

PROGRAMING

Day 1: Friday, January 10 Arrival Day

- Afternoon: Check-in and settle in
- 6:00 PM: Opening Ceremony around the fire
- 7:00 PM: Welcome Dinner

Day 2: Saturday, January 11

- Morning

- 6:30 AM – 7:00 AM: Meditation and Pranayama
- 7:00 AM – 7:30 AM: Light Breakfast
- 8:00 AM – 9:00 AM: Yoga Class
- 9:00 AM – 10:00 AM: Breakfast

- Mid-Morning

- 10:30 AM – 11:30 AM: Surfing Class
- 11:30 AM TO 1:00 PM beach time

- Afternoon

- 1:00 PM – 2:00 PM: Lunch
- 2:00 PM – 4:30 PM: Free Time/Relaxation
- 4:30 PM – 6:00 PM Arm balance workshop
- 6:30 PM: Dinner

- Evening

- 8:00 PM: Cacao Ceremony and Yin Yoga class

Day 3: Sunday, January 12

- Morning

- 6:30 AM – 7:00 AM: Meditation and Pranayama
- 7:00 AM – 7:30 AM: Light Breakfast
- 8:00 AM – 9:00 AM: Yoga Class
- 9:00 AM – 10:00 AM: Breakfast

- Mid-Morning

- 10:30 AM – 11:30 AM: Surfing Class
- 11:30 AM TO 1:00 PM beach time

- Afternoon

- 1:00 PM – 2:00 PM: Lunch
- 2:00 PM – 6:30 PM: Free Time/Relaxation
- 6:30 PM: Dinner

- Evening

- 8:00 PM: Salsa Class



Day 4: ADVENTURE DAY

Explore **Masaya Volcano National Park**.

You will learn about the history and geology of Nicaragua as we connect to the spirit of Mother Earth through a guided meditation.

We will also explore **Granada** one of Nicaragua colonial cities, where we will have a traditional meal and drink.

In addition we will explore lake **Cosibolca**, Nicaragua's largest lake where we will take a boat to explore the islets, its flora and fauna.

Day 5: Tuesday, January 14

- Morning

- 6:00 AM - 6:30 AM: Meditation and Pranayama
- 6:30 AM - 7:00 AM: Light Breakfast
- 8:00 AM - 9:00 AM: Yoga Class
- 9:00 AM - 10:00 AM: Breakfast

- Mid-Morning

- 10:00 AM - 11:00 AM: Surfing Class
- 11:00 AM - 1:00 PM: Beach time

- Afternoon

- 1:00 PM - 2:00 PM: Lunch
- 2:00 PM - 6:30 PM: Free Time/Relaxation
- 6:30 PM: Dinner

- Evening

- 8:00 PM: White closing ceremony around the fire.

Day 6: Wednesday, January 15

- Morning

- 6:00 AM - 6:30 AM: Meditation and Pranayama
- 6:30 AM - 7:00 AM: Light Breakfast
- 8:00 AM - 9:00 AM: Yoga Class
- 9:00 AM - 10:00 AM: Breakfast and goodbye

