork **8:00 AM — Light Breakfast** **9:00 AM–1:00 PM — Ocean Training**
1:00 PM — Lunch Afternoon — Free Time

6:00 PM — Early Light Dinner **7:30–8:45 PM — Restore & Breathe** - Restorative yoga - Breathwork

9:30 PM — Journaling & Lights Out

DAY 4 — Deepening the Practice

6:00–7:45 AM — Yoga & Breathwork **8:00 AM — Light Breakfast** **9:00 AM–1:00 PM — Ocean Training**
1:00 PM — Lunch Afternoon — Free Time

5:45-6:45 PM — Yoga & Breathwork 7:00 PM — Light Dinner 9:30 PM — Journaling & Lights Out



DAY 5 — Keep Swimming & Full Moon Magic

6:00-7:45 AM — Yoga & Breathwork 8:00 AM — Light Breakfast 9:00 AM-1:00 PM — Ocean Training

Afternoon (Optional): Island Scoot Adventure + Early Dinner Out

7:15-9:15 PM — Full Moon Celebration *Dress code: Pure white (think lotus vibes)* - Cacao ceremony - Gentle yoga - Breathwork - Chanting

9:30 PM — Journaling & Lights Out



DAY 6 — Manta Day & Certification

6:00-7:45 AM — Yoga & Breathwork 8:00 AM — Light Breakfast

TBA — Manta Ocean Excursion Get ready to explore beneath the surface!

Freediving Certification Ceremony

TBA — Post-trip Restore & Breathe - Restorative yoga - Breathwork

7:30-8:45 PM — Light Dinner 9:30 PM — Journaling & Lights Out



DAY 7 — Closing the Circle

6:00-7:45 AM — Closing Circle *Dress code: Comfortable ocean shades* - Cacao - Yoga - Breathwork

8:00 AM — Goodbye Breakfast 10:00 AM — Check-out



Travel Notes: Getting to Nusa Lembongan

- Boats depart from Sanur Harbour (30-45 mins from Denpasar)
- Duration: ~30-45 mins
- Check-in: 30-45 mins before departure

Recommended morning boats (Nov 1st): - Glory Fast Cruise - 08:30 AM → 09:00 AM - Arthama Express - 09:15 AM → 09:45 AM - D'Camel Fast Ferry - 09:30 AM → 10:00 AM - Scoot Fast Cruise - 09:30 AM → 10:00 AM - Rocky Fast Cruise - 10:00 AM → 10:30 AM

Arriving on any of these ensures you're settled at the homestay by the 2:00 PM check-in cut-off.

Weather & What to Pack

- Warm days (~30°C), occasional tropical showers
- Sea temps: 26–28°C (wetsuits provided by Fluid Focus / Blue Corner Freediving)

Bring: - Reef-safe sunscreen - Personal gear (fins, masks, rash guards — optional) - Light, breathable clothing for yoga & ocean - Shades of the ocean coloured clothing for opening & closing - White clothing for Full Moon evening - Journal & pen

If you don't have gear, no worries — everything essential will be provided!

With love,
Your Retreat Team
Nikki & Lea 