

NURTURE^{her}

Finding Balance - Connect and Restore

APRIL 2025 – ITINERARY

Thursday 3rd April – Tuesday 8 April 2025

(draft itinerary as at 01.07.24)

Thursday 3 April

Airport transfer to Ubud
Welcome drink on arrival
Lunch
Free time to settle and unpack
Optional: Group dinner

Friday 4 April

8.00 am – Meditation / Stretch / Somatic Practice
8.30am – Breakfast
9.30am – Workshop: “The art of Breathwork” - Why, concepts and how to add micro moments into everyday life. Learn simple breathing strategies to immediately reduce stress response in your body, you can even do these in the car or on the loo!
10.00am – Workshop: Gentle Yoga to assist you in letting go, grounding and giving your nervous system space to rest.
12.00pm – lunch
1.00pm – free time
Afternoon tea will be available at the hotel if you are on-site

Saturday 5 April

8.00 am – Meditation / Stretch / Somatic Practice
8.30am – Breakfast
9.30am – Workshop: SOS Self Care - The impact stress is having on our bodies, why self care is not ‘optional’ and how to add micro moments of self care into everyday life. This workshop is experiential, you will have the opportunity to try different techniques so you can create a ‘go to list’ of your own.
10.30am – stretch break
11.00am – Workshop: “From Purpose to Action: Aligning Your Life with Your Values” – Establishing your true values and needs can lift the weight off

your shoulders, providing clarity on the messages life is sharing with you. By understanding these core aspects, you'll be better aligned with your purpose, reducing stress and conflict. In this workshop, you'll discover the importance of setting boundaries and learn the language necessary to communicate them effectively. We'll explore the reasons behind self-sabotage, how to quickly halt this toxic behaviour, and how to successfully implement the strategies learned during the retreat once you return home. 12.30pm – Lunch

1.30pm – Kriya Yoga – no yoga experience required! Releasing trauma and pain from your body with simple movement and specific breathwork.

2.30pm – Stretch and reset break

3.00pm – Short scooter ride to start a stunning rice field walk to have afternoon tea in a warung tucked in amongst the rice fields.

5.00pm – free time

Sunday 6 April

8.30am – Breakfast

9.30am – Experience a Balinese water blessing at the sacred Sebatu Water Temple. Guide, transport, entry fee and lunch are included

2.00pm - free time (time is a guide, our return time will depend on traffic!)

Monday 7 April

8.00 am – Meditation / Stretch / Somatic Practice

8.30am – Breakfast

9.30am – Workshop: Understanding Hormones and Women's Health with Jo Brown. Jo is a qualified Sexologist and has a wealth of experience and qualifications in the area of wellness. Jo has a talent of merging science and spirit.

11.30am – Transport to Legian, check in, free time

5.00pm: Optional: Sunset drink on the beach and group dinner

Tuesday 8 April

Breakfast

Depart Bali (you are more than welcome to extend your stay, see more information on the website)