

SCHEDULE

HAWAII – APRIL 1-7, 2023



	Sat, Apr 1	Sun, Apr 2	Mon, Apr 3	Tue, Apr 4	Wed, Apr 5	Thu, Apr 6	Fri, Apr 7
	Day 1 - Welcome & Intention	Day 2 - Opening	Day 3 - Clearing	Day 4 - Activate & Transform	Day 5 - Nourish	Day 6 - Bloom & Celebrate	Day 7 - Departure
	PHASE 1 Arrival, Intention & Opening		PHASE 2 Clear, Activate & Transform		PHASE 3 Nourish, Bossom & Celebrate		
7:00 AM		DETOX JUICE	DETOX JUICE	DETOX JUICE	DETOX JUICE	DETOX JUICE	
7:30 AM		GENTLE YOGA & MEDITATION	YOGA & MEDITATION	OSHO DYNAMIC BREATHWORK	YOGA & SOUL GAZING	YOGA & MEDITATION	LIGHT BREAKFAST
8:00 AM		(1.5hr)	(1.5hr)	(1.5hr)	(1.5hr)	(1.5hr)	(1hr)
8:30 AM		LIGHT BREAKFAST	LIGHT BREAKFAST	LIGHT BREAKFAST	LIGHT BREAKFAST	LIGHT BREAKFAST	
9:00 AM		(1hr)	(1hr)	(1hr)	(1hr)	(1hr)	
9:30 AM							CHECK OUT
10:00 AM	PICK UP From Honolulu Airport Shuttle pick up times: 10 AM 12 Noon 2 PM	Ayurveda Basics, Tools and Dosha Quiz	Chakra Clearing Breathwork	Ayurveda Lifestyle	Inner Child Healing & Self-Love Practices	Reflection & Integration: Your Daily Self Care Toolkit	DROP-OFF At Honolulu Airport Drop-off times: Group 1: 6 AM Group 2: TBA Group 3: TBA
10:30 AM		(2hrs)	(2hrs)	(2hrs)	(2hrs)	(2hrs)	
11:00 AM							
11:30 AM							
12:00 PM						LUNCH	
12:30 PM		LUNCH	LUNCH	LUNCH	LUNCH		
1:00 PM		(1hr)	(1hr)	(1hr)	(1hr)		
1:30 PM		FREE TIME	FREE TIME	FREE TIME	FREE TIME	Smudge and Lei Making	
2:00 PM		Beach, Hike, and/or Massage	Beach, Hike, and/or Massage	Hike	Beach, Hike, and/or Massage	(2 hrs)	
2:30 PM	ARRIVAL @ Retreat					FREE TIME	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM					PILATES (optional)		
5:00 PM	WELCOME DRINK (Mocktail)	PILATES (optional)	PILATES SCULPTING (optional)	PILATES SCULPTING (optional)		PILATES (optional)	
5:30 PM							
6:00 PM	GROUP DINNER (1.5hr)			DINNER (1hr)	DINNER OUT Restaurant (2hrs)	FINAL DINNER (1.5hrs)	
6:30 PM		DINNER (1hr)	DINNER (1hr)				
7:00 PM				Deep Trance DMT Meditation with Light & Sound (1.5hr)			
7:30 PM	OPENING CEREMONY (1.5hr)	YOGA NIDRA (1hr)	YOGA NIDRA (1hr)		YOGA NIDRA (1hr)	FULL MOON CLOSING CEREMONY (Wear White) (2hrs)	
8:00 PM				BED TIME			
8:30 PM							
9:00 PM	FREE TIME/ BED TIME	BED TIME	BED TIME		BED TIME		
9:30 PM							
10:00 PM						BED TIME	