



# Soltara 7 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	<b>Orientation Talk*</b>	<i>Maloka</i>
18.30	Dinner	
DAY 2		
07.00	<b>Vomitivo*</b>	
09.00	Breakfast	
10.00	<b>Ayahuasca Talk*</b>	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY ONE</b>	
DAY 3		
08.00	Morning Yoga	<i>Maloka</i>
09.00	Breakfast	
09.30	<b>Consultations with Healers*</b>	<i>Maloka</i>
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY TWO</b>	
DAY 4		
09.00	Breakfast	
10.00	<b>Group Share*</b>	<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	<b>Integration Tools Talk*</b>	
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY THREE</b>	

**DAY 6**

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

**DAY 7**

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

**DAY 8**

09.00	Breakfast	
10.00	Departure	