

Nusa Penida & Bali Indonesia 2023

Yoga/Adventure Retreat

September 16

Arrival

September 17

- Yoga
- Private boat all day
- Snorkeling with manta rays & turtles
- Drop off at Nusa Penida Island

September 18

- Yoga
- Diamond Beach
- Broken Beach
- Crystal Beach

September 19

- Yoga
- Kelingking Beach
- Tembeling Beach
- Tembeling Forest
- Ferry to Bali

September 20

- Yoga
- Monkey Forrest
- Batuan Temple
- Tegenungan Waterfall

September 21

- Yoga
- Pyramids of Chi
- Sound Healing
- Rice Fields
- Tebasari
- Coffee & tea

September 22

- Yoga
- Mountain biking
- Taman Sari Waterfall
- Mount Batur Hot Springs

September 23

- Yoga
- Day Off Options:
 - * Kuta Day Trip
 - * Spa Day
 - * Rafting Adventure
 - * Relax & Restore

September 24

- Yoga
- Tirta Empul
- GOA Elephant Temple
- Local Artisan Visit

September 25

- Yoga
- GWK Temple
- Uluwatu Temple
- Kecak Dance
- Betari Dinner
- Closing Ceremony

September 26

Departure

Notes

- No blow dryer
- No hair straightener
- Sun Block
- Hiking Shoes
- Flip Flops
- An open mind