



Our 2023 Schedule

SHALA YOGA JOURNEYS - UBUD JUNGLE EDITION JUNE 19 - 25 2023

	MONDAY 19 JUNE	TUESDAY 20 JUNE	WEDNESDAY 21 JUNE	THURSDAY 22 JUNE	FRIDAY 23 JUNE	SATURDAY 24 JUNE	SUNDAY 25 JUNE
WAKE		6.30am Juice & Fruit	6am Food Market Trip 7am Juice & Fruit	6.30am Juice & Fruit	6.30am Juice & Fruit	6.30am Juice & Fruit	7am Juice & Fruit
MORNING SESSION		7am - 8.30am Morning Practice with Mars	7.30am - 9am Morning Practice with Renée	7am - 8.30am Morning Practice with Mars	7am - 8.30am Morning Practice with Renée	7am - 8am Morning Practice with Mars	7.30am - 9.30am Morning Practice & Closing Ceremony with Mars & Renée
BREAKFAST		8.30am - 9.30am Breakfast @ Amori	9am - 10am Breakfast @ Amori	8.30am - 9.30am Breakfast @ Amori	8.30am - 9.30am Breakfast @ Amori	8am - 9am Breakfast @ Amori	9.30am - 10.30am Breakfast @ Amori
MORNING ACTIVITY	Transfers to Amori Villas --- Check in / Settle in --- Massages --- Free time / Rest	9.30am - 10.30am Traditional Balinese Ceremony --- 10.30am - 11.30am Cultural Guided Walk around Local Village	Massages --- Free time / Rest until your designated cooking class group time	Depart 10am --- 11am - 1pm Balinese Water Blessing Ceremony, Pura Mengening Temple	Massages --- Free time / Rest until 3.30pm	Depart 9.30am --- Virgin White Beach Karangasem Beach Excursion	
LUNCH		12pm - 1pm Lunch @ Amori	Self-catered Lunch	Self-catered Lunch	Self-catered Lunch	Self-catered Lunch @ Karangasem Beach	
AFTERNOON ACTIVITY		Massages --- Free time / Rest until 3pm	Indonesian Cooking Class @ Amori --- 1.30pm - 3pm Group 1 --- 3.15pm - 4.45pm Group 2 --- 5pm - 6.30pm Group 3	Return to Amori 3pm --- Massages --- Free time / Rest until 5pm	3.30pm - 5pm Afternoon Practice with Mars @ Amori	Return to Amori 4.30pm --- Massages --- Free time / Rest until 7pm	Check out & Settle any Outstanding Bill --- Massages --- Goodbyes & Depart from 12pm --- Transfers from Amori Villas
EVENING SESSION	4.30pm - 6.30pm Opening Ceremony & Evening Practice with Mars & Renée @ Amori	Depart 3pm --- 4pm - 5.30pm Yoga Class @ Alchemy Yoga & Meditation Centre	N/A	5pm - 6.30pm Evening Practice with Renée @ Amori	Depart 5.45pm --- 6.15pm Sundowner @ IBU SUSU Bar & Kitchen --- 7.15pm - 9pm Ecstatic Dance @ Yoga Barn	N/A	
DINNER	7pm - 8.30pm Welcome Dinner @ Amori	6pm - 7.30pm Self-catered Dinner @ Alchemy Bali	7.30pm - 8.30pm Indonesian Cooking Class Dinner @ Amori	Depart 7pm Self-catered Dinner @ Zest	Self-catered Dinner @ L'Osteria Pizza e Cucina Ubud	7pm - 9pm White Dress Final Dinner, Sharing Space & Group Photos @ Amori	
AFTER DINNER	8.30pm Free time / Rest	Depart 8pm Return to Amori or Stay Out --- Free time / Rest	8.30pm Free time / Rest	Depart 9.30pm Return to Amori --- Free time / Rest	Depart 9.15pm / 11pm Return to Amori --- Free time / Rest	9pm Free time / Rest	