

# FLOW

— LUXURY RETREATS —

## Restorative Retreat Itinerary

### Day 1 – Arrival Day

Guest arrival (Check in is available from 2pm)

Healthy snacks will be available throughout the afternoon

Relaxation time

5.00pm - Yin yoga session

7.00pm - Welcome dinner

### Day 2

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.30pm - Lunch

Relaxation time/ activity/ spa treatment

5.00pm - Yin yoga

7.00pm - Dinner

### Day 3

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.30pm - Lunch

Relaxation time/ activity/ spa treatment

5.00pm - Yin yoga

7.00pm - Dinner

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## **Day 4**

7am - Breakfast

8.15am - Head to Lembongan Island

## **Day 5**

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.30pm - Lunch

Relaxation time/ activity/ spa treatment

5.00pm - Yin yoga

7.00pm - Dinner

## **Day 6 – Departure Day**

6.30am - Meditation

7am - Flow yoga

9.00am - Breakfast

Relaxation time/ activity/ spa treatment

12.00pm - Checkout