

# SPLENDID FESTIVE ACTIVITIES

1 to 28 of December 2025 Embrace the spirit of the season with a curated selection of festive experiences designed to inspire connection and celebration.

## Monday Grounding & Gratitude

| Time          | Activity                                 |
|---------------|------------------------------------------|
| 07.00 - 08.00 | Sunrise Balinese Yoga                    |
| 11.00 - 12.00 | Balinese Jamu & Wellness Drinks Workshop |
| 16.00 - 17.00 | Nature Walk & Gratitude Journaling       |
| 18.00 - 19.00 | Christmas Meditation & Sound Healing     |

## Tuesday Move Like an Elf!

| Time          | Activity                                                        |
|---------------|-----------------------------------------------------------------|
| 07.00 - 08.00 | Reindeer Run (Fun Run)                                          |
| 11.00 - 12.00 | "Santa Sleigh Push" Challenge                                   |
| 16.00 - 17.00 | Balinese Balance Training                                       |
| 18.00 - 19.00 | Stretch & Storytelling:<br>Christmas Tales and Balinese Legends |

## Wednesday Rhythm & Rasa

| Time          | Activity                             |
|---------------|--------------------------------------|
| 07.00 - 08.00 | Pendet Dance or Baris Dance Class    |
| 11.00 - 12.00 | Christmas Aqua Aerobic Session       |
| 16.00 - 17.00 | Healthy Cooking Class                |
| 18.00 - 19.00 | Evening Walk with Christmas Lanterns |

## Thursday Christmas Challenge Day

| Time          | Activity                                     |
|---------------|----------------------------------------------|
| 07.00 - 08.00 | Full Body Workout                            |
| 11.00 - 12.00 | Christmas Obstacle Course                    |
| 16.00 - 17.00 | Scavenger Hunt: Balinese & Christmas Symbols |
| 18.00 - 19.00 | Breathwork & Silent Night Wind Down          |

## Friday Explore & Reflect

| Time          | Activity                                 |
|---------------|------------------------------------------|
| 07.00 - 08.00 | Fun Walk Around Sanur Beach              |
| 11.00 - 12.00 | Balinese Jamu & Wellness Drinks Workshop |
| 16.00 - 17.00 | Christmas Aqua Aerobic Session           |
| 18.00 - 19.00 | Balinese Sound Bath                      |

## Saturday Family Fit Christmas

| Time          | Activity                             |
|---------------|--------------------------------------|
| 07.00 - 08.00 | Sunrise Balinese Yoga                |
| 11.00 - 12.00 | Pendet Dance or Baris Dance Class    |
| 16.00 - 17.00 | Christmas Ball Games                 |
| 18.00 - 19.00 | Christmas Meditation & Sound Healing |

## Sunday Celebrate & Share

| Time          | Activity                                     |
|---------------|----------------------------------------------|
| 07.00 - 08.00 | Reindeer Run (Fun Run)                       |
| 11.00 - 12.00 | Scavenger Hunt: Balinese & Christmas Symbols |
| 16.00 - 17.00 | Beach Games & Water Play                     |
| 18.00 - 19.00 | Closing Circle & Lanterns of Hope            |