

Retreat

SCHEDULE

<div>22</div> <div>WED</div>	<div>2-6 pm: Check-in at Onze</div> <div>6:30 pm: Dinner</div> <div>8 pm: Welcome Ceremony</div>
<div>23</div> <div>THUR</div>	<div>7 am: Yoga Class</div> <div>8:30 am: Breakfast</div> <div>Noon: Lunch</div> <div>2 pm: Workshop</div> <div>4 pm: Yoga Class</div> <div>6:30 pm: Dinner</div> <div>8 pm: Cacao Ceremony</div>
<div>24</div> <div>FRI</div>	<div>8 am: Breakfast</div> <div>9 am: Yoga Class</div> <div>Noon: Lunch</div> <div>2 pm: Ice bath Breathwork</div> <div>5 pm: Dinner</div> <div>7 pm: Yoga/Meditation</div>
<div>25</div> <div>SAT</div>	<div>8 am: Yoga Class</div> <div>9 am: Breakfast</div> <div>Noon: Lunch</div> <div>4 pm: Sound Bath</div> <div>6 pm: Dinner</div> <div>8 pm: Meditation</div>
<div>26</div> <div>SUN</div>	<div>8 am: Yoga Class</div> <div>9 am: Breakfast</div> <div>11 am: Check-Out</div>