



PROGRAM - NOURISH THRIVE AND FLOW

(SUZI CURTIS, LANA BARAMKI, CARLOS MENDEZ)

27 OCTOBER - 01 NOVEMBER 2025 (6 DAYS & 5 NIGHTS)

Day 1	October 27	Day 2	October 28
Arrival and Introduction		Movement	
16:00 - 16:30	Arrival & check in	07:00 - 08:30	Morning session
18:00 - 19:00	Welcome circle in the yoga pavilion	08:30 - 09:00	Breakfast
19:30 - 20:00	Welcome dinner featuring a traditional Laos BBQ	09:30 - 12:00	Wellness session
		12:00 - 13:00	Lunch
		13:00 - 15:00	Free time
		15:30 - 18:00	Wellness session
		18:00 - 19:00	Dinner
		19:15 - 19:30	transfer to night market
		21:00 - 21:15	Return to the hotel
Day 3	October 29	Day 4	October 30
Mindfulness		Day out	
06:00 - 07:00	Wellness session	07:00 - 08:00	Breakfast
08:00 - 09:00	Breakfast	08:00 - 12:00	Waterfalls
09:00 - 12:00	Wellness session	12:30 - 14:00	Lunch at Tamarind restaurant
12:00 - 13:00	Lunch	14:00 - 16:00	Xiengthong Temple or Museum
13:00 - 16:00	Free time	16:00 - 18:00	Hike to temple
16:00 - 17:30	Basket weaving	18:00 - 19:00	Blessing at the Temple on Top of Mountain
18:00 - 20:00	Dinner	19:00 - 20:00	Dinner at the hotel
20:00 - 21:00	Wellness session	20:00 - 21:00	Wellness session
Day 5	October 31	Day 6	November 1
Nutrition		Closing and Checkout	
08:00 - 09:00	Breakfast	07:00 - 09:00	Breakfast/packing
09:30 - 11:00	Organic farm tour	09:30 - 10:30	Closing ceremony
11:00 - 13:00	Cooking class	11:00 - 12:00	Checkout and departure
13:00 - 14:00	Lunch		
14:00 - 17:00	Free time		
17:00 - 18:00	Wellness session		
18:00 - 20:00	Dinner		
20:00 - 21:00	Wellness session		