



## Ananda 10 Day Signature Reset Retreat

### Day 1

4:00pm	Arrival	
4:30pm	*Welcome, Grounding, Orienting (Group)*	Maloca
6:30pm	Dinner with Shipibo Healer	

### Day 2

7:30am	*Vomitivo*	Maloca
9:00am	Breakfast	
10:00am	*Meet the Healer (Group)*	Maloca
12:00pm	Lunch	
1:30pm	*Ayahuasca & What to Know (Group)*	Maloca
4:00pm	Floral Bath	Flower Garden
6:00pm	Somatic Awareness & Preparation	Maloca
7:00pm	*Ceremony One*	Maloca

### Day 3

8:00am	Meditation & Movement	Maloca
9:00am	Breakfast	
10:00am	1:1 Healer Consultations	
12:00pm	Lunch	
1:00	*Plant Medicine Exploration (Group)*	Maloca
2:00	1:1 Healer Consultations	
4:30	Floral Bath	Flower Garden
6:00	Somatic Movement & Settling the Body	Maloca
7:00	*Ceremony Two*	Maloca

### Day 4

8:00am	Breakfast	
9:00am	*Ceremony Share (Group)*	Maloca
11:00am	1:1 CARE Meetings	
12:00pm	Lunch	
1:00pm	1:1 CARE Meetings	
4:00pm	Yin Yoga	Maloca
6:30pm	Dinner	

### Day 5

8:00am	Meditation & Movement	Maloca
9:00am	Breakfast	
10:00am	*Plant Medicine Navigation (Group)*	Maloca
12:00pm	Lunch	
1:00pm	1:1 CARE Meetings	
4:30pm	Floral Bath	Flower Garden
6:00pm	Somatic Exploration & The Body	Maloca
7:00pm	*Ceremony Three*	Maloca

### Day 6

8:00am	Meditation & Movement	
9:00am	Breakfast	Maloca
10:00am	1:1 CARE Meetings	
12:00pm	Lunch	
1:00pm	*Plant Medicine Integration (Group)*	Maloca
3:00pm	1:1 CARE Meetings	
4:30pm	Floral Bath	Flower Garden
6:00pm	Breathwork & The Body	Maloca
7:00pm	*Ceremony Four*	Maloca

## Day 7

8:00am	Meditation & Movement	
9:00am	Breakfast	Maloca
10:00am	1:1 Healer Consultations/1:1 CARE Meetings	
12:00pm	Lunch	
1:00pm	1:1 Healer Consultations/1:1 CARE Meetings	
4:00pm	Shipibo & Local Art Market	
5:00pm	Optional Beach Sunset	
6:30pm	Dinner	
8:00pm	Fireside chat with Healer	

## Day 8

5:30am	Optional Beach Sunrise	
8:00am	Restorative Yoga	
9:00am	Breakfast	Maloca
9:00am	1:1 Healer Consultations/1:1 CARE Meetings	
11:00am	Immersive Culinary Experience	
12:00pm	Lunch	
1:00pm	1:1 Healer Consultations/1:1 CARE meetings	
4:00pm	Q&A with Healer (Group)	
5:15pm	Optional Beach Sunset	
6:30pm	Dinner	
8:00pm	Tribal Sound Journey	Maloca

## Day 9

8:00am	Breakfast	
9:00am	Optional Beach Time	Maloca
12:00pm	Lunch	
1:00pm	*Final Share (Group)*	Maloca
2:15pm	*Post Retreat Tools (Group)*	Maloca
4:00pm	Yin Yoga	
5:00pm	Optional Beach Sunset	
6:30pm	Immersive Culinary Experience	
9:00pm	*Closing Ceremony (Group)*	

## Day 10

5:30am	Optional Beach Sunrise
8:00am	Meditation & Movement
9:00am	Breakfast
10:30am	Depart

***\*Required attendance, but you are provided full choice & agency on your level of participation\****

***Optional Free-Time Activities include:***

*Integrative Art Exploration*

*Reflective Nature Immersion*

*Poolside lounging*

