

SAMPLE SCHEDULE

2020 Finding the Peace Within Retreat

El Crater, Quito, Ecuador

SAT JULY 11, 2020		SUN JULY 12, 2020		MON JULY 13, 2020		TUE JULY 14, 2020	
3p	Check-in	8a	Gentle Yoga	8a	Gentle Yoga	8a	Gentle Yoga
		8:30a	Group Meditation	8:30a	Group Meditation	8:30a	Group Meditation
		9a	Breakfast	9a	Breakfast	9a	Breakfast
		10:30a	Daily Spiritual Lesson & Discussion	10:30a	Daily Spiritual Lesson & Discussion	10:30a	Daily Spiritual Lesson & Discussion
	Breathe and Relax	11:30a	Hypnosis	11:30a	Hypnosis	11:30a	Hypnosis
		12p	Lunch	12p	Lunch	12p	Lunch
6p	Welcome Dinner	1:30p	Walking Meditation				
		5p	Hypnosis	3p	Gentle Hike	2p	<i>Tour of the "real" Equator Museum & the Museum of the Sun</i>
		5:30p	Dinner	4p	Group Meditation & Discussion	6:30p	Dinner
		7p	Shaman: Healing & Connection Ceremony	6:30p	Dinner		
WEN JULY 15, 2020		THUR JULY 16, 2020		FRI JULY 17, 2020		SAT JULY 18, 2020	
8a	Gentle Yoga	8a	Gentle Yoga	8a	Gentle Yoga	8a	Farewell Breakfast
8:30a	Group Meditation	8:30a	Group Meditation	8:30a	Group Meditation		
9a	Breakfast	9a	Breakfast	9a	Breakfast		
10:30a	Daily Spiritual Lesson & Discussion	10:30a	Daily Spiritual Lesson & Discussion	10:30a	Daily Spiritual Lesson & Discussion	11a	Check-out
11:30a	Hypnosis	11:30a	Hypnosis	11:30a	Hypnosis		
12p	Lunch	12p	Lunch	12p	Lunch		
2p	Walking Meditation	2p	Gentle Hike	2p	Walking Meditation		Have a safe trip home!
5p	Group Meditation & Discussion	5p	Chakra 6 Hypnosis & Discussion	5p	Group Meditation & Discussion		
6:30p	Dinner	6:30p	Dinner	6:30p	Closing Dinner & Celebration		

This is a generalized sample of the schedule for the retreat. The final schedule will be adjusted daily based upon the needs, comfort, and energy of the guests.