



# 10 DAY/9 NIGHTS YOGAHUASCA RETREAT

## DAY 1: FRIDAY

3:00pm EDT	<input type="radio"/> Arrivals
6:30pm EDT	<input type="radio"/> Orientation Talk
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Ayahuasca ceremony
9:00pm EDT	<input checked="" type="radio"/> Ayahuasca ceremony

## DAY 2: SATURDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
10:00am EDT	<input type="radio"/> Integration
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Sacha Wasi community experience: Traditional dance, face painting, chicha
2:30pm EDT	<input type="radio"/> La Cascada Hola Vida Sacred Waterfall
2:30pm - 6:00pm	<input checked="" type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
6:00pm EDT	<input type="radio"/> Gentle Yoga or Yin Yoga
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Ayahuasca ceremony
9:00pm EDT	<input checked="" type="radio"/> Ayahuasca ceremony



# 10 DAY/9 NIGHTS YOGAHUASCA RETREAT

## DAY 3: SUNDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
10:00am EDT	<input checked="" type="radio"/> Integration
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Departures (weekend retreat guests): Farewell Group Photo + Artesanal Shop
2:00pm EDT	<input checked="" type="radio"/> Trip to Miradora Indichuris
2:00pm - 5:00pm	<input checked="" type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
5:00pm EDT	<input checked="" type="radio"/> Workshop: Plant Dietas and The Healing Power of Rainforest Herbs
6:00pm EDT	<input type="radio"/> Gentle Yoga or Yin Yoga
7:30pm EDT	<input checked="" type="radio"/> Dinner
8:30pm EDT	<input checked="" type="radio"/> Cacao Ceremony
11:55pm EDT	<input checked="" type="radio"/> Midnight snack and campfire

## DAY 4: MONDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast for the guest not participating in Kambo Ceremony
10:00am EDT	<input checked="" type="radio"/> Kambo ceremony
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Giving back to Pacha Mama: replanting ayahuasca   Harvesting   Cooking Ayahuasca brew
1:30pm - 6:00pm	<input checked="" type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
2:00pm EDT	<input checked="" type="radio"/> Drum making workshop
6:00pm EDT	<input type="radio"/> Gentle Yoga or Yin Yoga
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Psilocybin Ceremony
9:00pm EDT	<input checked="" type="radio"/> Psilocybin ceremony



# 10 DAY/9 NIGHTS YOGAHUASCA RETREAT

## DAY 5: TUESDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
10:00am EDT	<input type="radio"/> Integration
2:00pm EDT	<input type="radio"/> Drum making workshop
2:30pm - 6:00pm	<input type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
5:00pm EDT	<input type="radio"/> Workshop: Plant Dietas & The Healing Power of Rainforest Herbs
6:00pm EDT	<input type="radio"/> Gentle Yoga or Yin Yoga
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Ayahuasca ceremony
9:00pm EDT	<input checked="" type="radio"/> Ayahuasca ceremony

## DAY 6: WEDNESDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
10:00am EDT	<input type="radio"/> Integration
12:00pm EDT	<input checked="" type="radio"/> San Pedro Ceremony
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm - 5:00pm	<input type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
2:00pm EDT	<input type="radio"/> Excursion to Hacienda de Cacao - AMAZON - CACAO FACTORY
	<input type="radio"/> Drum making workshop
5:00pm EDT	<input type="radio"/> Walking Meditation
7:30pm EDT	<input checked="" type="radio"/> Dinner
8:30pm EDT	<input type="radio"/> A Closing Sharing Circle for 7-day Yogahuasca Retreat Participants
9:30pm EDT	<input type="radio"/> Ecstatic Dance



# 10 DAY/9 NIGHTS YOGAHUASCA RETREAT

## DAY 7: THURSDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast for the guest not participating in Mapacho Cleanse
10:00am EDT	<input type="radio"/> Integration
10:15am EDT	<input type="radio"/> Mapacho Cleanse
11:30am EDT	<input type="radio"/> Check-out time
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Departures: Artesanal Shop + Farewell Group Photo
2:00pm EDT	<input type="radio"/> Artwork class with Kichwa women
2:00pm - 5:00pm	<input type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
5:00pm EDT	<input type="radio"/> Flower bath
7:30pm EDT	<input checked="" type="radio"/> Dinner

## DAY 8: FRIDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:00am EDT	<input type="radio"/> New Guests: on the way to Sacha Wasi
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
11:00am EDT	<input type="radio"/> Where should I begin - A Game Stories
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Trek inside the Amazon rainforest.
2:00pm - 5:00pm	<input type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Ayahuasca ceremony
9:00pm EDT	<input checked="" type="radio"/> Ayahuasca ceremony



# 10 DAY/9 NIGHTS YOGAHUASCA RETREAT

## DAY 9: SATURDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EDT	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EDT	<input checked="" type="radio"/> Dieta breakfast
10:00am EDT	<input type="radio"/> Integration
12:30pm EDT	<input checked="" type="radio"/> Dieta lunch
1:30pm EDT	<input type="radio"/> Sacha Wasi community experience: Traditional dance, face painting, chicha
2:30pm EDT	<input type="radio"/> La Cascada Hola Vida Sacred Waterfall
3:00pm - 6:00pm	<input type="radio"/> Sacha Wasi Jungle Clinic   prebooked treatments: Massage Therapy, Full Body Wrap, Acupuncture, Cupping Therapy, K-Laser Deep Tissue Therapy, IV Therapy
6:00pm EDT	<input type="radio"/> Gentle Yoga or Yin Yoga
7:30pm EDT	<input checked="" type="radio"/> Dinner for the guests not participating in the ceremony
8:30pm EDT	<input checked="" type="radio"/> Limpieza before Ayahuasca ceremony
9:00pm EDT	<input checked="" type="radio"/> Ayahuasca ceremony

## DAY 10: SUNDAY

7:30am EDT	<input type="radio"/> Meditation for all Levels
8:15am EST	<input type="radio"/> Pranayama & Dynamic Yoga for all Levels
9:00am EST	<input checked="" type="radio"/> Dieta breakfast
10:00am EST	<input type="radio"/> Integration
12:30pm EST	<input type="radio"/> Check-out time <input checked="" type="radio"/> Dieta lunch
1:30pm EST	<input type="radio"/> Departures: Artesanal Shop + Farewell Group Photo

### SESSIONS TYPES:

- Ceremonies
- Yogahuasca activities
- Integration \ Orientation Talks
- Meals
- Synergetic Additions and activities - additional compensation