



Soltara 5 Night Retreat Schedule

Items with an asterisk are required attendance*

DAY 1		
16.00	Arrival/Tour	
16.30	Orientation Talk*	Maloca
18.30	Dinner	
DAY 2		
07.00	Vomitivo*	In Front of Maloca
09.00	Breakfast	
10.00	Ayahuasca Talk*	Maloca
13.00	Lunch	
13.30	Health Checks*	Office
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY ONE	Maloca
DAY 3		
08.00	Morning Yoga	Maloca
09.00	Breakfast	
10.00	Consultation with Healers*	Maloca
13.00	Lunch	
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY TWO	Maloca
DAY 4		
09.00	Breakfast	
11.30	Morning Yoga	Maloca
13.00	Lunch	
14.00	Arkana / Post-Diet and Integration Tools*	Maloca
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY THREE	Maloca
DAY 5		
09.00	Breakfast	
09.30	Shipibo Market	Maloca
10.00	Group Photo & Group Share*	Maloca
13.00	Lunch	
13.30	Health Checks*	Office
18.30	Dinner	
DAY 6		
10:00	Breakfast	
11:30	Departure	