



Soltara 5 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	
10.30	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	
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	