

Let's take a sneak peek at what's in store:

DAY 1
MONDAY | SEP 29TH

WELCOME DAY - We will be slowly starting our day, waiting for everyone to arrive. If you find yourself the first one to arrive at the villa, please enjoy some down time, refreshments and relax in the pool.

5PM-6PM - First Reformer Pilates class of the retreat at beautiful Legian studio - this will stretching and de-tensing from the travel and ease you to start of the retreat

7PM - Dinner will be served at the villa

DAY 2
TUESDAY | SEP 30TH

7AM - Morning Reformer Pilates at Legian studio

8.30AM - Breakfast at the villa

10AM - Surf class in Seminyak - your instructor will be picking you up from the villa at around 9.30am

1PM - Light lunch at the villa

3PM - Pilates Foundation Workshop at the Studio

4.30 - 7.30PM - Free time

7.30PM - Dinner will be served at the villa

DAY 3
WEDNESDAY | OCT 1ST

7AM - Reformer class at Sunset Pilates Studio in Legian

8.30AM - Breakfast at the villa

10AM - Head to Padang Padang beach in Uluwatu for swims and hangs. You will receive a packed lunch to take with you

5PM - Visit Uluwatu Temple

6PM - Kecak Dance

8PM - Dinner out

DAY 4
THURSDAY | OCT 2ND

7AM - Reformer class at the Legian Studio

10AM - Brunch will be served at the villa

2PM - 1hr of wellness at our favourite Infrared Sauna & Cold Plunge spot

4PM - Your wellness day continues at Kaiana Spa Where you will be able to pick your own treatments. can have a shower after your treatments to get changed for dinner

6.30PM - Enjoy dinner at the iconic Made's Warung to indulge in genuine Indonesian dishes!

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DAY 5
FRIDAY | OCT 3RD

7AM - Mat Pilates at the villa
8.30AM - Breakfast at the villa
10AM - Mindfulness & meditation workshop with Nikki Heyder
12.30PM - Learn how to cook traditional Indonesian dishes with our favorite chef
1.30PM - Feast on your own creations
3-5PM - Enjoy free time
5.30PM - Refomer Pilates at Sunset Pilates Bali studio in Legian
7.30PM - Dinner at the villa

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DAY 6
SATURDAY | OCT 4TH

7AM - Reformer class at Sunset Pilates Bali studio in Legian
8.30-9.30AM - Brekkie
9.30 - 11AM - Free time
11AM - 12PM - Painting class
1-2PM - Kebaya dress-up & lunch
2-7PM - Free time
7.00PM - Last dinner

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DAY 7
SUNDAY | OCT 5TH

7AM - Our last reformer class at the Legian studio
9.00AM - Final breakfast together

