

## Inner Growth Bali Agenda

Agenda	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7am		Meditation (the mind)	Meditation (emotions)	Meditation (thought)	Meditation (Life)	Meditation (Flow)	Meditation (dedication)
7.45am		Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30am		Know yourself – Learn a new model of the mind and what drives you as a person and where your passion really lies	Why are some people empowered and other seem to leave life to chance? We discover the power of beliefs and values and how to shift yours.	What is blocking you - Every person has only one or two core patterns that hold them back. Discover these and you are on your way to massive change	Create your new direction - Once you have been released from the chains that hold you back you will want to know how you can move forward in your chosen direction as powerfully as possible.	Total alignment - Here we bring everything together. We merge "being" with "doing", "happiness" with "effectiveness" and "purpose" with "spirit"	Finishing ceremony - Engage your creativity to make a memento that encapsulates all your breakthroughs to remind you of the retreat where life changed for you.
1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm	Free time	Day Spa	Coaching / Day Spa	Coaching / Day Spa	Coaching / Day Spa	Goodbyes	Goodbyes
2.30pm	Welcome Introductions	Enjoy the moment Free choice	Mindfulness Cultural excursion	Purify obstacles Local Healer	Enjoy the moment Free choice	Merge with spirit Trip to waterfall	
5.30pm		Day Spa	Coaching / Day Spa	Coaching / Day Spa	Coaching / Day Spa	Coaching / Day Spa	
6.15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7.30pm	Meditation (Intro)	Meditation (mindfulness)	Meditation (Love)	Meditation (impermanence)	Meditation (emptiness)	Special Event	