



Pasraman Bali Eling Spirit  
Your Balian home in Singapore

# Healing Retreat

A 5 hour retreat specifically designed for "ME TIME" by releasing fatigue and tiredness from all the current problems and busyness.

These 5 hours will be very effective in clearing any energy imbalance that occurs within you. Return home with happiness, full of enthusiasm and positive vibrations.

## This program is suitable for:

- Enjoying me-time
- Releasing trauma
- Build positive vibrations
- Relieve fatigue
- Seeking new enlightenment
- Learn a new culture

*"You have done a lot for others, now is the time for yourself"*



## Schedule - Healing Retreat

08.00 AM - 08.30 AM

Energy Detox Meditation

08.30 AM - 10.00 AM

Sunrise Bali Hatha Yoga

10.00 AM - 10.30 PM

Healthy Breakfast

10.00 AM - 10.30 PM

Mother Earth Purification & Excursion  
to a Sacred Temple  
(Cultural Heritage Protected by  
Unesco)

13.00 - 14.00

Healthy Lunch

14.00

Finished

 Br. Umadawa, Pejeng Kangin, Gianyar

 [www.balielingspirit.org](http://www.balielingspirit.org)

