

# Global Wellness Day

As we celebrate Global Wellnes Day, immerse yourself in a weekend-long retreat designed to rejuvenate your body, mind, and soul. From tranquil morning experiences to transformative rituals under the serene Balinese sky, each moment is crafted to elevate your wellbeing.

## ITINERARY

SATURDAY, 14 JUNE 2025

### YOGA AND PRANAYAMA BREATHING EXERCISE

Venue: Strand Residence Beachfront

7:00 AM – 8:00 AM

*Immerse yourself in a powerful blend of breathing control, concentration, and energy movements to relieve stress, refresh your mind and body, and nurture joy, love, and intuition through meditation.*

### GLASS-BOTTOM CANOEING

Venue: Beach

Estimated at 10:00 – 11:00 AM (this activity is subject to tide conditions.)

*Glide through the ocean and marvel at the marine life beneath, all while embracing the calming rhythm of the water—a truly peaceful way to reset and rejuvenate.*

### TRADITIONAL JAMU MAKING

Venue: Chef's Garden

11:00 AM – 12:00 PM

*Learn to blend natural spices, and herbs following time-honored Indonesia's recipes that promote wellness and vitality.*

### STAND-UP PADDLE

Venue: Freshwater Pool

2:00 PM – 3:00 PM

*Stand-up paddle boarding is a calming yet revitalizing activity that restores energy, enhances balance, and fosters a deep connection with nature.*

### CYCLING TOUR

Venue: Meeting point at Fitness Entrance

4:00 – 5:00 PM

*Start at Bale Pante and cycle to the scenic peninsula by the helipad. Enjoy a light stretch, capture the view, and learn about coral reef conservation. End at the recreation counter with water and a refreshing oshibori.*

### FIRE BLESSING

Venue: Amphitheatre

5:30 PM – 6:30 PM

*A fire blessing is a sacred ceremony using fire to symbolize purification, transformation, and spiritual renewal.*

*Embark on this enriching journey with us and discover a path to wellness that transcends boundaries.*

*For reservations, please call +62361 8478111 or email to [iridiumspa.bali@stregis.com](mailto:iridiumspa.bali@stregis.com).*

