



Playa Blanca 7 Night Retreat Schedule

Items with an asterisk are required attendance*

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

DAY 6		
09.00	Breakfast	
13.00	Lunch	
14.00	Arkana / Post-Diet & Integration Talk*	<i>Maloca</i>
15.30	Flower Baths	<i>Pool</i>
17.30	Pre-Ceremony Yoga, Breathwork & Soundbath	<i>Maloca</i>
18.30	CEREMONY FOUR	<i>Maloca</i>
DAY 7		
09.00	Breakfast	
09.30	Shipibo Market	<i>Maloca</i>
10.00	Group Photo & Group Share*	<i>Maloca</i>
13.00	Lunch	
13.30	Health Checks*	<i>Office</i>
13.30	Optional - share your testimonial 	<i>Dining Room</i>
18.30	Dinner	
DAY 8		
10.00	Breakfast	
11.30	Departure	