



# Self Care

## ITINERARY

### Day 1 - Rejuvenate

---

Welcome drink and food

Post-flight body treatment / Massage

Free time

Opening Wellness Dinner

### Day 2 - Mind

---

Morning Yoga

Morning guided self love meditation

Buffet Breakfast

Mindspo Meditation Method Masterclass

Free Time

Buffet Lunch

Free time

'I AM' Banquet Dinner



### Day 3 - Body

---

Morning Yoga

Morning Mindspo Meditation

Buffet breakfast

Free time/Full body massages - 90 minutes

Buffet Lunch

Free time/Full body massages

Afternoon Yin Yoga

Dinner

Home Cinema Movie Screening

### Day 4 - Soul

---

Morning Yoga

Morning Mindspo Meditation

Buffet breakfast

Cars leave for Canggu

24 karat gold facials/ pedicures/ spa date

Girls Canggu Brunch

Shopping / Free time in Canggu

Sunset beach walk

Canggu Sunset dinner and  
cocktails at beach bar



Day 5 - Rest  
Design your day.

---

This retreat features two 'Design your day' options. On these days you're in control of your own schedule and time. You can choose to chill poolside at the Mindspo mansion or book an additional sight seeing package with our tour partners 'Your Man in Bali' at your own leisure. Make these days your own and go at your own pace.

Morning Yoga

Morning Mindspo Meditation

Optional Additional Bali Tours with Your Man In Bali

Buffet breakfast

Free time

Lunch

Free time

Dinner

Home Cinema Movie Screening

Day 6 - Relax - Design your day.

---

Morning Yoga

Morning Mindspo Meditation

Optional Additional Bali Tours with Your Man In Bali

Buffet breakfast

Free time

Lunch

Free time

Sunset BBQ and fire  
at the Mindspo mansion

Day 7 - Reset

---

Morning Yoga

Morning Mindspo meditation

Farewell brunch