

REGENT EXPERIENCES



MONDAY

07.00 - 07.45 Mood Enhancing Yoga
14.00 - 14.45 Canang Making &
Temple Visit
17.00 - 17.45 Basic Boxing



TUESDAY

07.00 - 07.45 Sunrise Salutation
14.00 - 14.30 Balinese Lontar Engrave
17.00 - 17.45 Dynamic Exercise



WEDNESDAY

07.00 - 07.45 Soul Awakening Yoga
14.00 - 14.30 Natural Candle Making
16.00 - 16.30 Balinese Numerology
Reading
17.00 - 17.45 Crystal Bowl
Meditation



THURSDAY

07.00 - 07.45 Mood Enhancing Yoga
14.00 - 14.45 Canang Making &
Temple Visit
17.00 - 17.45 Agility Training

REGENT EXPERIENCES



FRIDAY

07.00 - 07.45 **Sunrise Salutation**
14.00 - 14.30 **Natural Candle Making**
17.00 - 17.45 **Basic Boxing**



SATURDAY

07.00 - 07.45 **Soul Awakening Yoga**
14.00 - 14.45 **Canang Making & Temple Visit**
17.00 - 17.45 **Dynamic Exercise**



SUNDAY

07.00 - 07.45 **Mood Enhancing Yoga**
14.00 - 14.45 **Balinese Lontar Engrave**
17.00 - 17.45 **Agility Training**