



Time	Day 1	Day 2	Day 3	Day 4
8:00		Awakening*	Awakening*	Awakening*
8:30-9		Hot water & Ginger	Hot water & Ginger	Hot water & Ginger
9-10.30		Activating workshops***	Activating workshops***	Activating workshops***
10.30-11		Breakfast	Breakfast	Breakfast
11-12.30		Coachings	Coachings	Coachings
13-14.30		Therapies Adventures	Therapies Adventures	Therapies Adventures
14.30-15		Lunch**	Lunch**	Lunch**
15.30-16		Free Time	Free Time	Free Time
16-17	Arrivals ⁽¹⁾	(Temazcal)	Temazcal & San Pedro Ceremony all night	(Temazcal)
17-18	Opening circle			
18-18.30	Tour around the area	Dinner**	Dinner**	Dinner**
19-20	Dinner	Yoga sunset	Yoga sunset	Yoga sunset
20-	Music by the bonfire	Music by the bonfire	Music by the bonfire	Music by the bonfire

(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