

	17-Apr-19	18-Apr-19	19-Apr-19	20-Apr-19	21-Apr-19	22-Apr-19	23-Apr-19	24-Apr-19	25-Apr-19	26-Apr-19	27-Apr-19
	ARRIVAL DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DEPARTURE DAY
7:00 AM											
7:30 AM		CACAO/YOGA MEDITATION	CACAO/YOGA MEDITATION	CACAO/YOGA MEDITATION	CACAO/YOGA MEDITATION	CACAO/YOGA MEDITATION	REST	CACAO/YOGA MEDITATION	REST	CACAO/YOGA MEDITATION	CACAO/YOGA MEDITATION
8:00 AM											
8:30 AM											
9:00 AM		BREAK-FAST & PLANT BATHS	WACHUMA CEREMONY (FAST)	BREAK-FAST & PLANT BATHS	WACHUMA CEREMONY (FAST)	BREAK-FAST & PLANT BATHS	BREAK-FAST & PLANT BATHS	WACHUMA CEREMONY (FAST)	BREAK-FAST & PLANT BATHS	PLANT BATHS	CLOSING CEREMONY
9:30 AM											
10:00 AM			HIKE, BASE-CAMP, NATURE BATH	1-ON-1'S / FREE-TIME	HIKE, BASE-CAMP, NATURE BATH	DISCUSSION AYAHUASCA	BREAK-FAST & PLANT BATHS	HIKE, BASE-CAMP, NATURE BATH	BREAK-FAST & PLANT BATHS	AYAHUASCA CEREMONY (10-4)	BREAK-FAST & PLANT BATHS
10:30 AM											
11:00 AM		1-ON-1'S / FREE-TIME									
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM		COMMUNAL ACUPUNCTURE									
1:30 PM						FIELD TRIP: SANTA CLARA DEL COBRE	1-ON-1'S / FREE-TIME				
2:00 PM			BREAK-FAST (FRUIT & SNACK)		BREAK-FAST (FRUIT & SNACK)			BREAK-FAST (FRUIT & SNACK)			
2:30 PM											
3:00 PM	INTRO/WELCOME	TEMEZCAL	PACK-UP & HIKE TO R&J'S	GENTLE YOGA	HIKE BACK TO MMRC			HIKE BACK TO MMRC	LUNCH: TIENDA VERDE		
3:30 PM											
4:00 PM	UN-PACK, EXPLORE TRAILS, PLANT BATHS, CONVERSE, ETC.		LUNCH: ROMEO & JULIETA'S		LUNCH		COMMUNAL ACUPUNCTURE	light LUNCH		PLANT BATHS & BREAK-FAST	
4:30 PM											
5:00 PM											
5:30 PM			HIKE BACK TO MMRC			SNACKS (OPTIONAL) 1-ON-1'S / FREE-TIME					
6:00 PM	DINNER	DINNER		TEMEZCAL	YARD-TIME & PLANT BATHS		TEMEZCAL	YARD-TIME & PLANT BATHS	1-ON-1'S / FREE-TIME / KAMBO CEREMONIES	1-ON-1'S / FREE-TIME	
6:30 PM											
7:00 PM			YARD-TIME & PLANT BATHS								
7:30 PM	OPENING CEREMONY: KIRTAN, MANTRA, ICAROS, RAPÉ	FIRE CEREMONY: SONGS, MUSIC, SANANGA, RAPÉ									
8:00 PM											
8:30 PM											
9:00 PM	REVIEW TOMORROW	REVIEW TOMORROW	DINNER	DINNER	DINNER	AYAHUASCA CEREMONY (8PM-2AM)	DINNER	AYAHUASCA CEREMONY (9PM-3AM)	DINNER	DINNER	
9:30 PM	*SILENCE THROUGH BREAK-FAST	*SILENCE THROUGH YOGA									
10:00 PM			REVIEW TOMORROW	REVIEW TOMORROW	REVIEW TOMORROW		REVIEW TOMORROW		REVIEW TOMORROW	REVIEW TOMORROW	
10:30 PM			FULL MOON CEREMONY	*SILENCE THROUGH BREAK-FAST	*SILENCE THROUGH BREAK-FAST	*PLANT BATHS BEFORE BREAK-FAST	*SILENCE THROUGH BREAK-FAST	*PLANT BATHS BEFORE BREAK-FAST	*SILENCE THROUGH BREAK-FAST		
11:00 PM											

*SILENCE

NOTES:

Sunrise: 730am, Sunset: 8pm

Avg. Temps: High 73F/23C, Low 48F/9C