

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	Kundalini Yoga
		8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast
		9:30a	Walking Meditation & Yoga	9:30a	Walking Meditation & Yoga	9:30a	Walking Meditation & Yoga
		11a	Daily Spiritual Lesson	11a	Daily Spiritual Lesson	11a	Daily Spiritual Lesson
		12-1p	Lunch	12-1p	Lunch	12-1p	Lunch
2:00p	Check-in	1:30p	Group Discussion	1:30p	Group Discussion	1:30p	Group Discussion
	Breathe and Relax	2:30p	Gentle Hike & Guided Meditation	2:30p	Gentle Hike & Guided Meditation	2:30p	Gentle Hike & Guided Meditation
		4p	Wellness Lesson	4p	Wellness Lesson	4p	Wellness Lesson
		5p	Yoga	5p	Yoga	5p	Yoga
6-7p	Dinner	6-7p	Dinner	6-7p	Dinner	6-7p	Dinner
7:30p	Welcome Ceremony	7:30p	Hydrotherapy	7:30p	Bonfire and stories	7:30p	Local Healer
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		
7:00a	Kundalini Yoga	7:00a	Gentle Yoga	7:00a	Gentle Yoga	7:30a	Group Meditation
8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast	8-9a	Breakfast
9:30a	Walking Meditation & Yoga	9:30a	Walking Meditation & Yoga	9:30a	Walking Meditation & Yoga		
11a	Daily Spiritual Lesson	11a	Daily Spiritual Lesson	11a	Daily Spiritual Lesson	12:00p	Check-out
12-1p	Lunch	12-1p	Lunch	12-1p	Lunch		
1:30p	Group Discussion	1:30p	Group Discussion	1:30p	Group Discussion		Have a safe trip home!
2:30p	Gentle Hike & Guided Meditation	2:30p	Gentle Hike & Guided Meditation	2:30p	Gentle Hike & Guided Meditation		
4p	Wellness Lesson	4p	Wellness Lesson	4p	Wellness Lesson		
5p	Yoga	5p	Yoga	5p	Yoga		
6-7p	Dinner	6-7p	Dinner	6-7p	Dinner		
7:30p	Bonfire and stories	7:30p	Hydrotherapy	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.