



# Heal - Transform - Connect Women's Retreat

JOIN CONNECT SOCIAL AND  
SOMALCHEMY IN UBUD ~BALI  
15TH JULY TO 20TH JULY 2025



# WELCOME



## TUESDAY 15TH JULY 2025

Check in from 3pm

Welcome drink, refreshing face towel and welcome foot massage upon arrival.

Settle into your beautiful home for the next 7 days

Opening Circle and Introductions

Sacred Balinese Welcome Ritual

Welcome Dinner

We have arrived - lets celebrate!

DAY 2



WEDNESDAY 16TH JULY 2025

Sunrise Yoga (Optional)

Breakfast

Inner Child Connection & Healing  
Journaling

Lunch

Rebirthing Breathwork & Sound Journey

Dinner

DAY 3



THURSDAY 17TH JULY 2025

Sunrise Meditation

Breakfast

**BIG DAY OUT**

Tegalalang Rice Terrace

Tirta Empul Temple

Lunch

Tegenungan Waterfall

Ubud Centre

*\*\*Pack your swimmers, a towel and some spending money\*\**

Dinner

# DAY 4



FRIDAY 18TH JULY 2025

Sunrise Laughing Yoga

Breakfast

Free Time / Massages

Lunch

Discovering Your Attachment Style / Love Language

Inner Feminine & Masculine Healing & Connection

Dinner

# DAY 5



SATURDAY 19TH JULY 2025

## FASTING DAY

Rebirthing Breathwork, Cacao & Sound Journey

Hot Springs Spa

Free time / Massages

Afternoon fruit platters

**Last Dinner at Casa Curandera Restaurant Ubud**  
(Time to get dressed up for an evening out)

DAY 6



SUNDAY 20TH JULY 2025

Guided meditation / Intention Setting

Breakfast

Farewell Circle / Goodbyes

Check Out by 11am

# HEAL & CONNECT RETREAT DRAFT SCHEDULE

\*please note that this is a sample agenda to give you an idea of what a typical day may look like, therefore it is subject to change.