

BIKRAM YOGA FITZROY

BALI Retreat & Upskilling

THURSDAY 13th - FRIDAY 21st February 2025

THURSDAY 13TH

2pm Check-in to Bali Spirit Hotel

3:30pm OPENING BLESSING @ UYC

4pm WELCOME DINNER @ ORIENTATION UYC

FREE EVE from 6pm

FRIDAY 14th

7:30 - 9am UPSKILLS @ BSH SHALA

9:15 - 10:15 light BREAKFAST BSH

please PRE-ORDER your LUNCH from UYC MENU

10:30am PRIVATE BIKRAM YOGA @ UYC

12:30pm LUNCH UYC (from menu)

1:30pm MELUKAT Water Ceremony (2:30pm start)

7pm SAGE DINNER

** WATER CEREMONY - BRING SARONG SASH & WHITE SHIRT

WEAR COMFY YOGA CLOTHES UNDERNEATH THAT CAN BE WET

SATURDAY 15th

8:30 - 10am UPSKILLS @ BSH SHALA

10:15 - 11:15 light BREAKFAST BSH

please PRE-ORDER your LUNCH from UYC MENU

11:45am PRIVATE BIKRAM YOGA @ UYC

1:30pm LUNCH UYC (from menu)

BREAK

3pm Yoga with Ketut Arsana (4 - 5:30pm)

FREE EVE from 6:30pm

** YOGA public classes, arrive 30mins before for our daily checkin

SUNDAY 16th

7:30 - 9am UPSKILLS @ BSH SHALA

9:15 - 10:15 light BREAKFAST BSH

10:30am PRIVATE BIKRAM YOGA @ UYC

12 - 2pm FREE TIME

2pm Canang Sari w/shop Balinese offerings

3pm UYC BUFFET LUNCH

4-6pm BREAK

6pm FIRE CEREMONY AdiBuda at Hotel Garden

** Fire wear sarong and sash, BREAK TIME write what you wish to burn in fire

BRING later, and canang sari that you made, towel to sit on and BUG SPRAY!

MONDAY 17th

7am PRIVATE BIKRAM YOGA @ UYC

BREAKFAST BSH

10am ** OPTIONAL EXTRAS COOKING / RAFTING or
Silver making

FREE AFTERNOON / EVE

** YOGA public classes, arrive 30mins before

TUESDAY 18th

7:30am PUBLIC BIKRAM YOGA @ UYC

BREAKFAST BSH

10:30am UPSKILLS @ BSH SHALA

11:30am - 2:30pm FREE TIME

3pm PRIVATE YIN (restorative) yoga w Live sound @ UYC

4 - 6pm BREAK (eat!)

6pm KACEK DANCE at local temple

** YOGA public classes, arrive 30mins before

ditional Balinese storytelling fire dance / cars pick up fr

WEDNESDAY 19th

7:30am LEAVE FOR CANGGU

9:30am PUBLIC BIKRAM EXPRESS CLASS @ CYC

11am BRUCH CYC (from menu)

12 - 3pm Free time to explore Canggu or relax CYC

3pm Return UBUD

FREE EVENING

the time to explore canggu, see map for ideas (spa, beach

ANGGU YOGA CENTRE before 3pm to return to UBUD for

THURSDAY 20th

7:30am PUBLIC BIKRAM YOGA @ UYC

BREAKFAST BSH

10:30am UPSKILLS @ BSH SHALA

11:30am - 3pm FREE TIME

3:30pm Closing Blessing @ UYC

4pm GOOD BYE DINNER & SHARING @ UYC

** YOGA public classes, arrive 30mins before for our daily checkin

FRIDAY 21st

7:30am PRIVATE YOGA @ UYC

BREAKFAST BSH

11am CHECKOUT

THANK YOU BALI

RETREAT INCLUDES :

8 NIGHTS

DAILY BREAKFAST @ BSH

DAILY BIKRAM YOGA :

3 PUBLIC / 5 PRIVATE

5 UPSKILLS WORKSHOPS

1 PRIVATE YIN Yoga w Live Sound

1 towel daily per hot class (8 pp total)

1 mat daily for hot class @ UYC

1 fresh coconut daily per hot class (8 total)

4 GROUP MEALLSS (2 UYC DINNER, 1 UYC buffet LUNCH & SAGE)

4 LUNCH (3 @ UYC & 1 @ CYC) ordered
from menu

4 CEREMONY

4 EXCURSION / ACTIVITY + all transport to & from excursions

FREE TIME - plenty

BITS N BOBS

EXTRAS : There are opportunities to see Balinese healers during your week.
If you'd like a session, please see Jess :)

TEMPLE ATTIRE : Everyone must wear a sarong and waist-sash
upon entry to a temple.

You will find a white sarong and sash inside your gift bag for
the Water & Fire ceremonies

EXCHANGE RATE : AUD/IDR - knock off a few 0's and you'll have
the rough amount eg 100,000rp is about \$10