

# Sanam Retreat

## PROGRAM

### Saturday

ALL DAY	Guest Arrival & Check In <ul style="list-style-type: none"><li>• Airport transfers are included in the package</li><li>• Accommodation on Saturday night included in the package</li><li>• Refreshment &amp; Goodie-bag on arrival included in the package</li><li>• Dinner included in the package</li></ul>
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### Sunday

MORNING	Breakfast
MORNING SESSION	Free time
MIDDAY	Welcome Lunch
AFTERNOON SESSION	Parents: Introductory workshop: Duda & Alex <ul style="list-style-type: none"><li>• Retreat overview / Introduction to the program structure / Group session on Buddhism / Introduction on Meditation / Q&amp;A Session</li></ul> Children: Group playtime supervised by friendly nannies on-site
FAMILY EXCURSION	Guided tour: Campuhan Ridge Walk - snacks included
EVENING	Family Dinner

### Monday

MORNING	Breakfast
MORNING SESSION	Parents: Couple Assessment Session: Duda – “What works and what doesn’t” Children: Onsite activity with snacks – Painting and offering making
MIDDAY	Lunch
AFTERNOON SESSIONS	Women’s group workshop with Duda: Friendly, warm and honest talk where we share our experiences as women: Femininity, Intimacy, Libido, Self-Love, Body Image, Painful emotions. Men’s group workshop with Alex: Friendly and fun chat on topic such as masculinity, sex drive, intimacy and all that men face in relationships. Children: Group playtime supervised by friendly nannies on-site
FAMILY EXCURSION	Ubud Market – Drivers and snacks included
EVENING	Children’s Dinner Parent’s date night 1

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### Tuesday

MORNING	Breakfast
MORNING SESSION	Parents: Individual sessions: Duda –Buddhist Life coaching Children: Onsite activity with snacks – Kite making
MIDDAY	Lunch
AFTERNOON SESSIONS	Parents: Couple sessions: Duda – Buddhist Life coaching Children: Group playtime supervised by friendly nannies on-site
FAMILY EXCURSION	Komune Beach
EVENING	Family Dinner

### Wednesday

MORNING	Breakfast
MORNING SESSION	Parents: Individual sessions: Duda – Buddhist Life coaching Children: Onsite activity with snacks – Puppet Making
MIDDAY	Lunch
AFTERNOON SESSIONS	Parents: Couple sessions: Duda – Buddhist Life coaching Children: Group playtime supervised by friendly nannies on-site
FAMILY EXCURSION	Komune Beach
EVENING	Family Dinner

### Thursday

MORNING	Breakfast
MORNING SESSION	Parents: Group workshop on Tantra: Isiah – Introductory in how Tantra improves intimacy and appreciation of both partners outside and inside the bedroom. Light-hearted and totally PG workshop. Children: Onsite activity with snacks – Balinese dance lessons
MIDDAY	Lunch
AFTERNOON SESSIONS	Parents: Couple Follow Up Sessions: Duda – Buddhist Life coaching Children: Group playtime supervise by friendly nannies on-site
FAMILY EXCURSION	Waterfalls or Playground
EVENING	Children's Balinese dance performance (for their parents) Children's Dinner Parent's date night 2

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### Friday

MORNING	Breakfast
MORNING SESSION	Parents: Couple sessions: Isiah – Relationship / Tantra coaching tailored to couples Children: Onsite activity with snacks – Cooking/preparing lunch for parents
MIDDAY	Lunch
AFTERNOON SESSIONS	Parents: Couple Follow Up Sessions: Duda – Buddhist Life coaching Parents: Couple sessions: Isiah – Relationship / Tantra coaching tailored to couples Children: Group playtime supervised by friendly nannies on-site
FAMILY EXCURSION	Guided Tour: Tegalalang Rice Terrace & Tampak Siring Temple - snacks included
EVENING	Family Dinner

### Saturday

MORNING	Breakfast
MORNING SESSION	Parents wrap up session with Duda, Alex & Isiah Children: Group playtime supervised by friendly nannies on-site
MIDDAY	Lunch
AFTERNOON	Guest Check out <ul style="list-style-type: none"><li>• Airport transfers are included in the package</li><li>• Guests can stay onsite if they have a late night departure</li></ul>