

# CHAKRAS

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	Breakfast  ROOT	>	>  SOLAR PLEXUS	>  HEART	>  THROAT	>  THIRD EYE CROWN	>
9am	Orientation Part II  Chakra OV	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	Polarity Exercises	
10am	Family Programing/ Values/Story /Prejudice Identification	Authority: Power, Sex Money Identification	SELF - (Esteem - Worth - Respect) Identification	Love Betrayal Forgiveness Identification	Speaking Truth Identification	Guided Meditation	Leave for Airport
11pm	Identify mind/body/ health issue	Identify mind/body/ health issue	Identify mind/body/ health issue	Identify mind/body/ health issue	Identify mind/body/ health issue	Leave for Lahaina	
12pm	Lunch	>	>	>	>	Lunch at the beach	
1pm	Hike up to yoga camp	Olivine Pools	Waihee Ridge	Maka Maka Ole or Hunters Ridge	Ohai Trail	Time Affirmations Journaling	
2pm Airport Pickup	Guided Meditation Intentions Plant a seed	Olivine Pools	Waihee Ridge	Maka Maka Ole or Hunters Ridge	Ohai Trail	Time Affirmations Journaling	
3pm Kanaha Beach Time	Back to Camp and refresh	Back to camp and refresh	Back to camp and refresh	Back to camp and refresh	Back to camp and refresh	Time and refresh for Cruise	
4pm Incidentals Shopping	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Energy Work Affirmations Journaling	Dinner Cruise in Lahaina	
5pm Orientation and time to settle in	Dinner >	>	>	>	>	>	
6pm Dinner	Coaching Firesides Free time	>Dreams	>Control	>Gratitude	>Singing	> I AM	

Times / events are approximate and may vary based on each unique and special experience we are gifted with