

DAILY ACTIVITIES

FOR PANCHAKARMA RETREAT GUESTS

3 - 6 DAYS

- Daily Yoga Session
- Purification Ceremony
- Trataka
- Guided Meditation
- Herbal Walk



Balinese
PURIFICATION



TRATAKA
(Yogic Visual Concentration)



Ayurvedic
COOKING CLASS



Healing Herbal
NATURE WALK

7 - 9 DAYS

- Daily Yoga Session
- Purification Ceremony
- Trataka
- Guided Meditation
- Herbal Walk
- Cooking Class
- Sound Healing
- 'Embrace Yourself' Romantic Dinner



Morning
YOGA



Batik
PAINTING



Sound
HEALING



HOLY SPRINGS
Tirta Empul Temple

10 - 13 DAYS

- Daily Yoga Session
- Purification Ceremony
- Trataka
- Guided Meditation
- Herbal Walk
- Cooking Class
- Sound Healing
- Batik Painting
- 'Embrace Yourself' Romantic Dinner



Crystal
HEALING



Silver Jewellery
WORKSHOP



Trip to Balinese
DANCE



Guided
MEDITATION



'Embrace Yourself'
ROMANTIC DINNER

14 - 28 DAYS

- Daily Yoga Session
- Purification Ceremony
- Trataka
- Guided Meditation
- Herbal Walk
- Cooking Class
- Sound Healing
- Batik Painting
- Silver Jewellery Workshop
- Crystal Healing
- Tirta Empul Temple
- Balinese Dance
- 'Embrace Yourself' Romantic Dinner