

Inner Growth Bali Agenda

Agenda	July 31	August 1	August 2	August 3	August 4	August 5
7am		Meditation (the mind)	Meditation (-ve emotions)	Meditation (thought)	Meditation (Life)	Meditation (dedication)
8am		Yoga	Yoga	Yoga	Yoga	Yoga
8.30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30am		Know yourself - Learn what drives you as a person and where your passion really lies	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" we merge "happiness" with "effectiveness" and our "purpose" with our "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.
12.30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1pm	Free time	One on one	One on one	One on one	One on one	Goodbyes
2.30pm		Tour of mindfulness	Purify obstacles	Enjoy the moment	Merge with spirit	
	Welcome	Cultural excursion	Local Healer	Free choice	Trip to waterfall	
5.30pm		One on one	One on one	One on one	One on one	
6.30pm	Dinner	Dinner	Dinner	Dinner	Dinner	
7.30pm	Meditation (Intro)	Meditation (mindfulness)	Meditation (Love)	Meditation (impermanence)	Special event (Dance performance)	