

THE EXPERIENCE

# A Day in Sacred Mandala

*Slow down. Tune in. Come home to yourself.*

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6:30 – 8:30

## Morning

*Silence*

*Meditation*

*Journaling*

*Tea by the river*

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8:30 – 10:30

## Yoga & Breakfast

*Yoga practice*

*Breathwork*

*Healthy breakfast*

*Connection*

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10:30 – 16:00

## Daytime

NATURE · WORK · REST ·  
EXPLORATION

*Deep work*

*Nature immersion*

*Massage & rest*

*Explore the surroundings*

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16:00 – 19:00

## Evening

*Community time*

*Sharing*

*Dinner*

*Gratitude*

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19:00 – 21:30

## Night

*Sauna*

*Ice bath*

*River*

*Rest & integration*

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A sample of a typical day. Every day is a balance of stillness, connection and transformation — actual timings shift with the season, the group and the program you choose.

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