

LUCY TOMKINS COACHING · 3 DAY BALI IMMERSION

Your Itinerary

Ubud, Bali · 21–25 September 2026

Before you land in Ubud, here's exactly what these days look like — so all you have to do when you get here is show up.



Day 00 MONDAY · 21 SEPTEMBER

Arrival

There's nothing to do today except get here.

All Day

Transfer to the villa arranged for you

Whether you're coming from the airport or other accommodation, we'll get you to the villa — just let us know where you're coming from

4:00 PM

Villa opens

Come in, unpack, find your room

Evening

At your own pace

No sessions tonight — just Bali, and the beginning

Day 01 TUESDAY · 22 SEPTEMBER

Uncovering

7:00 – 8:30 AM

Hypno Breathwork

8:30 – 9:30 AM

Breakfast

9:30 – 11:30 AM

Uncovering Group Session

11:30 – 12:30 PM

1:1 Time with Lucy

12:30 – 1:30 PM

Lunch

1:30 – 3:30 PM

In-House Massage

3:30 – 5:30 PM

Uncovering: Nervous System Release Session

5:30 – 7:00 PM

Down Time

7:00 PM

Group Dinner

8:30 PM

Evening Hypnotherapy



Day 02 WEDNESDAY · 23 SEPTEMBER

Reconnection

7:00 – 8:30 AM

Hypno Breathwork

8:30 – 9:30 AM

Breakfast

9:30 – 11:30 AM

Reconnection Group Session

11:30 – 12:30 PM

1:1 Time with Lucy

12:30 – 1:30 PM

Lunch

1:30 – 3:30 PM

Massage

3:30 – 5:30 PM

Reconnection Regulation Session

"Who am I, really?"

5:30 – 7:00 PM

Down Time

7:00 PM

Dinner

8:30 PM

Group Hypnotherapy



Day 03 THURSDAY · 24 SEPTEMBER

Celebration

7:00 – 8:30 AM

Hypno Breathwork

8:30 – 9:30 AM

Breakfast

9:30 – 11:30 AM

Celebration Group Session

11:30 – 12:30 PM

1:1 Time with Lucy

12:30 – 1:30 PM

Lunch

1:30 – 3:30 PM

Massage

3:30 – 5:30 PM

Celebration + Being Seen

5:30 – 7:00 PM

Down Time

7:00 PM

Dinner

8:30 PM

Group Hypnotherapy

Stay the night — the villa is yours through the 24th.

Day 04 FRIDAY · 25 SEPTEMBER

Departure

By 9:00 AM

Leave the villa

Transfers arranged from the villa to the airport or your next accommodation

Safe travels home — you're not walking out the same woman who walked in.



See you in Ubud.

Everything above is taken care of. All you need to bring is you.

Lucy x ❤️