

Itinerary: Health Therapies Conference - Bali

8 – 15 July 2016



B – Breakfast **MT** – Morning Tea **L** – Lunch **AT** – Afternoon Tea **D** - Dinner

DAY 1
Fri - 08 July

Kori Resort Ubud **D**
Settle in and explore this stunning resort. We will meet for an introductory session and enjoy a delicious traditional Balinese dinner.

DAY 2
Sat - 09 July

Kori Resort Ubud **B MT LAT D**
After Yoga and a beautiful breakfast, the first of our CPD sessions will begin.
CPD Sessions:

- Food as the Foundation of Health
- Top 10 Herbs for Everyday Medicinal Use

 A free afternoon to have a look around Ubud.

DAY 3
Sun - 10 July

Kori Resort Ubud **B MT LAT D**
Daily Yoga session
Optional Half-Day Trip "Titur Empul"
CPD Sessions:

- Introduction to Osteopathy
- Transforming Pain
- Embodied Movement

 Dinner will be enjoyed at the Lotus Cafe with a Balinese Folklore Performance.

DAY 4
Mon - 11 July

Kori Resort Ubud **B LAT D**
Daily Yoga session
CPD Sessions:

- The Benefits of Breathwork
- The Emotional Aspects of Healing
- The Healer as a Leader: Mindfulness & the High Road to Happiness

DAY 5
Tue – 12 July

Kori Resort Ubud **B AT D**
Daily Yoga session
Optional Full-Day Tour - Health Care Delivery in Bali
CPD Sessions:

- Reflection and Discussion

DAY 6
Wed - 13 July

Kori Resort Ubud **B MT AT**
Daily Yoga session
Optional Tours:
Hiking Trip to Mt Agung (2am start)
Half-Day Trip – Eat, Pray, Love

Enjoy a free morning to explore Ubud at your leisure

CPD Sessions:

- Cultivating a Healthy Mind & Body with Fermented Food & Drink
- Honesty, Authenticity & Kindness in the Workplace
- From the Depths of the Billabong: A Journey of Awakening

DAY 7
Thu - 14 July

Kori Resort Ubud **B LAT**
Daily Yoga session
CPD Sessions:

- Bowel Whispering
- The Evolution of Integrative Health

Optional Fivelements Agni Hotra Ceremony and Dinner

DAY 8
Fri – 15 July

Kori Resort Ubud **B**
Enjoy a final breakfast together
Conference end

