



AMUSING RETREATS

RETREAT'S SCHEDULE

SUNDAY

- **16:00** ARRIVALS & WELCOME!
- **18:00** LAVALAND PARTY (OPTIONAL)

MONDAY

- **10:00** BREAKFAST
- **11:00** MESSAGES

- **17:00** CITY TOUR
- **20:00** WELCOME DINNER

TUESDAY

- 9:00** YOGA SESSION
- 10:00** BREAKFAST
- 16:00** SPANISH LESSON (1,5H)
- 19:00** SHARING CIRCLE & WORKSHOP
- 21:00** MOVIE NIGHT

WEDNESDAY

- **9:00** YOGA SESSION
- **10:00** BREAKFAST
- **12:00** MESSAGES
- **16:00** SPANISH LESSON
- **19:00** CACAO CEREMONY. + ART THERAPY

THURSDAY

- **9:00** YOGA SESSION
- **10:00** BREAKFAST ANAGA HIKE (OPTIONAL)
- **16:00** SPANISH LESSON (1,5H)
- **18:00** PARTNER YOGA
- **20:00** GUACHINCHE

FRIDAY

- **9:00** YOGA SESSION
- **10:00** BREAKFAST
- **12:00** MASSAGE
- **16:00** SPANISH LESSON (1,5H)
- **19:00** SACRED PLANTS CEREMONY + ART THERAPY

SATURDAY

- **9:00** YOGA SESSION
- **10:00** BREAKFAST
- **16:00** SPANISH LESSON (1,5H)
- **19:00** POOL PARTY
- **21:00** LET'S GO TO TOWN!

SUNDAY

- **10:00** BREAKFAST
- **12:00** GOODBYES!