

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

**DAY 1**  
MONDAY | SEP 29<sup>TH</sup>

**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

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**DAY 2**  
TUESDAY | SEP 30<sup>TH</sup>

**7AM** - Morning Reformer Pilates at Legian studio

**8.30AM** - Breakfast at the villa

**11AM** - Pilates Foundation Workshop at the Studio

**1PM** - Light lunch at the villa

**3PM** - Surf class in Seminyak

**4.30 - 7.30PM** - Free time

**7.30PM** - Dinner will be served at the villa

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**DAY 3**  
WEDNESDAY | OCT 1<sup>ST</sup>

**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

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**DAY 4**  
THURSDAY | OCT 2<sup>ND</sup>

**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!

● **DAY 5**  
FRIDAY | OCT 3<sup>RD</sup>

**7AM** - Reformer Pilates at Sunset Pilates Bali studio in Legian  
**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** - Mat Pilates at the villa  
**7.30PM** - Dinner at the villa

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● **DAY 6**  
SATURDAY | OCT 4<sup>TH</sup>

**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 5<sup>TH</sup>

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

