SAMPLE SCHEDULE

2019 7 Days of Transformation

My SachaJi, Ecuador

SAT AUG 3, 2019		SUN AUG 4, 2019		MON AUG 5, 2019		TUE AUG 6, 2019	
		6:30a	Group Meditation	6:30a	Group Meditation	6:30a	Group Meditation
		7:00a	Gentle Yoga	7:00a	Kundalini Yoga	7:00a	Gentle Yoga
2:00p	Check-in	8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast
		9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson	9:30a	Daily Spiritual Lesson
	Breathe and	11a	Walking Meditation	11a	Walking Meditation	11a	Walking Meditation
	Relax	12-1p	Lunch	12-1p	Lunch	12-1p	Lunch
		1:30p	Group Discussion	1:30p	Group Discussion	1:30p	Group Discussion
		3р	Guided Meditation	3р	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	Hypnosis Evening
WEN AUG 7, 2019		TI	HUR AUG 8, 2019	FRI AUG 9, 2019		SAT AUG 10, 2019	
6:30a	Group Meditation	6:30a	Group Meditation	6:30a	Group Meditation		
7,000	Kunadalini Vana	7:00a	HypnoYoga	7:00a	Gentle Yoga	7:30a	Group Meditation
7:00a	Kundalini Yoga	7.00a	Пурпотова	7.00a	dentile robu		
8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast
	•						•
8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast		•
8-9a 9:30a	Breakfast Daily Spiritual Lesson	8-9a 9:30a	Breakfast Daily Spiritual Lesson	8-9a 9:30a	Breakfast Daily Spiritual Lesson		•
8-9a 9:30a 11a	Breakfast Daily Spiritual Lesson Walking Meditation	8-9a 9:30a 11a	Breakfast Daily Spiritual Lesson Walking Meditation	8-9a 9:30a 11a	Breakfast Daily Spiritual Lesson Walking Meditation	8-9a	Breakfast
8-9a 9:30a 11a 12-1p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch	8-9a 9:30a 11a 12-1p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch	8-9a 9:30a 11a 12-1p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch	8-9a	Breakfast
8-9a 9:30a 11a 12-1p 1:30p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion	8-9a 9:30a 11a 12-1p 1:30p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion	8-9a 9:30a 11a 12-1p 1:30p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion	8-9a	Breakfast Check-out
8-9a 9:30a 11a 12-1p 1:30p 3p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation	8-9a 9:30a 11a 12-1p 1:30p 3p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation	8-9a 9:30a 11a 12-1p 1:30p 3p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation	8-9a	Breakfast Check-out Have a safe
8-9a 9:30a 11a 12-1p 1:30p 3p 4p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation Wellness Lesson	8-9a 9:30a 11a 12-1p 1:30p 3p 4p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation Wellness Lesson	8-9a 9:30a 11a 12-1p 1:30p 3p 4p	Breakfast Daily Spiritual Lesson Walking Meditation Lunch Group Discussion Guided Meditation Wellness Lesson	8-9a	Breakfast Check-out Have a safe

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