

Programing:

Day 1: Sunday, January 4 Arrival Day

- Afternoon: Check-in and unwind.
- 6:30 PM: Welcome Dinner
- 7:30 PM: Opening Ceremony around the fire.

Day 2: Monday, January 5

- Morning

- 6:30 AM – 7:00 AM: Light Breakfast
- 7:00 AM – 7:30 AM: Pranayama & meditation
- 7:30 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: Lunch
- 2:00 PM – Free Time/Relaxation
- 4:00 PM – 6:00 PM Asana workshop
- 6:30 PM: Dinner
- 8:30 PM: Yin Yoga



Day 3: Tuesday, January 6

- Morning

- 6:30 AM – 7:00 AM: Light Breakfast
- 7:00 AM – 7:30 AM: Meditation & Pranayama
- 7:30 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 – Lunch
- 2:00 PM – Free Time/Relaxation
- 4:00 PM – 6 PM Asana Workshop
- 6:30 PM Dinner
- 9:00 PM Yoga Nidra



Day 4: Wednesday, January 7

- Morning

- 6:30 AM – 7:00 AM: Light Breakfast
- 7:00 AM – 7:30 AM: Meditation & Pranayama
- 7:30 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 – 3:30 PM: /Relaxation
- 3:30 PM – 5:30 PM Cacao & Temazcal
- 6:30 PM: Dinner
- 9:00 PM Restorative Yoga

Day 5: ADVENTURE DAY

Escape to Isla de Ometepe, this is your invitation to explore a land shaped by fire and water.

Hike to the breathtaking San Ramón

Waterfall, where jungle trails lead to a cascading paradise. Immerse yourself in the crystal-clear Ojo de Agua, a natural spring fed by volcanic aquifers, perfect for a refreshing swim. Then, uncover the island's rich past as you explore ancient petroglyphs, mysterious stone carvings left behind by indigenous civilizations centuries ago.

Adventure, history, and tranquility come together on Ometepe. Let the island's beauty captivate you.

Day 6: Friday REST DAY

- Dulce farniente. (the pleasure of doing nothing)
- Panga boat ride and whales sightseeing

Day 7: Saturday, January 10

- Morning

- 6:30 AM – 7:00 AM: Light Breakfast
- 7:00 AM – 7:30 AM: Meditation and Pranayama
- 7:30 AM – 9:00 AM: Yoga class
- 9:00 AM – 10:00 AM: Breakfast
- 10:00AM – 1:00PM Free time

- Afternoon

- 1:00 PM – 2:00 PM: Lunch
- 2:00 PM – 3:30 PM: /Relaxation
- 3:30PM – 5:30PM Asana workshop
- 6:30 PM: Dinner
- 7:30PM Fire closing ceremony.

Day 8: Sunday, January 11

- Morning

- 6:30 AM – 7:00 AM: Light Breakfast
- 7:00 AM – 7:30 AM: Meditation and Pranayama
- 7:30 AM – 9:00 AM: Farewell Flow
- 9:00 AM – 10:00 AM: Breakfast

- Mid-Morning

- 10:00 AM Departure

- **Daily Ice bath & Sauna**- This will help your body revocer faster!
- **Nature walks**- Meant to help you ground and connect to the earth.
- **Schedule subject to change.**

