

SOLTARA HEALING CENTER

FIVE NIGHT RETREAT SCHEDULE

* REQUIRED ATTENDANCE

SUNDAY		
17:00	ARRIVAL/TOUR	
17:30	ORIENTATION TALK *	<i>(Maloka)</i>
19:00	DINNER	
MONDAY		
07:00	VOMITIVO *	<i>(In Front of Maloka)</i>
08:30	BREAKFAST	
10:00	AYAHUASCA TALK *	<i>(Maloka)</i>
12:30	HEALTH CHECK *	<i>(Office)</i>
13:00	LUNCH	
16:30	FLOWER BATHS	<i>(Pool Area)</i>
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
19:30	CEREMONY 1	
TUESDAY		
07:30	MORNING YOGA	<i>(Maloka)</i>
08:30	BREAKFAST	
09:30	CONSULTATION WITH HEALERS *	<i>(Maloka)</i>
13:00	LUNCH	
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
19:30	CEREMONY 2	
WEDNESDAY		
08:30	BREAKFAST	
11:30	YOGA	<i>(Maloka)</i>
13:00	LUNCH	
14:00	ARKANA/POST-DIET TALK & INTEGRATION TOOLS *	<i>(Maloka)</i>
16:30	FLOWER BATHS	<i>(Pool Area)</i>
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
19:30	CEREMONY 3	
THURSDAY		
08:30	BREAKFAST	
09:30	SHIPIBO MARKET	<i>(Maloka)</i>

10:00	GROUP PHOTO & GROUP SHARE *	<i>(Maloka)</i>
12:30	HEALTH CHECK *	<i>(Office)</i>
13:00	LUNCH	
18:30	DINNER	
FRIDAY		
06:30	BREAKFAST	
07:00	DEPARTURE	

