

# WAYS TO ZERO WASTE WEEKEND RETREAT



## Program & Schedule

### Day 1 – Friday, March 2

<i>Time:</i>	<i>Location:</i>	<i>Activity:</i>
6:30 – 7:00	Beverly Tower Lobby	Meeting point for departure
7:00 – 9:30	Big Bird Medium Bus	Travel to BSP Farmstay
9:30 – 10:30	BSP Farmstay	Check-in, welcome snacks & drinks
10:30 – 11:30	Main Building – Communal Room	Program introduction, run-down, Farmstay rules and safety measures, contact persons
11:30 – 12:30	Main Building – Dining Area	Lunch
12:30 – 13:30	Communal Room	General Tips on Ways to Zero Waste Lifestyle
14:00 – 15:30	Communal Room	Conscious and Mindful Living through Self-healing
15:30 – 16:00	Communal Room	Optional: Afternoon group stretch / light Yoga (video-guided)
16:00 – 18:00		Choices <sup>**</sup> : afternoon snacks, nappings, reiki, short walks/trekking around the farm
18:00 – 19:00	Dining Area	Dinner
19:15 – 20:00	Communal Room	Ways to Zero Waste Lifestyle – continued
20:15 – 21:30	Outdoor	Bonfire* and evening light snacks

### Day 2 – Saturday, March 3

<i>Time:</i>	<i>Location:</i>	<i>Activity:</i>
5:00 – 6:30	Outdoor	Optional: Sunrise trekking*
6:00 – 6:30	Communal Room	Optional: Morning group stretch / light Yoga (video-guided)
7:00 – 8:00	Outdoor Garden	Breakfast al fresco*
8:15 – 10:00	Outdoor	Choices <sup>**</sup> : waterfall trekking, coffee tour plantation, organic farming, composting
10:00 – 11:30	Communal Room	Conscious and Mindful Living through Healthier and Cleaner Eating (morning snacks served at 10-10:30)
11:30 – 12:30	Dining Area	Lunch
12:30 – 13:30	Dining Area	Preparing our own afternoon healthy drinks
13:30 – 14:30		Choices <sup>**</sup> : afternoon snacks, nappings, short walks/trekking around the farm
15:00 – 16:30	New Building – Rumah Limasan	Intro & Practice of Pranayama & Meditation
16:30 – 17:00	Rumah Limasan	Indulge in our own healthy drinks
17:00 – 18:00	Rumah Limasan	Afternoon Yoga Class
18:30 – 19:30	Communal Room	Dinner
19:00 – 21:00	Communal Room	Documentary movie screening on impact of waste (note: alcoholic <sup>**</sup> & non-alcoholic beverages will be served)

### Day 3 – Sunday, March 4

<b>Time:</b>	<b>Location:</b>	<b>Activity:</b>
6:00 – 7:00	Rumah Limasan	Optional: Morning group stretch / light Yoga (video-guided)
7:30 – 8:30	Outdoor Garden	Breakfast al fresco*
8:45 – 10:30	Rumah Limasan	Ways to Zero Waste Lifestyle – closing, and group photos
10:30 – 11:00	Communal Room	Morning snacks
11:30 – 14:00	Big Bird Medium Bus	Travel to Jakarta
14:00	Beverly Tower Lobby	Drop-off point for arrival

#### **Additional Information:**

\* weather permitting

\*\* one or more activities require nominal fees paid directly to provider(s)

#### **Contributors:**

- Ways to Zero Waste Lifestyle: Navakara Team
- Conscious and Mindful Living through Self-healing: Niina Strobel ([www.soulandspiritspa.com](http://www.soulandspiritspa.com))
- Conscious and Mindful Living through Healthier and Cleaner Eating & Healthy Drinks Demo: Katta ([www.tastyhomemade.com](http://www.tastyhomemade.com))
- Intro & Practice of Pranayama & Meditation and Yoga Class: Yogi Arijit ([www.caringnaturewellness.com](http://www.caringnaturewellness.com))

#### **About Organizer:**

Mitra Solusi Navakara (Navakara for short) is an organization founded in Jakarta, Indonesia by four friends who share the same concerns about various environmental degrading issues.

“Mitra Solusi Navakara” is derived from Sanskrit words of “mitra” (partner) - “na” (no) - and “avakara” (waste). “Solusi” is solution in Indonesian language.

The organization is thriving to be the best partner of zero waste ideas and solutions, to those who share the same care about the environmental issues, and those who are looking for a different approach in conscious and mindful living.

Website: [www.navakara.com](http://www.navakara.com)

Instagram: [@na\\_avakara](https://www.instagram.com/na_avakara)

Facebook: Mitra Na Avakara

Email: [contact@navakara.com](mailto:contact@navakara.com)