



Soltara 13 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	<i>Maloka</i>
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	<i>Maloka</i>
19.30	CEREMONY TWO	

DAY 4

09.00	Breakfast	
10.30	Morning Yoga	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
14.00	Arkana / Post-Diet and Integration Tools*	<i>Maloka</i>
16.30	Flower Baths	
18.30	Pre-Ceremony Yoga	<i>Maloka</i>
19.30	CEREMONY THREE	

DAY 5

09.00	Breakfast	
11.00	Shipibo Market & Group Photo	<i>Maloka</i>
13.00	Lunch	
14.00	Group Share*	<i>Maloka</i>
18.30	Dinner	

DAY 6		
09.00	Breakfast	
10.00	Departure (5 Night Group)	
13.00	Lunch	
18.30	Dinner	
DAY 7		
11.30	Arrival/Tour (7 Night Group)	
12.00	Flower Bath	
13.00	Lunch	
14.00	Orientation Talk*	<i>Maloka</i>
18.30	Dinner	
DAY 8		
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 FOUR	
DAY 9		
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 FIVE	
DAY 10		
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 11		
08.00	Morning Yoga	<i>Maloka</i>
09.00	Breakfast	
10.00	Integration Tools Talk*	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	<i>Maloka</i>
19.30	CEREMONY SIX	

DAY 12

8.00	Morning Yoga	<i>Maloka</i>
9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
14.00	Arkana/Post-Diet & Integration Tools*	<i>Maloka</i>
18.30	Pre-Ceremony Yoga	<i>Maloka</i>
19.30	CEREMONY SEVEN	

DAY 13

09.00	Breakfast	
11.00	Shipibo Market & Group Photo	<i>Maloka</i>
12.00	Lunch	
14.00	Group Share*	<i>Maloka</i>
18.30	Dinner	

DAY 14

09.00	Breakfast	
10.00	Departure	