



## A Path to the Light Within... a New's Years Retreat for Joy & Wellbeing With Rebecca Pflaum and Gurudass Kaur at Ananda Cottages - Ubud, Bali

Please note that a trip into town requires 15-20 min for transportation. Please include that in your planning. You are responsible to pay for any optional tours and transport. Thank you

### Day 1 – Monday December 28th

- Early arrivals, hotel check in
- 4:00 pm Meet by the pool of Ananda Cottages (wear yoga clothing)
- 5:00 Opening Practice & Prayer Ceremony
- 7:00 pm Group Dinner (included)

### Day 2 - Tuesday December 29th

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice
- 11:00 – 12:30 Group Lunch (included)
- 12:30-4:00 (Open afternoon with Spa Visit)
- 4:00-6:00 Afternoon Kundalini Practice & Balinese Offerings Workshop
- 6:45 Transport to town for optional Dinner and Balinese Dance Performance
  - (please register in advance)

### Day 3 – Wednesday December 30th

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice
- 11:00-5:00 (Open afternoon)
- 5:00-7:00 Afternoon Kundalini Practice
- 7:15 Optional Dinner at Indus Restaurant
  - (please register in advance)

### Day 4 – Thursday December 31st

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice
- 11:00 – 12:30 Group Lunch (included)
- 12:30-3:00 (Open afternoon with Spa Visit)
- 3:00-5:00 Afternoon Kundalini Practice
- 6:00 Transport to town for optional Dinner and news years events
  - (please register in advance)

### Day 5 – Friday January 1<sup>st</sup>, 2010

- 7:00 am onwards light breakfast snack served



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- NO MORNING PRACTICE
- 8:00 – 1:00 pm Optional Temple and Holy Water Tour
  - (please register in advance)
- 5:00-7:00 Afternoon Kundalini Practice
- 7:15 Transport to town for Optional Dinner
  - (please register in advance)

### Day 6 – Saturday January 2<sup>nd</sup>

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice
- 11:00 – 12:30 Group Lunch (included)
- 12:30-3:00 (Open afternoon with Spa Visit)
- 3:00-5:00 Afternoon Kundalini Practice
- 6:00 Transport to town for optional Dinner and news years events
  - (please register in advance)

### Day 7 – Saturday January 3<sup>rd</sup>

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice
- 12:30 Afternoon Tour & evening Dinner (included)
  - Afternoon yoga on site

### Day 7 – Monday January 4<sup>th</sup>

- 7:00 am onwards light breakfast snack served
- 8:00-11.00am Active Kundalini Yoga Practice & Closing Ceremony
- 12:00 Check out or over stay

**Itinerary is subject to change without notice.**

**Thank you!**

**The Balispirit Team**