

## ITINERARY

HOURS	Friday 1st	Saturday 2nd	Sunday 3rd	Monday 4th
06:30 a. m.		Sunrise meditation	Sunrise meditation	Our tools of transformation and expansion (Meditation / work / meditation)
07:00 a. m.		Yin yoga	Yoga - water element	
08:30 a. m.		Breakfast	Breakfast	Breakfast
10:00	<b>Check - in</b>	Circular conscious breathwork + Introduction and practice	The feminine moves us from separation to unity (Meditation / work / meditation)	Temazcal ceremony ( In Copalita )
13:00	Lunch	Lunch	Lunch	Lunch + Closing circle
14:00		Unabandoning ourselves in the feminine (Meditation / work / meditation)	Cacao ceremony	<b>Check - out</b>
03:00 p. m.	Welcoming circle			
05:00 p. m.	Dinner	Snack	Snack	
06:00 p. m.			Breathwork (healing the female lineage)	
06:30 p. m.	Waking from our pain reality (Meditation / work / meditation)	Dinner	Dinner	