

## DISCONNECT TO RECONNECT PROGRAM

Designed to help you take a break from the fast-paced, digitally connected world we live in, allowing us to disconnect from external distractions to reconnect with authentic selves, cultivate mindfulness, and gain a renewed sense of clarity and purpose.

Focusing on our Mind Body and Soul, we invite you to detach from your, routines, and daily pressures, fostering a sense of mindfulness, inner reflection, and rejuvenation. Join our daily program to become more aware of the thoughts, emotions, and sensations, enabling you to cultivate a greater sense of presence and inner peace.

Dip in the nature immersion to be in touch with Mother Nature and join our creative expression to channel your emotion, explore deeper insight, and tap into your inner creativity.

*Masanori Hosoya, General Manager*



## MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00	Breathwork  Spa Arrival Pavilion	Yin Yoga  Yoga Pavilion	Vibrational Sound Therapy  Yoga Pavilion	Asana Yoga  Yoga Pavilion	Aquatic Therapy  Vitality Pool	Vinayasa Flow Yoga  Yoga Pavilion	Vibrational Sound Therapy  Yoga Pavilion
10:30 - 11:30	Quantum Healing  Yoga Pavilion	Mandala Art  Spa Arrival Pavilion	Chakra Balancing  Yoga Pavilion	Mandala Art  Spa Arrival Pavilion	Quantum Healing  Yoga Pavilion	Mandala Art  Spa Arrival Pavilion	Chakra Balancing  Yoga Pavilion

*Mind*
 *Body*
 *Soul*

*Private class is available at additional charge; kindly contact your Patih or Spa at Ext. 6000 for more details.  
 Advance reservation is required, with a maximum of 7 participants for each activity.*

## AFTERNOON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13:30 - 14:30	<b>Culinary Dessert Delight</b>	<b>Balinese Medicinal Plants Workshop</b>	<b>Balinese Cooking</b>	<b>Woman Circle Healing</b>	<b>Culinary Dessert Delight</b>	<b>Balinese Medicinal Plants Workshop</b>	<b>Balinese Cooking</b>
	Spa Arrival Pavilion	Spa Arrival Pavilion	Spa Arrival Pavilion	Spa Arrival Pavilion	Spa Arrival Pavilion	Spa Arrival Pavilion	Spa Arrival Pavilion
16:00 - 17:00	<b>Hatha Yoga</b>	<b>Emotional Release</b>	<b>Jivamukti Yoga</b>	<b>Unveiling Masculine Energy</b>	<b>Restorative Yoga</b>	<b>Pranasudi Activation</b>	<b>Kundalini Yoga</b>
	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion	Yoga Pavilion

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## Breathwork

60 minutes

Join us embarking on a sacred outdoor exploration while performing a 60-minute Breathwork amidst the serenity of nature. Our expert facilitators will guide you through deep abdominal breathing techniques designed to activate your body's relaxation response and reduce blood pressure. By relieving acute and chronic stress, this practice can improve your overall well-being and leave you feeling revitalized.

## Vibrational Sound Therapy

60 minutes

The soothing vibration of the Tibetan Bowls has been utilized for centuries to promote healing and relaxation as part of an ancient practice. The melodic Resonance of the bowls, along with their unique vibrations, have been known to alleviate emotional and mental blockages, reducing feelings of anxiety, depression, and insomnia. By allowing oneself to relax within the sounds of the bowl or the gong, one can improve concentration, ultimately leading to a calmer and more peaceful state of mind. Through the power of sound, one can achieve a greater sense of well-being and foster healing from within.



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## **Aquatic Therapy**

**60 minutes**

A water based activities and exercise to aid in the recovery and treatment of various physical conditions and injuries. Tailor to individuals' specific needs and goals, including stretching, cardiovascular conditioning, balance training, and functional movements. It can be beneficial for relieving physical discomfort, reducing stress, improving circulation, and increasing overall wellbeing.

Wearing bathing suit is required for participation in this program.

## **Quantum Healing**

**60 minutes**

Surrender into a deep hypnotic state to access past memories. The process aims to gain insights into current life challenges, emotional issues, and health issues. This higher level of awareness can potentially lead to healing and understanding of root causes and patterns. This session will use specific sounds to bring you the deepest state of relaxation and guide you through the visualization to meet your past and heal from that.



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## Mandala art

60 minutes

Let your artistic side shine through with our mandala art activity. As you engage in creative expression, allow yourself to explore and express your emotions and feelings, providing a time of focus and meditation. Through this exercise, you will learn to create a self-portrait that reflects the beauty of your individuality.

## Chakra Balancing

60 minutes

Combining the principles and techniques of Qigong, an ancient Chinese practice, with the concept of the seven chakras from yogic traditions. The practice offers a holistic approach to energy alignment and self-healing. It promotes the circulation of Qi, encourages the release of stagnant energy, and cultivates a deep sense of harmony and vitality within the body-mind system. Experience a greater sense of overall balance, inner peace, and a deeper connection to your innate healing abilities.



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## Culinary Dessert Delight

60 minutes

Allow yourself to be swept away on a culinary adventure where sustainability and reducing food waste are just as important as tantalizing your taste buds. Instead of letting precious ingredients go to waste, we harness their potential to create meals that honor the environment and leave you feeling satisfied and nourished.

