

Detailed Retreat Itinerary

Friday, March 9- Sat, March 17

Friday, March 9th

Arrival at the airport in Guatemala City

Private Shuttle to hotel “ Posada los Bucaros” in Antigua

Saturday, March 10th

Private pick up from the hotel and transportation to Panajachel, private boat to the resort “Villa Sumaya”

Official retreat begin 4.30pm- 6.30 with gentle Flow Motion

6.30 Dinner

Sunday, March 11th

7.00- 7.30 optional meditation outside/ free time in yoga hall

7.30- 9.30 Shamanic protection ceremony with breakfast following

Personal readings are possible by donations

1:00 /1.30 Lunch

4.30- 6.30 Flow Motion

6.30pm Dinner

7.30-8.30pm optional: self inquiry in yoga hall

Monday, March 12th

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Yin/Yang yoga with Saskia

9.15 breakfast

1:00/1.30 Lunch

4.30- 6.30 Flow Motion

6.30 Dinner

7.30-8.30pm creative exploration: journaling, drawing, reflecting, sharing, connecting

Tuesday, March 13th

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Gentle Yoga with Sophie

9.15 breakfast

4.30- 6.30 Interactive workshop “Asian Concepts of Energy Circulation”

6.30 Dinner

7.30-8.30pm optional: self inquiry in yoga hall

Wednesday, March 14th

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Yin/Yang yoga with Saskia

9.15 breakfast

9.30 Excursion to thermal hot springs, including a visit to traditional Mayan villages
return between 1.30 and 2pm

4.30- 6.30 Flow Motion

6.30 Dinner

7.30-8.30pm optional: self inquiry in yoga hall

Thursday, March 15th

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Gentle Yoga with Sophie

9.15 breakfast

1:00/1.30 Lunch

4.30- 6.30 Interactive workshop “*The Five Elements of Nutrition*”

6.30 Dinner

7.30-8.30pm creative exploration: journaling, drawing, reflecting, sharing, connecting

Friday, March 16th

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Yin/Yang yoga with Saskia

9.15 breakfast

1:00/1.30 Lunch

4.30- 6.30 Flow Motion

6.30 Dinner

7.30- ca. 8.30pm closing ceremony

Saturday, March 17th

Depending on departure

7.00- 7.30 optional meditation at the lake/ own free time in yoga hall

7.30- 9.00 Gentle Movement with Sophie

9.15 breakfast

Note:

~The times for the workshops “creative exploration” and free time after dinner are subject to change. During our retreat we will discuss in the group how much time we would like to have for our own time and our exploration!

~The lunch hour will as well be discussed in our first meeting!

~The included spa treatment will have to be scheduled during your free time and will have to be booked upon your arrival!

~The classes that are not explicit marked as optional are all part of the retreat and you are invited to attend all workshops unless health restrictions or unexpected health issues occur.

~ **Please be open to changes to retreat content as we stay open for our own authentic self and adopt our workshops accordingly!**