



SEASONS BALI

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 AM	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP
7.30 AM	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	TECH TIME	TECH TIME
8.00 AM	GYM	BEACH WALK	GYM	BEACH WALK	GYM	BREAKFAST	BREAKFAST
9.00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	<p style="text-align: center;">WEEKEND ACTIVITIES Please refer to the list below.</p>	
9.30 AM	TECH TIME	TECH TIME	TECH TIME	TECH TIME	TECH TIME		
10.00 AM	GROUP CHECK IN	GROUP CHECK IN	GROUP CHECK IN	GROUP CHECK IN	GROUP CHECK IN		
12.00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1.00 PM	PESE GROUP	EDUCATION GROUP	BIG BOOK STUDY	EDUCATION GROUP	DRAMA / ART		
2.00 PM	COUNSELLING	COUNSELLING	COUNSELLING	COUNSELLING	COUNSELLING		
3.00 PM	WRITTEN WORK	YOGA	WRITTEN WORK	YOGA	WRITTEN WORK		
4.00 PM	WELLNESS ACTIVITY	WRITTEN WORK	WELLNESS ACTIVITY	WRITTEN WORK	WELLNESS ACTIVITY		
5.00 PM	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME		
5.30 PM	DINNER	DINNER	DINNER	DINNER	DINNER		
6.00 PM	TECH TIME	TECH TIME	TECH TIME	TECH TIME	TECH TIME	TECH TIME	TECH TIME
6.30 PM	SUPPORT GROUP	SUPPORT GROUP	SUPPORT GROUP	SUPPORT GROUP	SUPPORT GROUP	SUPPORT GROUP	SUPPORT GROUP
9.00 PM	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME	QUITE TIME
11.00 PM	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

Weekend Activities

Clients will choose from the following activities to be conducted on the weekend

Dolphin Viewing Fishing	Whitewater Rafting Mountain Biking	Art & Craft Shopping Wild Life Spotting	Cleansing Ceremonies Cultural Tours	Hot Mineral Springs Waterfalls & Hiking	Snorkelling or Diving Day Spa Treatments	Surfing Weekends Away to Odiyana
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Visiting & Exploring Exotic Destination in Bali