



# Soltara 7 Night Retreat Schedule

*Items with an asterisk\* are required attendance*

<b>DAY 1</b>		
17.15	Arrival/Tour	
17.45	<b>Orientation Talk*</b>	<i>Dining Room</i>
18.30	Dinner	
<b>DAY 2</b>		
07.00	<b>Vomitivo*</b>	<i>In Front of Maloca</i>
09.00	Breakfast	
10.00	<b>Ayahuasca Talk*</b>	<i>Maloca</i>
13.00	Lunch	
13.30	<b>Health Checks*</b>	<i>Office</i>
15.30	Flower Baths	<i>Pool</i>
17.30	Pre-Ceremony Yoga	<i>Maloca</i>
18.30	<b>CEREMONY ONE</b>	<i>Maloca</i>
<b>DAY 3</b>		
08.00	Morning Yoga	<i>Maloca</i>
09.00	Breakfast	
10.00	<b>Consultations with Healers*</b>	<i>Maloca</i>
13.00	Lunch	
17.30	Pre-Ceremony Yoga	<i>Maloca</i>
18.30	<b>CEREMONY TWO</b>	<i>Maloca</i>
<b>DAY 4</b>		
09.00	Breakfast	
10.00	<b>Group Share*</b>	<i>Maloca</i>
13.00	Lunch	
17.00	Afternoon Yoga	<i>Maloca</i>
18.30	Dinner	
<b>DAY 5</b>		
08.00	Morning Yoga	
09.00	Breakfast	
10.00	<b>Integration Tools*</b>	<i>Maloca</i>
13.00	Lunch	
17.30	Pre-Ceremony Yoga	<i>Maloca</i>
18.30	<b>CEREMONY THREE</b>	<i>Maloca</i>

<b>DAY 6</b>		
09.00	Breakfast	
13.00	Lunch	
14.00	<b>Arkana / Post-Diet &amp; Integration Talk*</b>	<i>Maloca</i>
15.30	Flower Baths	<i>Pool</i>
17.30	Pre-Ceremony Yoga	<i>Maloca</i>
18.30	<b>CEREMONY FOUR</b>	<i>Maloca</i>
<b>DAY 7</b>		
09.00	Breakfast	
09.30	Shipibo Market	<i>Maloca</i>
10.00	<b>Group Photo &amp; Group Share*</b>	<i>Maloca</i>
13.00	Lunch	
15.00	<b>Health Checks*</b>	<i>Office</i>
18.30	Dinner	
<b>DAY 8</b>		
10:00	Breakfast	
11:30	Departure	