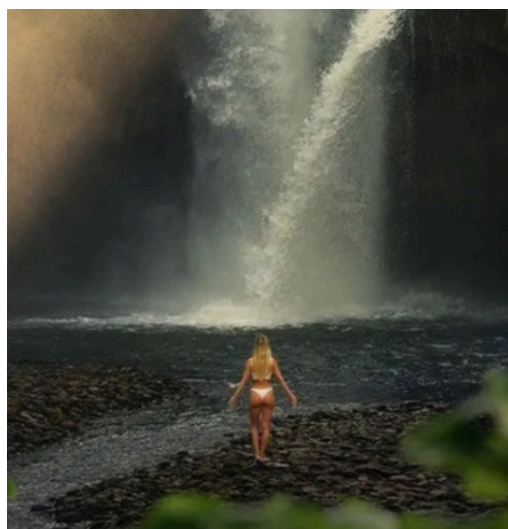


Heal & Connect Retreat

JOIN CONNECT SOCIAL AND SOMALCHEMY
IN BALI FOR THE

BALI RETREAT ~ 2025
14TH JULY - 20TH JULY



WELCOME



MONDAY 14TH JULY 2025

Check in from 3pm

Welcome drink, refreshing face towel and welcome foot massage upon arrival.

Settle into your beautiful home for the next 7 days

Opening Circle and Introductions

Sacred Balinese Welcome Ritual

Welcome Dinner

We have arrived - lets celebrate!

DAY 2



TUESDAY 15TH JULY 2025

Sunrise Yoga (Optional)

Breakfast

Inner Child Connection & Healing
Journaling

Lunch

Rebirthing Breathwork & Sound Journey

Dinner

DAY 3



WEDNESDAY 16TH JULY 2025

Sunrise Meditation

Breakfast

BIG DAY OUT

Tegalalang Rice Terrace

Tirta Empul Temple

Lunch

Tegenungan Waterfall

Ubud Centre

Pack your swimmers, a towel and some spending money

Dinner

DAY 4



THURSDAY 17TH JULY 2025

Sunrise Yoga

Breakfast

Free Time / Massages

Lunch

Discovering Your Attachment Style / Love Language

Inner Feminine & Masculine Healing & Connection

Dinner

DAY 5



FRIDAY 18TH JULY 2025

FASTING DAY

Rebirthing Breathwork, Cacao & Sound Journey

Hot Springs Spa

Free time / Massages

Afternoon fruit platters

Dinner

DAY 6



SATURDAY 19TH JULY 2025

Sunrise Yoga

Breakfast

Leisure Day
(Subject to change)

Last Dinner at Casa Curandera Restaurant Ubud
(Time to get dressed up for an evening out)

DAY 7



SUNDAY 20TH JULY 2025

Guided meditation

Breakfast

Farewell Circle / Goodbyes

Check Out by 11am

HEAL & CONNECT RETREAT

DRAFT SCHEDULE

*please note that this is a sample agenda to give you an idea of what a typical day may look like, therefore it is subject to change.