

Bali Therapist Retreat – Preliminary Agenda

February 7–14, 2026 | Ayung Ubud Resort, Bali

A 7-night retreat in the heart of Bali at Ayung Ubud Resort, combining professional training, self-care, and cultural immersion. This is a preliminary schedule. All activities and trainings are optional, and CE credits are awarded for attended trainings. Guests may use any time as personal downtime instead. All meals at the resort are included. Spa services are available but are at own expense.

✨ Key Highlights & Structure

- Expert-Led Training & Presentations (CE credit provided for attended sessions):
 - Day 2 (Feb 8 – Morning): Arilda Surridge & Anna Berin
 - Day 4 (Feb 10 – Morning): Donald (3-hour training)
 - Day 5 (Feb 11 – Morning): Arilda Surridge, Shannon, and Beth Crawford
 - Day 6 (Feb 12 – Morning): Purification Ceremony, Aimee & Julia presentations
 - Day 7 (Feb 13 – Morning): Donald presentation
- Cultural Learning — Intan Maria’s cultural presentation and experience (early evening, before dinner)
- Three mornings of yoga
- Creative Immersions — Batik making & Silver-making workshops
- Group Excursions — Monkey Forest, Nusa Penida full-day tour, purification ceremony

17 Day-by-Day Schedule (Preliminary)

Day 1 – February 7: Arrival & Welcome

- Arrival and check-in at Ayung Ubud Resort
- Welcome circle, introductions, and resort orientation
- Group welcome dinner in the resort restaurant

Day 2 – February 8: Training & Cultural Experience

- Morning yoga
- Training with Arilda Surridge & Anna Berin
- Early evening cultural presentation and experience with Intan Maria
- Group dinner in the resort restaurant

Day 3 – February 9: Relax & Exploration

- Morning yoga
- Afternoon visit to Ubud's Monkey Forest
- Evening relaxation at the resort or optional spa services (own account)
- Dinner in the resort restaurant

Day 4 – February 10: Training & Island Adventure

- Morning yoga
- 3-hour training with Donald
- Full-day group excursion to Nusa Penida Island
- Group dinner in the resort restaurant

Day 5 – February 11: Training & Leisure

- Morning presentations with Arilda Surridge, Shannon, and Beth Crawford
- Afternoon leisure time for spa services (own account), journaling, or rest
- Group dinner in the resort restaurant

Day 6 – February 12: Ceremony, Training & Creativity

- Morning purification ceremony
- Morning presentations with Aimee & Julia
- Afternoon batik-making workshop
- Group dinner in the resort restaurant

Day 7 – February 13: Training & Creative Workshop

- Morning yoga
- Morning training with Donald
- Afternoon silver-making workshop
- Farewell dinner and closing reflections in the resort restaurant

Day 8 – February 14: Departure

- Breakfast and closing circle
- Departures

Group Activities Near Ubud

- Sacred Monkey Forest Sanctuary
- Nusa Penida Island tour (cliffs, beaches, iconic viewpoints)
- Purification Ceremony in a traditional Balinese temple
- Batik and silver-making workshops with local artisans
- Resort yoga, meditation, and spa treatments (spa services are on own account)