

**Saturday**  
Arrival and Welcome

**Welcome to UGWA:** on arrival at Club Med registrations are open from 10.00am - 2.00pm

**Late afternoon session:** Opening Address at 4pm

**At night:** Welcome dinner & event

Breakfast, Lunch, Dinner, drinks and everything inbetween is included. All allergies and intolerances are catered for.

**Sunday**  
Wellbeing, Wisdom & Joy

**Early Morning Session:** Yoga, Walking or Meditation

**Late Morning session:** Opening Circle, 1 x Wisdom Speaker - Mental Health & 1 x Workshop

**Early afternoon session:** 1 x Wisdom Speaker Session (Could it be you?) & Themed Sister Circles

**Late afternoon session:** Free time

**At night:** Relax or join us for a VIP Dinner

**Monday**  
Spirituality, Ancestry & Culture

**Early Morning Session:** Yoga, Walking or Meditation

**Late Morning session:** 2 x Wisdom Speakers - Ancestry & Culture; Spirituality & 1 x Workshop

**Early afternoon session:** 1 x Workshop & Themed Sister Circles

**Late afternoon session:** Free time

**At night:** Relax or join us for Open Mic Night

**Tuesday**  
Career, Finance & Growth Security

**Early Morning Session:** Yoga, Walking or Meditation

**Late Morning session:** 1 x Wisdom Speaker - Growth Security & 1 x Wisdom Speaker (Could it be you?) & 1 x Workshop

**Early afternoon session:** Free time or Market set up for stallholders

**Late afternoon session:** Free time or visit the Market

**At night:** Relax

**Wednesday**  
Adventure & Fun!

Today is the day to experience whatever YOU want - you may want to relax ALL day by the pool with new found friends or you can choose from activities\* like:

- Ubud and Tahna Lot Temple Visit,
- A day Spa Experience
- A Cultural Immersion
- ATV Quad Bikes, Horilla Cave and Waterfalls.
- Snorkelling Tour
- Mount Batur Sunrise Hiking
- Balinese Cooking Class
- and so much more!

\* activities are extra

**At night:** Relax or join our Sound Bath

**Thursday**  
Creativity & Play

**Early Morning Session:** Yoga, Walking or Meditation

**Late Morning session:** 1 x Wisdom Speaker - Creative Play & 1 x Wisdom Speaker (Could it be you?) & 1 x Workshop

**Early afternoon session:** 1 x Workshop & Themed Sister Circles

**Late afternoon session:** Free time

**At night:** Relax or join us for a VIP Dinner

**Friday**  
Connection

**Early Morning Session:** Yoga, Walking or Meditation

**Late Morning session:** 2 x Wisdom Speakers (Could it be you?) & 1 x Workshop. Lunch with your Sister Circle

**Early afternoon session:** Closing Ceremony and Connection

**Late afternoon session:** Free time

**At night:** Join us for our closing connection event

**Saturday**  
Until next time!

Enjoy a last walk, catch up over breakfast before departing the retreat at 10:30am.

We look forward to seeing you next year!

Each workshop slot, there will be 4 x enlightening workshops to choose from. Some will be repeated so you won't miss out.