



- 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