



Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
8:00		Awakening*	Awakening*	Awakening*	Awakening*	Awakening*	Awakening*	Awakening*
8:30-9		Hot water & Ginger	Hot water & Ginger	Hot water & Ginger	Hot water & Ginger**	Hot water & Ginger**	Hot water & Ginger	Hot water & Ginger
9-10.30		Activating workshops***	Activating workshops***	Activating workshops***	Activating workshops***	Activating Workshops***	Activating workshops***	Activating workshops***
10.30-11		Breakfast	Breakfast	Breakfast	Breakfast**	Breakfast**	Breakfast	Breakfast
11-12.30		Coachings	Coachings	Coachings	or Bufo Ceremony	or Cacao Ceremony	Coachings	Closing circle
13-14.30		Therapies Adventures	Therapies Adventures	Therapies Adventures	Coachings Therapies Adventures	Coachings Therapies Adventures	Therapies Adventures	End of the Retreat
14.30-15		Lunch**	Lunch**	Lunch**	Lunch**	Lunch**	Lunch	
15.30-16		Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
16-17	Arrivals ⁽¹⁾	(Temazcal)	Temazcal & San Pedro Ceremony all night	(Temazcal)	(Temazcal)	(Temazcal)		
17-18	Opening circle							
18-18.30	Tour around the area	Dinner**	Dinner**	Dinner**	Dinner**	Dinner**	Gathering after the week	
19-20	Dinner	Yoga sunset	Yoga sunset	Yoga sunset	Yoga sunset	Yoga sunset	Dinner	
20-	Music by the bonfire	Music by the bonfire	Music by the bonfire	Music by the bonfire	Music by the bonfire	Music by the bonfire	Full Moon Party	

(1) We will pick you from the airport to the Retreat destination

*Awakening with Singing Bowls

** For those who are not having Ceremony

*** Tai-Chi/Yoga/Meditation/Breathwork on different spots in the Area

All are options and will happen simultaneously