

**Lontar Carving :**  
Explore the ancient Balinese art of inscribing on palm leaves

**Hatha Yoga:**  
A guided class on meditative physical postures and breathing

**Jamu Making:**  
Introduction to Balinese herbs and spices and create your own Herbal tonic

**Fitness Circuit :**  
A 60 minute class on overall physical health, guided by our fitness instructor

**Yoga Swing :**  
A guided class to improve flexibility and strengthen yoga postures using the yoga swing  
Not advised for beginners

**Starlight Gazing :**  
Lay weightless on a floating platform accompanied by meditative music under a sea of stars

**Pencak Silat :**  
Introduction to this ancient Balinese martial art which promotes physical well-being

**Nyuwun Yoga:**  
Combines basic asanas with attention to body alignment, ultimately helps improving posture and powers

**Canang making:**  
Learn about these sacred offerings to the gods and make your own

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 08.00-08.45 Nyuwun Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	2 08.00-09.00 Fitness Circuit 11.00-12.00 Canang Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	3 08.00-09.00 Yoga Swing 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	4 08.00-08.45 Nyuwun Yoga 11.00-12.00 Canang Making 14.30-15.30 Hatha Yoga 17.30-18.30 Starlight Gazing	5 07.00-08.00 Hatha Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.00-18.00 Pencak Silat 21.00-22.30 Starlight Gazing	6 08.00-09.00 Yoga Swing 11.00-12.00 Canang Making 14.30-15.30 Lontar Drawing 17.00-18.00 Pencak Silat 21.00-22.30 Starlight Gazing	7 08.00-08.45 Nyuwun Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing
8 08.00-08.45 Nyuwun Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	9 08.00-09.00 Fitness Circuit 11.00-12.00 Canang Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	10 08.00-09.00 Yoga Swing 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing	11 08.00-08.45 Nyuwun Yoga 11.00-12.00 Canang Making 14.30-15.30 Hatha Yoga 17.30-18.30 Starlight Gazing	12 07.00-08.00 Hatha Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.00-18.00 Pencak Silat 21.00-22.30 Starlight Gazing	13 08.00-09.00 Yoga Swing 11.00-12.00 Canang Making 14.30-15.30 Lontar Drawing 17.00-18.00 Pencak Silat 21.00-22.30 Starlight Gazing	14 08.00-08.45 Nyuwun Yoga 11.00-12.00 Jamu Making 14.30-15.30 Lontar Drawing 17.30-18.30 Hatha Yoga 21.00-22.30 Starlight Gazing
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