

# THE PROGRAM

## DAY 1 WEDNESDAY 28TH FEB

4:00PM – GUESTS ARRIVE WELCOME DRINKS AND NIBBLES

*GUESTS FREE TO UNPACK AND SETTLE IN*

5:45PM – MAT PILATES W TAYLOR

7:00PM – DINNER RETREAT (MOTION FITNESS)

8:00PM – INTENTION SETTING AND WELCOME MEDITATION W LIBBIE

## DAY 2 THURSDAY 29TH FEB

6:00AM – MORNING YOGA AND MEDITATION W LIBBIE

7:00AM – REFORMER PILATES 45MIN @ REFORM PILATES

8:00AM – BREAKFAST @ BINGIN RETREAT

FREE TIME AND MASSAGES

*(VOUCHERS FOR GUESTS IN PACKS)*

4:00PM – STRETCH AND MOBILITY @ BINGIN RETREAT

5:15PM – LEAVE *SHARP* FOR DINNER

6:00PM – DINNER & CULTURAL EXPERIENCE

# THE PROGRAM

## DAY 3 FRIDAY 1ST MARCH

7:00AM – MORNING YOGA AND MEDITATION W LIBBIE

8:00AM – BREAKFAST @ BINGIN RETREAT

10:00AM – MID MORNING MOVEMENT W TAYLOR

12:15PM – FITNESS SESSION @ BAMBOO FITNESS

1:00PM – LUNCH @ BAMBU FITNESS

FREE TIME AND MASSAGES

*(VOUCHERS FOR GUESTS IN PACKS)*

5:00PM – STRETCH AND MOBILITY + ICE BATHS

6:30PM – DINNER @ MU – ULUWATU

8:00PM – EVENING MEDITATION W LIBBIE

## DAY 4 SATURDAY 2ND MARCH

6:00AM – MORNING YOGA W LIBBIE

7:00AM – REFORMER PILATES @ REFORM PILATES

8:00AM – BREAKFAST @ BINGING RETREAT

10:00AM – 12:00PM @ ISTANA

HOT & COLD PLUNGE POOLS, INFRARED & DRY HEAT SAUNA,  
INFINITY POOL, SOUND DOME

12:00PM – FREE TIME 2 HOURS

2:00PM – HALF DAY PRIVATE CHARTERED YACHT

HARUKU – *DINNER INCLUDED*

8:00PM – SUPPER

# THE PROGRAM

## DAY 5 SUNDAY 3RD MARCH

7:00AM – MORNING YOGA & MEDIATION W LIBBIE

8:00AM – BREAKFAST @ BINGIN RETREAT

9:00AM – PILATES / HITT SESSION W TAYLOR @ BINGIN  
RETREAT

11:00AM – SUNDAYS BEACH CLUB

## DAY 6 MONDAY 4TH MARCH

7:00AM – MOVEMENT AND MEDITATION W LIBBIE

8:00AM – BREAKFAST @ BINGIN RETREAT

10:00AM – GUESTS DEPART