



- DAY 1** ..... Arrivals and Check-In  
 ..... Dinner on Own
  
- DAY 2** 6 - 7a ..... Morning Yoga  
 7 - 8a ..... Breakfast  
 8 - 8:30a ..... Transportation  
 8:30 - 11a ..... Regional Hike & Meditation  
 11 - 11:30a ..... Transportation  
 11:30a - 3p ..... Free Time  
 3-4p ..... Aura Cleansing  
 4:30 - 6p ..... Tai chi  
 6:30 - 8p ..... Group Dinner  
 8 - 9p ..... Stargazing
  
- DAY 3** 6 - 7a ..... Morning Yoga  
 7 - 8a ..... Breakfast  
 8 - 8:30a ..... Transportation  
 8:30 - 11a ..... Local Shopping & Visit to Tea Lounge  
 11 - 11:30a ..... Transportation  
 11:30a - 3p ..... Free Time  
 3-4p ..... Guided Meditation  
 4:30 - 6p ..... Evening Yoga & Meditation  
 6:30 - 8p ..... Dinner on Own  
 8 - 9p ..... Cacao Ceremony
  
- DAY 4** 6 - 7a ..... Morning Yoga  
 7 - 8a ..... Breakfast  
 8 - 8:30a ..... Energy Balancing  
 8:30 - 11a ..... Nutrition & Wellness  
 11 - 11:30a ..... Transportation  
 11:30a - 3p ..... Free Time  
 3-4p ..... Integrated Guided Imagery  
 4:30 - 6p ..... Intention Setting Meditation  
 6:30 - 8p ..... Dinner on Own  
 8 - 9p ..... Astrology Readings
  
- DAY 5** 6 - a ..... Morning Yoga & Meditation  
 7:30 - 10a ..... Breakfast  
 7 - 12p ..... Departures