



**Bali: Nurses Unwound Retreat (UR)  
October 4th - 10th**

12 Participants  
Team Leader  
Nicole Johnson

**Overview**

Educational, Cultural, Restorative Retreat to Bali for Nurses

**Objective:**

Learn and practice self-care modalities such as meditation, yoga, journaling earning up to 6 CEs

**Detailed Itinerary**

<b>Date</b>	<b>Destination</b>	<b>Description</b>	<b>Included Services</b>
Day 1 10/4 Sunday	<b>Ubud</b>	<p><b>Fly to I Gusti Ngurah Rai International Airport (DPS) in Denpasar, Bali</b></p> <p>Plan to arrive around 3pm - 1.25 hour drive to Retreat Center Driver will take you to the Retreat Center</p> <p><b>Afternoon/Evening:</b> Arrival at Om Ham Retreat Center with the assistance of the retreat leader to settle into your accommodations.</p> <p><b>6:30 pm</b> Meet in common area to enjoy drinks and appetizers</p> <p><b>7:00 pm:</b> Traditional Balinese Dinner at the lodging- Introductions/ Itinerary/Activities/Expectation Setting/Retreat expectations/ Cultural Considerations</p>	<p>Airport transfer Welcome Bag</p> <p><u>Meals:</u> *Appetizers and drinks *Dinner</p>

<p>Day 2 10/5 Monday</p>	<p><b>Ubud</b></p>	<p><b>8:00 Yoga</b></p> <p><b>9:00 Breakfast</b></p> <p><b>10:00 am</b> Sacred water purification ceremony followed by a visit to the rice fields.</p> <p>Lunch included</p> <p><i>Spa services available at the house (reserve in advance), pool time</i></p> <p><b>5:30 Evening lecture with tea and cookies</b></p> <p><b>19:00 Dinner in town (not covered by UR)</b></p>	<p><u>Meals:</u> *Breakfast *Lunch</p> <p>*Yoga</p> <p>*excursions</p> <p>*1 CEs</p>
<p>Day 3 10/6 Tuesday</p>	<p><b>Ubud</b></p>	<p><b>8:00 Meditation class</b></p> <p><b>9:00 Breakfast</b></p> <p><b>10:00 Explore Ubud's art, cafés, and markets</b></p> <p><b>Lunch on your own in Ubud</b></p> <p><i>Spa services available at the Retreat Center, pool time</i></p> <p><b>5:30 Evening lecture</b></p> <p><b>7:00 pm Dinner at the hotel</b></p>	<p><u>Meals:</u> *Breakfast *Dinner</p> <p>*Meditation</p> <p>*1 CEs</p>
<p>Day 4 10/6 Wednesday</p>	<p><b>Canggu</b></p>	<p><b>8:00 Meditation/journaling practice - by Nicole</b></p> <p><b>8:30 Breakfast</b></p> <p><b>10:00 Monkey Forest</b></p>	<p><u>Meals:</u> *Breakfast *Lunch *Dinner</p>

		<p><b>12:00 Lunch at the hotel</b></p> <p><b>1:00 Depart for Canggu</b></p> <p>Arrive Canggu Settle in to <a href="#">Udara Yoga Retreat, Detox &amp; Spa</a> - Relax at the spa, pools, yoga classes</p> <p><b>5:30 Evening lecture</b></p> <p><b>7:30 Dinner</b></p>	<p>*Meditation</p> <p>*Monkey Forest and Temple - Pura Dalem</p>
<p>Day 5 10/7 Thursday</p>	<b>Canggu</b>	<p><b>8:00 Yoga Class</b></p> <p><i>Daily access to yoga classes, sound healing, sauna, steam room, gym, and spa facilities - 10 classes offered daily</i></p> <p><b>9:00 Breakfast</b></p> <p><b>10:00 excursion to Canggu Markets</b></p> <p><b>1:00 Lunch (can have lunch anytime at the hotel)</b></p> <p><b>5:30 Lecture</b></p> <p><b>7:00 Dinner</b></p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Lunch</p> <p>*Dinner</p> <p>*1 CE</p> <p>*Yoga classes</p>
<p>Day 6 10/7 Friday</p>	<b>Canggu</b>	<p><b>8:00 Yoga</b></p> <p><i>Daily access to yoga classes, sound healing, sauna, steam room, gym, and spa facilities - 10 classes offered daily</i></p> <p><b>9:00 Breakfast</b></p> <p><b>Free time for yoga, spa, Canggu</b></p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Lunch</p> <p>*Dinner</p> <p>*1 CE</p> <p>*Yoga classes</p>

		<b>1:00 Lunch</b>	
		<b>7:00 Goodbye dinner/Discussion over dinner</b>	
Day 7 10/8 Saturday	<b>Canggu</b>	<b>7:30 Coffee/Tea</b>  <b>8:00 Breakfast</b>  <b>Depart home</b>	Airport transfer  <u>Meals :</u> *Breakfast

Included - Yoga & Meditation

Six Breakfasts

Five Dinners

Five Lunches

Transport to/from Airport and excursions

Five Excursions

Welcome Bag

Mid-range accommodations at retreat centers with onsite pools and yoga shalas, double occupancy rooms.

6 CEs

Not Included - Airfare & travel insurance

Spa services

Some meals, alcohol

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