



# Soltara 7 Night Retreat Schedule

*Items with an asterisk\* are required attendance*

DAY 1		
16.00	Arrival/Tour	
16.30	<b>Orientation Talk*</b>	Maloca
18.30	Dinner	
DAY 2		
07.00	<b>Vomitivo*</b>	In Front of Maloca
09.00	Breakfast	
10.00	<b>Ayahuasca Talk*</b>	Maloca
13.00	Lunch	
13.30	<b>Health Checks*</b>	Office
16.30	Flower Baths	Pool
18.30	Pre-Ceremony Yoga	Maloca
19.30	<b>CEREMONY ONE</b>	Maloca
DAY 3		
08.00	Morning Yoga	Maloca
09.00	Breakfast	
10.00	<b>Consultations with Healers*</b>	Maloca
13.00	Lunch	
18.30	Pre-Ceremony Yoga	Maloca
19.30	<b>CEREMONY TWO</b>	Maloca
DAY 4		
09.00	Breakfast	
10.00	<b>Group Share*</b>	Maloca
13.00	Lunch	
17.00	Afternoon Yoga	Maloca
18.30	Dinner	
DAY 5		
08.00	Morning Yoga	
09.00	Breakfast	
10.00	<b>Integration Tools*</b>	Maloca
13.00	Lunch	
18.30	Pre-Ceremony Yoga	Maloca
19.30	<b>CEREMONY THREE</b>	Maloca

<b>DAY 6</b>		
09.00	Breakfast	
13.00	Lunch	
14.00	<b>Arkana / Post-Diet &amp; Integration Talk*</b>	<i>Maloca</i>
16.30	Flower Baths	<i>Pool</i>
18.30	Pre-Ceremony Yoga	<i>Maloca</i>
19.30	<b>CEREMONY FOUR</b>	<i>Maloca</i>
<b>DAY 7</b>		
09.00	Breakfast	
09.30	Shipibo Market	<i>Maloca</i>
10.00	<b>Group Photo &amp; Group Share*</b>	<i>Maloca</i>
13.00	Lunch	
13.30	<b>Health Checks*</b>	<i>Office</i>
18.30	Dinner	
<b>DAY 8</b>		
9:00	Breakfast	
10:30	Departure	