

Women's Creativity Retreat Schedule

Day 1 - Wednesday July 29th

From 12noon - Arrive, check in & make yourself at home | 2.30pm - Afternoon tea & vision boarding | 4pm - Settle in & relax

Day 2 - Thursday July 30th

7-10am - Breakfast at your pace |

10am-12.30pm - Traditional Balinese painting class |

12.30pm - Lunch | 2pm - Pop-up poolside spa | 3pm - Talk & tea with locally based author, Balinese culture & women's creativity passionate.

Day 3 - Friday July 31st

7.30-9 - Hatha flow yoga | 9-10 - Breakfast at your pace |

10.30 - Monkey forest walk to gamelan music playshop & lunch |

2pm - 3.30pm - Blue super moon creative manifesting & afternoon tea

Day 4 - Saturday August 1st

7.30 - 8.30 - Calming flow yoga | 8.30 - 9.30 - Breakfast | 9.30-1 - Batik workshop | 1.30 - Lunch | Afternoon - Run free

Day 5 - Sunday August 2nd

7-8- Breakfast at your pace | 8-9.30 - Capturing gratitude, photographic adventure through Ubud markets & beyond | 12noon - Lunch |

2-3.30 - Restorative yin yoga & flow journalling

Day 6 - Monday August 3rd

7-8.45 - Breakfast at your pace | 9-12 - Silversmithing workshop |

12.30 pm - Lunch | 2.30 pm - Coconuts & colouring in

Day 7 - Tuesday August 4th

Morning - Run free | 12 pm - The lunch that keeps on giving | 2-3 pm - Upcycling crafternoon | 6-9pm - Foodies fantasy fancy night out.

Day 8 - Wednesday August 5th

7-10 - Breakfast at your pace | 10-11 - Visioning & revisioning creative life post retreat | 12 - Retreat end

All scheduled retreat activities are an invitation to participate, you are always welcome to pass on anything that doesn't make your heart sing.



P.S. It's Bali so this schedule may experience last minute changes
☺ running to "Bali time" is always a possibility!