

# SOLTARA

## HEALING CENTER

### SEVEN NIGHT RETREAT SCHEDULE

\* REQUIRED ATTENDANCE

SUNDAY		
17:00	ARRIVAL/TOUR	
17:30	<b>ORIENTATION TALK *</b>	<i>(Maloka)</i>
19:00	DINNER	
MONDAY		
<b>07:00</b>	<b>VOMITIVO *</b>	<i>(In Front of Maloka)</i>
08:30	BREAKFAST	
<b>10:00</b>	<b>AYAHUASCA TALK *</b>	<i>(Maloka)</i>
<b>12:30</b>	<b>HEALTH CHECK *</b>	<i>(Office)</i>
13:00	LUNCH	
16:30	FLOWER BATHS	<i>(Pool Area)</i>
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
<b>19:30</b>	<b>CEREMONY 1</b>	
TUESDAY		
07:30	MORNING YOGA	<i>(Maloka)</i>
08:30	BREAKFAST	
<b>09:30</b>	<b>CONSULTATION WITH HEALERS *</b>	<i>(Maloka)</i>
13:00	LUNCH	
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
<b>19:30</b>	<b>CEREMONY 2</b>	
WEDNESDAY		
08:30	BREAKFAST	
<b>10:00</b>	<b>GROUP SHARE *</b>	<i>(Maloka)</i>
13:00	LUNCH	
17:00	AFTERNOON YOGA	<i>(Star deck)</i>
18:30	DINNER	
THURSDAY		
07:30	MORNING YOGA	<i>(Maloka)</i>
08:30	BREAKFAST	
10:00	INTEGRATION TOOLS TALK	<i>(Maloka)</i>
13:00	LUNCH	

18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
<b>19:30</b>	<b>CEREMONY 3</b>	
<b>FRIDAY</b>		
08:30	BREAKFAST	
13:00	LUNCH	
<b>14:00</b>	<b>ARKANA/POST-DIET TALK &amp; INTEGRATION TOOLS *</b>	<i>(Maloka)</i>
16:30	FLOWER BATHS	<i>(Pool Area)</i>
18:30	PRE-CEREMONY YOGA	<i>(Maloka)</i>
<b>19:30</b>	<b>CEREMONY 4</b>	
<b>SATURDAY</b>		
08:30	BREAKFAST	
09:30	SHIPIBO MARKET	<i>(Maloka)</i>
<b>10:00</b>	<b>GROUP PHOTO &amp; GROUP SHARE *</b>	<i>(Maloka)</i>
<b>12:30</b>	<b>HEALTH CHECK *</b>	<i>(Office)</i>
13:00	LUNCH	
18:30	DINNER	
<b>SUNDAY</b>		
06:30	BREAKFAST	
07:00	DEPARTURE	

