ISPA uluwatu

WELLNESS & CULTURAL EXPERIENCES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM - 9 AM	**"Awaken with the Sun" Morning Yoga** (Complimentary activity) - Venue: Sunset Garden						
10 AM - 11 AM	**Sacred Incense Atelier** **IDR 275,000++ per person** Venue: Wellness Point	**Mineral Bath salt Workshop** **IDR 100,000++ per person** Venue: Wellness Point	**The Art of Jamu** **IDR 125,000++ per person** Venue: Wellness Point	**Botanical Apothecary Atelier** **IDR 450,000++ per person** Venue: Wellness Point	**The Art of Jamu** **IDR 125,000++ per person** Venue: Wellness Point	**Artisan Candle Atelier** **IDR 400,000++ per person** Venue: Wellness Point	**Sacred Purification Journey** **IDR 400,000++ per person** Venue: Wellness Point
2 PM - 3 PM	**Healing Herbal Tea Ritual** (Complimentary activity) - Venue: Wellness Point						
3 PM - 4 PM	**Fire Purification** **IDR 500,000++ per person** Meeting Point: Wellness Point	**Ancient Palm Wisdom (Palm Reading)** **IDR 400,000++ per person** Meeting Point: Wellness Point	**Reiki Energy Renewal** **IDR 500,000++ per person** Meeting Point: Wellness Point	**Floating Sound Healing** **IDR 500,000++ per person** Meeting Point: Wellness Point	**Signature Essential Oil Atelier** **IDR 450,000++ per person** Meeting Point: Wellness Point	**Balinese Language Lesson** **(Complimentary activity)** Meeting Point: Wellness Point	**Loving-Kindness Meditation** **(Complimentary activity)** Meeting Point: Wellness Point
5 PM - 6 PM	**Sunset Twilight Yoga by The Sea** Venue: Sunset Garden - Price: IDR 350,000++ per person						

Full moon Yoga (One day prior to the Full Moon)
Venue: Sunset Garden - Price: IDR 500,000++ per person

PARTICIPATE IN THREE (3) PAID WELLNESS EXPERIENCES DURING YOUR STAY AND RECEIVE:

15%

SAVINGS ON ONE SPA TREATMENT (60 MINUTES OR LONGER)

ONE COMPLIMENTARY SIGNATURE HEALTHY SMOOTHIE DRINK AT THE WELLNESS POINT