

# SOULPRINT *Itinerary*

	TIME	ACTIVITY
DAY 01	14:00-16:00	Welcome Afternoon Tea and Opening Ceremony
	18:00-20:00	Sound Healing at Pyramids of Chi, New Moon and Shamanic Fire Ceremony
	20:00-21:00	Dinner at Pyramids of Chi, Three Course Vegan Dining - <a href="#">Click Here to find out more.</a>
DAY 02	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Water Purification Sebatu with Balinese Priest
	13:30-14:30	Lunch
	14:30-17:00	Visit Gunung Kawi
	17:30-19:00	Sunset Yoga
	19:30 onwards	Dinner
DAY 03	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Traditional Balinese Batik Workshop
	13:30-14:30	Lunch at Sayuri Healing Food Cafe- <a href="#">Click Here to find out more.</a>
	14:30-17:00	Traditional Balinese Batik Workshop
	17:30-19:00	Anti-Gravity Aerial Yoga
	19:30 onwards	Dinner
DAY 04	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Qi Gong Energy Work w/ WORLD RENOWNED Master Per van Spall - <a href="#">Click Here to find out more.</a>
	13:30-14:30	Lunch at Organic Farm
	14:30-17:00	Balinese Cooking Class, Ricefields Walk and Visit Artisans in Village at Organic Farm
	17:30-19:00	Sunset Yoga
	19:30 onwards	Dinner

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	TIME	ACTIVITY
DAY 05	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Trekking Muntigunung
	13:30-14:30	Lunch
	14:30-17:00	Trekking Muntigunung
	17:30-19:00	Sunset Yoga
	19:30 onwards	Dinner
DAY 06	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Balinese Massage + Acupuncture + Morphopsychology
	13:30-14:30	Lunch
	14:30-17:00	Jamu Workshop and Canang Sari (Balinese Offerings)
	17:30-19:00	Sunset Yoga
	19:30 onwards	Dinner
DAY 07	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Beach Day, Stand up Paddle Boarding, Surfing
	13:30-14:30	Lunch
	14:30-17:00	Free Time in Ubud
	17:30-19:00	Sunset Yoga
	19:30 onwards	Closing Dinner
DAY 08	07:30-08:30	Pilates
	08:30-09:30	Breakfast
	10:00-13:00	Closing Ceremony
	13:30-14:30	Lunch
	14:30-17:00	Airport Transfer