SOLTARA

SUN	MON	TUE	WED	THU	FRI	SAT
Sunrise Meditation & Pranayama			Sunrise Meditation & Pranayama		Sunrise Meditation & Pranayama	
Breakfast	Breakfast	Breakfast and/or Yoga	Breakfast	Breakfast	Breakfast	Breakfast and/or Yoga
	Medicine Talk	Medicine Talk	Nature Excursion Lunch Provided	Orientation	Nature Excursion	Integration Workshop
Lunch	Lunch	Lunch		Lunch	Lunch	Lunch
Yoga	Nature Excursion	Integration Workshop			Medicine Talk	
Orientation/Open			Sunset Yoga			Orientation/Open
	Breathwork				Breathwork	
Dinner			Dinner			Dinner
Creative Expression	Ayahuasca Ceremony	Ayahuasca Ceremony	Creative Expression	Ayahuasca Ceremony	Ayahuasca Ceremony	Creative Expression