

SAMPLE SCHEDULE

2019 Wellness Retreat

My Sachaji, Ecuador

SAT AUG 3, 2019		SUN AUG 4, 2019		MON AUG 5, 2019		TUE AUG 6, 2019	
2:00p	Check-in	6:30a	Group Meditation	6:30a	Group Meditation	6:30a	Group Meditation
		7:00a	Gentle Yoga	7:00a	Kundalini Yoga	7:00a	Gentle Yoga
		8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast
	Breathe and Relax	9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson
		11a	Walking Meditation	11a	Walking Meditation	11a	Walking Meditation
		12-1p	Lunch	12-1p	Lunch	12-1p	Lunch
		1:30p	Group Discussion	1:30p	Group Discussion	1:30p	Group Discussion
		3p	Guided Meditation	3p	Guided Meditation	3p	Guided Meditation
		4p	Wellness Lesson	4p	Wellness Lesson	4p	Wellness Lesson
6-7p	Dinner	6-7p	Dinner	6-7p	Dinner	6-7p	Dinner
7:30p	Welcome Ceremony	7:30p	Local Healer	7:30p	Hydrotherapy	7:30p	Numerology
WEN AUG 7, 2019		THUR AUG 8, 2019		FRI AUG 9, 2019		SAT AUG 10, 2019	
6:30a	Group Meditation	6:30a	Group Meditation	6:30a	Group Meditation	7:30a	Group Meditation
7:00a	Kundalini Yoga	7:00a	Gentle Yoga	7:00a	Gentle Yoga	8-9a	Breakfast
8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast		
9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson		
11a	Walking Meditation	11a	Walking Meditation	11a	Walking Meditation		
12-1p	Lunch	12-1p	Lunch	12-1p	Lunch	12:00p	Check-out
1:30p	Group Discussion	1:30p	Group Discussion	1:30p	Group Discussion		
3p	Guided Meditation	3p	Guided Meditation	3p	Guided Meditation		Have a safe trip home!
4p	Wellness Lesson	4p	Wellness Lesson	4p	Wellness Lesson		
6-7p	Dinner	6-7p	Dinner	6-7p	Dinner		
7:30p	Bonfire and songs	7:30p	Local Healer	7:30p	Closing Ceremony		

This is a generalized sample of the schedule for the retreat. The final schedule will be posted daily near the restaurant.