



Soltara 5 Night Retreat Schedule

Items with an asterisk are required attendance*

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