## Balinese Medicinal Plants Workshop

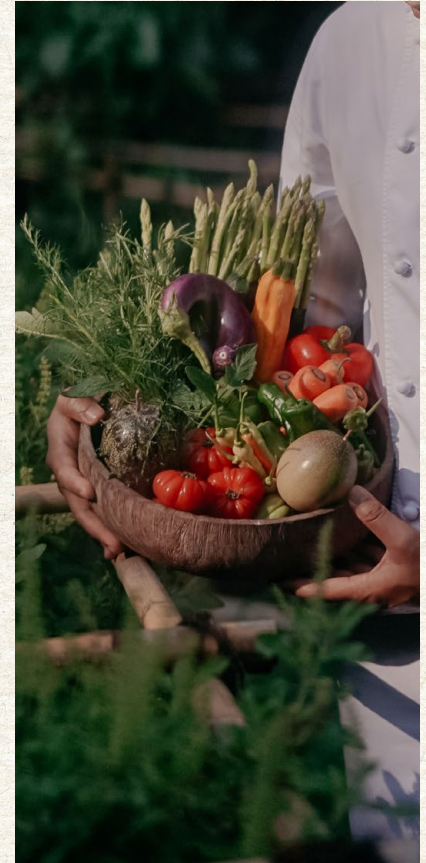
60 minutes

Learn about the traditional use of medicinal plants to improve health and treat illness. This educational experience provides insight into the roots, stems, leaves, flowers, and seeds of various plants and the recipes for using them that have been passed down for generations in Balinese culture.

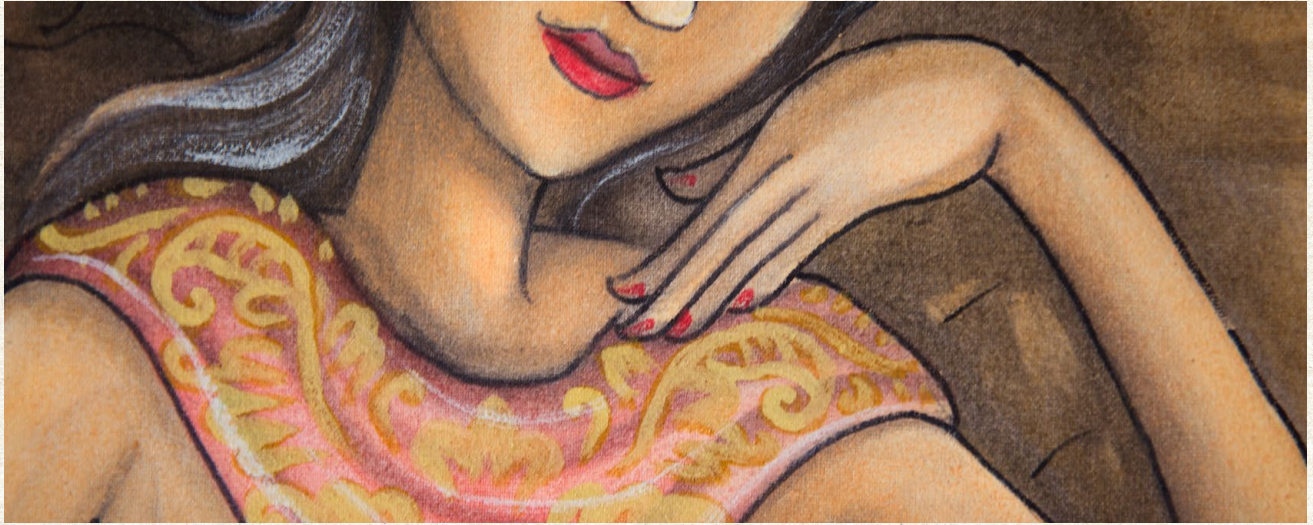
## Balinese Cooking

60 Minutes

Join us in a culinary approach that embraces environmentally friendly practices and socially responsible principles to shape a better future. Our experienced chefs will guide you through our herbal garden for food preparation with a present mind. It compasses cooking techniques that prioritize the use of locally sourced, seasonal ingredients, supporting biodiversity and fostering community engagement. Nourish your bodies and promote well-being by embracing sustainable gastronomy.



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## Woman Circle Healing

60 minutes

Celebrating the feminine spirit through powerful practice. It provides a space for women to heal, grow, connect, and step into their authentic power. Through shared experiences, rituals, and support, women can reclaim their voices, heal old wounds, and embrace their innate wisdom and strength.

## Emotional Release

60 minutes

Embark on a healing journey within yourself through the transformative practice of journaling. By baring our emotions and delving into our inner landscape, we empower personal growth and facilitate emotional release. Discover the power of self-reflection and the written word as agents of healing and self-discovery.

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## **Unveiling Masculine Healing**

**60 minutes**

Design specifically for men, embrace the transformative journey of masculine wholeness, where men embark on a healing process that integrates all aspects of their being. By addressing emotional wounds, cultivating a healthy balance between strength and sensitivity, and embracing authentic self-expression, individuals can awaken their inner power, foster healthier relationships, and lead lives aligned with their true selves.

## **Pranasudi Activation**

**60 minutes**

A series of Pranayama and meditation practices, aim to purify and harmonize the primary energy channels known as Ida and Pingala. This process promotes equilibrium in the nervous system, fostering deep relaxation and inner tranquillity within the mind. As a result, the body achieves a state of homeostasis, and mental equilibrium naturally follows suit, bringing balance to both the physical and energetic systems.

## **Yoga**

**60 minutes**

Embark on a mindful journey inward as you gently sink into poses from the different yoga classes aiming to cultivate a deep connection with your breath and thoughts. This introspective experience nurtures a sense of self-awareness and inner clarity, fostering a balanced state of being.

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