



# Soltara 9 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	Self Inquiry/Dyad Practice	
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY THREE</b>	

**DAY 6**

08.00	Morning Yoga	
9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
14.00	<b>Integration Tools Talk*</b>	<i>Maloka</i>
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY FOUR</b>	

**DAY 7**

9.00	Breakfast	
12.00	Flower Bath	
13.00	Lunch	
14.00	<b>Integration Tools Talk*</b>	<i>Maloka</i>
17.00	Afternoon Yoga	<i>Maloka</i>
18.30	Dinner	

**DAY 8**

08.00	Morning Yoga	
9.00	Breakfast	
10.00	<b>Arkana/Post-Diet &amp; Integration Tools*</b>	
12.00	Flower Bath	
13.00	Lunch	
18.30	Pre-Ceremony Yoga	
19.30	<b>CEREMONY FIVE</b>	

**DAY 9**

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 10**

09.00	Breakfast	
10.00	Departure	