

The
RETREAT

SUNDAY

1300 - 1800

Arrival & Villa Day

1800 - 2000

Dinner In Villa

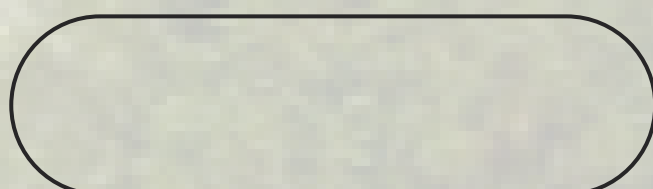
2000 - 2100

Open Circle Practice

2130

Restful Sleep

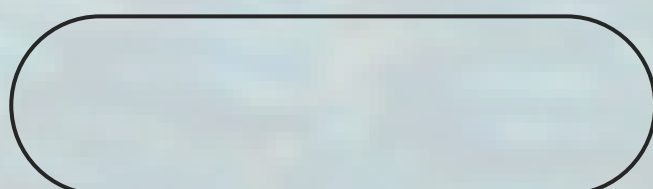
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The
RETREAT

MONDAY

- | | |
|----------------------|---------------------------|
| 06:30-07:00 | Sunrise Salutation |
| 07:30-0900 | Breakfast |
| 10:00-10:30 | Intention Circle |
| 10:30 - 12:30 | Release & Flow Experience |
| 12:30 13:30 | Lunch |
| 14:00-16:00 | Hot Seat Coaching |
| 16:00-18:00 | Free Time |
| 18:30 | Pre Dinner Drinks |
| 19:00 | Taxi Pick Up |
| 19:30-21:30 | Relaxed Dinner Out |



The
RETREAT

TUESDAY

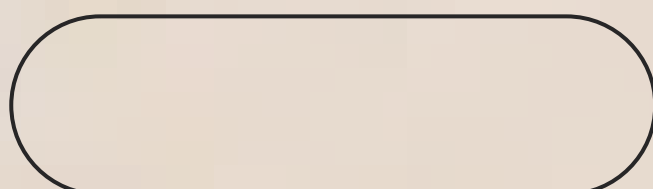
- 06:30-07:00** Sunrise Breathwork
- 07:30-0900** Breakfast
- 10:00-11:00** Intention Circle
- 12:00-13:00** Cacao Ceremony
- 13:00-14:00** Lunch
- 14:00-16:00** YOU Experience
- 16:00-18:00** Free Time
- 18:00-18:30** Pre Dinner Drinks
- 18:30-21:30** BBQ Dinner In Villa



The
RETREAT

WEDNESDAY

- | | |
|----------------------|----------------------------------|
| 06:30-07:00 | Morning Ritual |
| 07:00-08:00 | Breakfast |
| 08:15 | Transfer to Cave Yoga |
| 09:00 - 10:00 | Cave Yoga Experience |
| 10:00-12:00 | Es Vedra & Water Swim
Lunch |
| 16:00-18:00 | Free Time |
| 18:30 | Pre Supper Drinks |
| 19:00-20:30 | Sunset Supper |
| 21:00-22:00 | Super Blue Full Moon
Ceremony |



The
RETREAT

THURSDAY

06:30-07:00 Sunrise Ritual

07:00-0800 Breakfast

08:00-09:00 Closing Circle

09:00 - 10:00 Check Out &
Airport Transfers

