



Soltara 12 Night Retreat Schedule

Items with an asterisk are required attendance*

DAY 1		
16.00	Arrival/Tour	
16.30	Orientation Talk*	Maloka
18.30	Dinner	
DAY 2		
07.00	Vomitivo*	In Front of Maloka
09.00	Breakfast	
10.00	Ayahuasca Talk*	Maloka
13.00	Lunch	
13.30	Health Checks*	Office
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY ONE	
DAY 3		
08.00	Morning Yoga	Maloka
09.00	Breakfast	
09.30	Consultations with Healers*	Maloka
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY TWO	
DAY 4		
09.00	Breakfast	
11.30	Morning Yoga	Maloka
13.00	Lunch	
14.00	Arkana / Post-Diet and Integration Tools*	Maloka
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY THREE	
DAY 5		
09.00	Breakfast	
09.30	Shipibo Market	Maloka
10.00	Group Photo & Group Share*	Maloka
13.00	Lunch	
13.30	Health Checks*	Office
18.30	Dinner	
DAY 6		
06.30	Breakfast	
07.00	Departure of 5 day group	

16.00	Arrival/Tour for 7 day group	
16.30	Orientation Talk*	<i>Maloka</i>
18.30	Dinner	

DAY 7

07.00	Vomitivo*	<i>In Front of Maloka</i>
09.00	Breakfast	
10.00	Ayahuasca Talk*	<i>Maloka</i>
13.00	Lunch	
13.30	Health Checks*	<i>Office</i>
16.30	Flower Baths	<i>Pool</i>
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY FOUR	

DAY 8

08.00	Morning Yoga	<i>Maloka</i>
09.00	Breakfast	
09.30	Consultations with Healers*	<i>Maloka</i>
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY FIVE	

DAY 9

09.00	Breakfast	
10.00	Group Share*	<i>Maloka</i>
13.00	Lunch	
17.00	Afternoon Yoga	<i>Maloka</i>
18.30	Dinner	

DAY 10

08.00	Morning Yoga	
09.00	Breakfast	
10.00	Integration Tools*	<i>Maloka</i>
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY SIX	

DAY 11

09.00	Breakfast	
13.00	Lunch	
14.00	Arkana / Post-Diet & Integration Talk*	<i>Maloka</i>
16.30	Flower Baths	<i>Pool</i>
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY SEVEN	

DAY 12

09.00	Breakfast	
09.30	Shipibo Market	<i>Maloka</i>
10.00	Group Photo & Group Share*	<i>Maloka</i>
13.00	Lunch	

13.30
18.30

Health Checks*
Dinner

Office

DAY 13

06.30
07.00

Breakfast
Departure