

SOLTARA Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Departing guests:						
6:45am Breakfast	6:30-7:30am Vomitivo					
7:15am Leave Soltara	7:30-9:00am Breakfast	7:30-9:00am Breakfast	7:30-9:00am Breakfast	7:30-9:00am Breakfast	7:30-9:00am Breakfast	7:30-9:00am Breakfast
8:00am Ferry to Punta Arenas	9:00-10:30am Aya talk					
Arriving guests:	10:30am-12:30pm 1-on-1 Consultation with shaman	9:00am-12:30pm Medicine + integration talk		9:00am-12:30pm Free-time (beach + massage)	9:00am-12:30pm Medicine + integration talk	9:00am-12:30pm Waterfall hike
12:00pm Leave hotel	12:30-2:00pm Lunch	12:30-2:00pm Lunch	10:00am-4:00pm Boat tour (Lunch provided)	12:30-2:00pm Lunch	12:30-2:00pm Lunch	12:30-2:00pm Lunch
2:30pm Ferry to Playa Naranjo	2:30-4:30pm Guided nature tour	2:00-4:00pm Free-time (beach + massage)		2:00-5:30pm Check in with shaman/free-time (beach + massage)	2:00-5:30pm Free-time (beach + massage)	2:00-4:00pm Integration talk
4:30-5:00pm Arrive at Soltara/tour	4:30-5:30pm Free-time (beach + massage)	4:00-5:00pm Yoga	4:00-5:00pm Free-time (beach + massage)			
		5:00-5:30pm Breathwork	5:00-6:00pm Restorative yoga	5:30-6:00pm Meditation	5:00-5:30pm Breathwork	4:00-6:30pm Check in with shaman
5:30-7:00pm Orientation	5:30-6:30pm Quiet time in the maloca	5:30-6:30pm Quiet time in the maloca		6:00-6:30pm Quiet time in the maloca	5:30-6:30pm Quiet time in the maloca	
			6:30-8:00pm Dinner			6:30-8:00pm Dinner
7:00-8:00pm Dinner	6:30pm Ceremony	6:30pm Ceremony	8:00pm Ecstatic dance and creative expression	6:30pm Ceremony	6:30pm Ceremony	8:00pm Closing