

Programme Schedule for BALANCE RETREAT 25 - 27 October 2024

Fri 25 October 2024	4.30pm	Welcome Workshop Overview of what it means to BALANCE your wellbeing. Start learning basic mindfulness concepts and practices that you can integrate into your lives right away, during this retreat itself!
	6.00pm	Free & Easy for the rest of the evening
Sat 26 October 2024	8.00am	Morning Yoga (by local instructor) ACTIVATE your mind and body for the day ahead. Cultivate the habit of warming up your system even before breakfast.
	9.00am	Breakfast , free & easy leisure time
	10.30am	Positive Psychology workshop Learn how to THRIVE in life, with strategies from the science of happiness and wellbeing. Identify what truly matters to you, build PURPOSE and MEANING from your daily experiences.
	12.00pm	Lunch , free & easy leisure time
	2.30pm	Cultural activity - making Balinese offerings
	3.30pm	Stress Management and Growth Mindset MANAGE STRESS using strategies backed by research evidence. See difficulties as opportunities for building RESILIENCE. Practise the GROWTH MINDSET and watch how your perspectives widen, the sky's the limit!
	5.00pm	Free & Easy for the rest of the evening
	9.00pm	Optional meditation and mindfulness inquiry, online
Sun 27 October 2024	8.00am	Morning Yoga (by local instructor) ACTIVATE your mind and body for the day ahead. Cultivate the habit of warming up your system even before breakfast.
	9.00am	Breakfast , free & easy leisure time
	10.30am	Mindfulness workshop Strengthen your wellbeing through practices that help cultivate GRATITUDE, COMPASSION, LETTING GO and ACCEPTANCE. These concepts and skills help to balance our wellbeing against the common frustrations of life.

12.00pm **Lunch**, free & easy leisure time

2.30pm **Closing workshop**

Consolidate your learning, identify strategies that you resonated with and make a COMMITMENT to yourself. Continue to maintain your wellbeing even after the retreat ends, because wellness is a LIFELONG JOURNEY!

4.00pm **End of programme**, free and easy leisure time. Those who are taking evening flights out of Bali can leave for the airport.

9.00pm **Optional** meditation and mindfulness inquiry, online