



Soltara 12 Night Retreat Schedule

Items with an asterisk are required attendance*

DAY 1		
11.30	Arrival/Tour	
12.00	Flower Bath	
13.00	Lunch	
14.00	Orientation Talk*	<i>Maloka</i>
18.30	Dinner	
DAY 2		
07.00	Vomitivo*	
09.00	Breakfast	
10.00	Ayahuasca Talk*	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
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>
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY TWO	
DAY 4		
09.00	Breakfast	
10.00	Group Share*	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
17.00	Afternoon Yoga	<i>Maloka</i>
18.30	Dinner	
DAY 5		
08.00	Morning Yoga	
09.00	Breakfast	
10.00	Steam Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY THREE	

DAY 6		
08.00	Morning Yoga	
9.00	Breakfast	
10.00	Self Inquiry/Dyad Practice	
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY FOUR	
DAY 7		
08.00	Morning Yoga	
9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
14.00	Integration Tools Talk*	<i>Maloka</i>
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY FIVE	
DAY 8		
9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
17.00	Afternoon Yoga	<i>Maloka</i>
18.30	Dinner	
DAY 9		
08.00	Morning Yoga	
9.00	Breakfast	
10.00	Integrations Tools Talk (optional)	
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY SIX	
DAY 10		
08.00	Morning Yoga	
9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
14.00	Arkana/Post-Diet Talk*	
18.30	Pre-Ceremony Yoga	
19.30	CEREMONY SEVEN	
DAY 11		
09.00	Breakfast	
11.00	Shipibo Market & Group Photo	<i>Maloka</i>
12.00	Lunch	
17.00	Afternoon Yoga	
18.30	Dinner	

DAY 12

08.00	Breakfast
09.00	Trip to waterfalls
14.00	Lunch
15.00	Group Share*
19.00	Dinner

DAY 13

09.00	Breakfast
10.00	Departure