

Exhibit A

March 1 - 13 Trip Itinerary

March 1 - Sunday

- Arriving at Bali Ngurah Rai International Airport in Denpasar
- Drive to the town of Ubud
- Check in to *Honeymoon Guest House*
- Free time - Acclimation
- Orientation meeting and dinner

March 2 - Monday

- Breakfast
- Start the day with an instructor to learn Laughing Yoga
- Visit *Kimamani* at the foot of *Mount Batur*, *Temple Taman Ujung*
- Lunch
- Visit local coffee, tea & herb plantation
- Dinner

March 3 - Tuesday

- Morning walk to the *Monkey Forest* - Optional
- Breakfast
- Visit to museum *Neck*
- Traditional Balinese Batik class - create your own batik
- Lunch
- Relaxing traditional Balinese massage, body scrub and flower bath
- Free time
- Dinner

March 4 - Wednesday

- Breakfast
- Trip to *John Hardy Jewelry Factory*
- Lunch
- Free time
- Theater outing - traditional Balinese Legong and Barong dance
- Dinner

March 5 - Thursday

- Learn basic Qi Gong exercise
- Breakfast
- Village touring and hike to rice field
- Visit local artists, woodcrafts, painting, etc.
- Lunch

- Free time
- Head & shoulder cream bath experience
- Dinner

March 6 - Friday

- Breakfast
- Check out of *Honeymoon Guest House*
- Visit the temple *Tirta Gangga (Water Palace)*
- Drive to the village of Amed
- Check in to *Coral View Villas*
- Free time
- Dinner

March 7 - Friday

- Learning basic Qi Gong exercise
- Breakfast
- Relax at the pool or the beach - swimming, snorkeling**
- Visit with local Shaman** OR Cooking class at *Harmony Cafe* - Gather spices and vegetables from the herb garden with lunch*** (both optional)
- Lunch (if not participating in the cooking class)
- Free time - sunset boat tour** (Optional)
- Ride on motorbikes and watch sunset** (Optional)
- Dinner
- Dancing at *Wawa Wewe* - Local Club

March 8 - Sunday

- Basic Qi Gong exercise
- Breakfast
- Leaving Amed for Ubud
- Visit *Kehum Temple*
- Check in to *Honeymoon Guest House*
- Lunch & free time
- Master Wayan's visit - delivering our previously made Balinese batiks
- Dinner

March 9 - Monday

- Breakfast
- Market Tour
- Traditional Balinese food cooking class and lunch
- Free time
- Theater outing - Kecuk & Fire Dance performance
- Dinner and Jazz music

March 10 - Tuesday

- Breakfast
- A full-day at the *Sanctuary of Elephants* with lunch and entertainment
- Dinner

March 11 - Wednesday

- Review of Qi Gong
- Breakfast
- Check out of *Honeymoon Guest House*

- Leaving for Sanur
- Cleansing of All Evil and Purification ceremonial swimming in holy water
- Lunch
- Check in to *Villa Kejora*
- Free Time
- Dinner

March 12 - Thursday

- Breakfast
- Free time at the beach or the pool
- *Ratu Silver* jewelry shopping (Optional)
- Lunch on the beach
- Visit *Tanah Lot Market*
- Admiring the *Tanah Lot* temple, sunset and visit local bazaar
- Dinner

March 13 - Friday

- Breakfast
- Free time - prepare for departure - farewells
- Check out of *Villa Kejora*
- Transfer to Bali Ngurah Rai International Airport in Denpasar
- Departure

*Palm reading will also be offered during free time – Jeannie is an intuitive and is happy to share her gifts with our guests.

Please note: Itinerary may change due to weather or any other factor. Please be flexible.

**Optional activities not covered in the costs of the tour. Prices range from \$4 to \$20 US. Snorkling gear and beach chairs can be rented for under \$5 each.

***Café Harmony cooking class focuses on the healing properties of food. Participation is optional and the cost is \$20 per person and includes lunch of the foods you prepare.

Traveler's Name

Date

Jeannie Lambert (Office Representative)

Date