

\\ THE RETREAT · SEVEN DAYS

Founders Retreat **itinerary.**

Seven days in Canggu with twenty founders. Phones away, full days and plenty of time to think.

LOCATION

Canggu, Bali

LENGTH

Seven days

COHORT SIZE

Twenty founders

HOST

Byron Dempsey

CHECK IN FROM 2PM · SPEED FRIENDING · FIRST FIRE

Arrival and welcome.

\\ THE DAY

Settle in and meet the group.

Check in opens at 2pm. Grab a coconut, find your room and meet your roommates before the welcome session.

Phones go away after dinner, when we set intentions for the week. It's an early night, with yoga at 7am.

2:00 PM	Check in	RECEPTION
3:30 PM	Doors open	KITCHEN
3:50 PM	Welcome session: rules & rhythm of the week	YOGA SHALA
4:50 PM	Check in to rooms & meet your roomies	ROOMS
5:10 PM	Speed friending	POOL AREA
6:00 PM	Dinner	RESTAURANT
7:00 PM	Intention setting · phones into the bucket	DINING AREA
7:45 PM	Chill out, chats, first fire	WHOLE VILLA



YOGA AT 7 · BELIEFS WORKSHOP · BYRON'S STORY

Mindset and beliefs.

\\ THE DAY

Going deeper.

Today looks at the beliefs that shape how you run your life and your business, and the ones that might be holding you back.

It is also the day the group really starts to connect. Byron shares his personal story in the afternoon.

"Whether you think you can or can't, you're right."

HENRY FORD



7:00 AM	Yoga + breathwork	YOGA SHALA
8:00 AM	Breakfast	RESTAURANT
9:00 AM	Mindset workshop	YOGA SHALA
9:40 AM	Games and competition	YOGA SHALA
12:00 PM	Lunch	RESTAURANT
1:00 PM	Dance session	YOGA SHALA
1:15 PM	Beliefs workshop	YOGA SHALA
2:45 PM	Process	YOGA SHALA
3:20 PM	Byron · personal story	CINEMA
4:00 PM	Process	YOGA SHALA
6:30 PM	Process	YOGA SHALA
7:00 PM	Dinner	RESTAURANT
8:00 PM	Free time	VILLA

BIG BREATHWORK · WHEEL OF LIFE · ICE BATH

To grow your business, grow yourself.

\\ THE DAY

Beyond the business.

Using the wheel of life, we look at every area of your life: health, family, relationships, money and fun.

The afternoon finishes with the ice bath challenge, then an early night before the 1am wake up.



7:00 AM	Yoga + breathwork	YOGA SHALA
8:00 AM	Breakfast	RESTAURANT
9:00 AM	Introduce yourself speaking workshop	CINEMA
11:00 AM	Byron's big breathwork	YOGA SHALA
12:00 PM	Lunch	RESTAURANT
1:00 PM	Free time	VILLA
2:30 PM	Wheel of life + six human needs	COMMON ROOM
4:00 PM	Challenge	ICE BATH
4:30 PM	Process	YOGA SHALA
5:00 PM	Debrief + hike planning	YOGA SHALA
6:00 PM	Dinner	RESTAURANT
7:00 PM	Free time · early night	FIRE PIT

1:00 AM WAKE · 1,717 M · SUNRISE AT THE TOP

Sunrise on Mt Batur.



1:00 AM	Wake up	COMMON ROOM
1:30 AM	Leave for the volcano	BUS
3:30 AM	Begin the Mt Batur hike	MT BATUR
9:00 AM	Bus home	BUS
12:30 PM	Lunch (breakfast)	COMMON ROOM
1:30 PM	Free time · sleep · sauna · swim	VILLA
4:30 PM	Breathwork	YOGA SHALA
6:00 PM	Dinner	RESTAURANT
7:00 PM	Masc / fem circles	VILLA

"Say no to the bike."

PITCH YOURSELF · HOT SEATS · MAFIA

Working on your business, **not in it.**

\\ THE DAY

The hot seat.

Each founder brings one real challenge from their business. The group listens, asks questions and shares what they would do.

The afternoon covers marketing, systems and AI, then it's Mafia around the fire.

"Speak as little as possible. Listen as much as you can."



7:00 AM	Yoga + breathwork	YOGA SHALA
8:00 AM	Breakfast	RESTAURANT
8:55 AM	Exchange	COMMON ROOM
9:00 AM	Pitch yourself & your skillset	CINEMA
10:00 AM	Business breakout hot seats	VILLA
12:30 PM	Lunch	RESTAURANT
2:00 PM	Marketing, systems & AI workshop	CINEMA
4:00 PM	Free time	VILLA
5:00 PM	Process	YOGA SHALA
6:00 PM	Dinner	RESTAURANT
7:00 PM	Mafia games night	FIRE PIT

VISION · SURPRISE · MEXICOLA

Vision and focus.

\\ THE DAY

Where your time goes.

The morning sessions set your vision for life and business, and where your time makes the biggest difference.

The afternoon is a surprise. After dinner, we head to Mexicola in Canggu.

"Don't drink too hard. You'll want to remember this one."



7:00 AM	Gym session	GYM
8:00 AM	Breakfast + free time	RESTAURANT
9:00 AM	Session 1: life & business vision	COMMON ROOM
10:30 AM	Session 2: high leverage	CINEMA
12:00 PM	Lunch	RESTAURANT
1:00–6:00 PM	Surprise	
6:00 PM	Dinner	RESTAURANT
6:30 PM	Villa pre's	YOGA SHALA
9:15 PM	Mexicola party	CANGGU

BEST MOMENTS · PASSING THE TORCH · PROPER HUGS

Closing and goodbyes.

\\ THE DAY

Ending well.

The last morning brings the week together with best moments, passing the torch and a final wrap up.

Check out is from 10:30am, with a recovery session at Istana in the evening.

"Don't be sad it's over, be happy it happened."

7:00 AM	Breakfast	RESTAURANT
8:00 AM	Pack bags & leave the room	ROOMS
8:30 AM	Processes	CINEMA
9:30 AM	Best moments	VILLA
10:00 AM	Wrap up · passing the torch	YOGA SHALA
10:30 AM	Chill out · checkout · testimonials	VILLA
6:00 PM	Istana · recovery session	ISTANA



\\ BEFORE YOU GO

The moments in between.

The schedule is full, but the best parts of the week usually happen in between.

A coconut at 3:30pm. A conversation at the fire. A sunrise you earned at 1am.

Come with an open mind and give it everything.
We'll take care of the rest.



\\ HOUSE RULES

\\ Give 110%

\\ Disconnect

\\ No judgement

\\ Don't be a c**t

\\ Always on time

\\ Open minded

\\ Have fun

See you in Bali. *Byron*

DRIVEN YOUNG · BALI RETREAT
2026