

Schedule – Transformation Retreat, Bali

Day 1, Sunday

20.03.2022	Class/ Workshop	Topics
14:00 – 16:00	Check-in	Arrive at the wonderful Floating Leaf Resort and make yourself comfortable in your room
16:00	Welcome speech & Retreat details	The retreat host, Renato and Nini, welcome you and share all important information around the whole retreat, venue etc., followed by Q&A.
17:00	Typical Balinese Welcoming Ceremony	The Floating Leaf invites to a welcome ceremony with drinks to get to know each other
18:00	Dinner	Enjoy your well-deserved evening and get into the Retreat vibe, explore your room, connect with other participants etc.

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Day 2, Monday

21.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility flows, skills, partner challenges, push circuit workout
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	
13:00 – 13:45	Mind Science (optional)	A winner's mind - what makes someone a winner? What plays a role so that you are successful? How to achieve effortlessness in life?
14:00 – 15:00	Human Dynamic Workshop	How we communicate – fundamentals of NLP; emotional communication in relationships; basics of cognition, perception & expression
15:15 – 16:30	Ligaya Yoga	Yogability – yoga & mobility – a classic and dynamic vinyasa flow inspired by elements of mobility training for all levels; a possibility to grow on the mat and off the mat
16:45 – 17:45	Meditation Workshop	Body scan – a guided meditation to draw the awareness in each and every part of your body
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 3, Tuesday

22.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility flows, skills, partner challenges, pull circuit workout
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	
14:00 – 15:00	Human Dynamic Workshop	Inner child work - get to know your inner child in order to get to know yourself better.
15:15 – 16:30	Ligaya Yoga	Restorative yoga – a relaxing yoga class with the main focus on letting go of tension in body and mind. With the usage of yoga blocks and bolsters the poses are adjustable for everybody's needs.
16:45 – 17:45	Meditation Workshop	Recharge – learn how to actively re-charge your system without depending on any tools but your breath and your mind.
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 4, Wednesday

23.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility flows, skills, partner challenges, obstacle run
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	
13:00 – 13:45	Mind Science (optional)	Motivational drive & the power of flow – to create momentum in what we do, we need a motive to act. The elements that influence our motivation and how flow is a superhuman state for work and progress!
14:00 – 15:00	Human Dynamic Workshop	Fears & trust – playful practices to learn and respect each other's space, triggers and how to trust when confronted with fear.
15:15 – 16:30	Ligaya Yoga	Change your perspective – handstand workshop for beginners; overcome your fear of turning your world upside down; learn the basics, challenge yourself and try and practice
16:45 – 17:45	Meditation Workshop	Yoga nidra – a yoga journey for your inside world, the greatest challenge is to stay conscious and awake to train your mind; a wonderful way to gaining more focus and concentration in your life.
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 5, Thursday

24.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility and strength; a strengthening mobility flow; find the strength in slow movements and balancing exercises
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	Whole afternoon off, for temple excursion and other sightseeing activities
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 6, Friday

25.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility flows, skills, partner challenges, push circuit workout
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	
13:00 – 13:45	Mind Science (optional)	The potential of habits – what are habits, identifying them, habits of successful people and how to build them.
14:00 – 15:00	Human Dynamic Workshop	Acro yoga – partner acrobatic; trust and support are crucial elements to achievements
15:15 – 16:30	Ligaya Yoga	Yin yoga – explore how the feeling in a certain pose can change over time; deep relaxation combined with deep stretching
16:45 – 17:45	Meditation Workshop	The power of visualisation – learn how to use your mind to practice and get better at solving problems, confrontations and prepare for important events
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 7, Saturday

26.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Mobility flows, skills, partner challenges, pull circuit workout
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	
13:00 – 13:45	Mind Science (optional)	Emotional eating and mindful eating – word most of us heard already, but what do they actual mean? Find out what's underneath the surface.
14:00 – 15:00	Human Dynamic Workshop	Playfight – having, possessing and letting go in turns, holding ground and the fundamentals of Brazilian Jiu jitsu and how we can learn to respectfully grapple for what we hold dear
15:15 – 16:30	Ligaya Yoga	Vinyasa yoga – a classic, dynamic vinyasa yoga flow
16:45 – 17:45	Meditation Workshop	Shamanic Breathwork - Breath is life! Learn breathing techniques to reach trance states and optimize your body's health and regeneration into unknown highs
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.

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Day 8, Sunday

27.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:15	Individual Warm-up	Your own practice; whatever you feel to improve and use
08:30 – 09:30	Flow and Workout	Yogability sculpt – put it all together – yoga, mobility and strengthening exercises you have practiced during the week
09:30 – 09:45	Individual Cool-down Meditation	Your own practice; whatever you feel to improve and use
10:00	Breakfast and Free Time	Whole afternoon off! Excursions, sightseeing, explorations and beach time
18:00	Dinner and Free Time	Enjoy your well-deserved evening to spend however you feel it.
21:00	Cacao Ceremony	Closing the retreat week in ceremony together with the teacher plant cacao. Let go of old and welcome new energies. A grateful practice to connect with nature and with yourself.

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Day 9, Monday

28.03.2022	Class/ Workshop	Topics
07:30 – 07:45	Individual Morning Meditation	Your own practice; whatever you feel to improve and use
07:45 – 08:45	Individual Warm-up	Your own practice; Last time to integrate and practice what you learned and enjoyed
10:00	Breakfast and Free Time	
12:00	Check-out	Time to say goodbye and mark the take-aways.