

**Thursday 13th April 2023**  
**( Ms. Ann-Christine )**

**6.00am | 20 minute Morning Walk**

Through the local village

**6.50am | Morning Healthy Drink**

Served in yoga pavilion

**7.00am | Yoga**

Held in the Yoga Pavilion

**8.00am | Breakfast**

Served in the River Deck

**9.00am | Abhyanga, Patra Pottali & Nasya**

In River Spa

**10.45am | Consultation**

In Dr Office

**11.00am | Facial**

In Room

**12.00pm | Group Meditation ( Self-Practice )- Optional**

Held in the Yoga Pavilion

**12.30pm | Lunch**

Served in River Pavilion

**1.00pm | Check Out to Legian Hotel**

*Thank you for staying at Sukhavati Bali*  
*Hope you are enjoy the rest of your holiday in Bali*  
*And see you next time*