

## Soltara 12 Night Retreat Schedule

## Items with an asterisk $^*$ are required attendance

DAY 1		
16.00	Arrival/Tour	
16.30	Orientation Talk*	Maloca
18.30	Dinner	
DAY 2		
07.00	Vomitivo*	In Front of Maloca
09.00	Breakfast	
10.00	Ayahuasca Talk*	Maloca
13.00	Lunch	
13.30	Health Checks*	Office
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY ONE	Maloca
DAVa		
DAY 3 08.00	Morning Yoga	Maloca
	Breakfast	Muioca
09.00	Consultations with Healers*	Maloca
09.30 13.00	Lunch	Muloca
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY TWO	Maloca
19.50	CEREMONTINO	Matoca
DAY 4		
09.00	Breakfast	
11.30	Morning Yoga	Maloca
13.00	Lunch	
14.00	Arkana / Post-Diet and Integration $Tools^*$	Maloca
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY THREE	Maloca
DAY		
DAY 5	Breakfast	
09.00		Malaga
09.30	Shipibo Market	Maloca Maloca
10.00	<b>Group Photo &amp; Group Share*</b> Lunch	Wiatoca
13.00	Health Checks*	Office
13.30 18.30	Dinner	Office
18.30	Diffile	
DAY 6		
06.30	Breakfast	
07.00	Departure of 5 day group	
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16.00	Arrival/Tour for 7 day group	
16.30	Orientation Talk*	Maloca
18.30	Dinner	
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DAY 7	<b>T</b> 7*.*	I F (CM)
07.00	<b>Vomitivo</b> * Breakfast	In Front of Maloca
09.00		Malaaa
10.00	<b>Ayahuasca Talk*</b> Lunch	Maloca
13.00	Health Checks*	Office
13.30 16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY FOUR	Maloca
19.50	CEREMONTION	Mulocu
DAY 8		
08.00	Morning Yoga	Maloca
09.00	Breakfast	
09.30	Consultations with Healers*	Maloca
13.00	Lunch	_
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY FIVE	Maloca
DAY 9		
09.00	Breakfast	
10.00	Group Share*	Maloca
13.00	Lunch	
17.00	Afternoon Yoga	Maloca
18.30	Dinner	
<b>DAY 10</b>	ManningVara	
08.00	Morning Yoga Breakfast	
09.00		Maloca
10.00	<b>Integration Tools*</b> Lunch	Watoca
13.00 18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY SIX	Maloca
19.50	CEREMION I SEL	Matoca
DAY 11		
09.00	Breakfast	
13.00	Lunch	
14.00	Arkana / Post-Diet & Integration Talk*	Maloca
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	CEREMONY SEVEN	Maloca
DAY 12		
09.00	Breakfast	
09.30	Shipibo Market	Maloca
10.00	Group Photo & Group Share*	Maloca
13.00	Lunch	
13.30	Health Checks*	Office

18.30 Dinner

**DAY 13** 

10:00 Breakfast 11:30 Departure