



Sunday, July 13 – Arrive 🌴

- **2.00p** - Check-in + Rest
- **6.00p** - Group Dinner + Introductions + Orientation
- **7:30p** - Welcome Ceremony (Grounding Meditation, Opening Circle)

Monday, July 14 – Ground 🌿

- **7.00a** - Journaling + Meditation (Letting Go)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Morning Yoga (Fluid & Releasing Flow)
- **9.30a** - Breakfast
- **11.00a - 4.00p** - Pool Time + Jetlag Recovery
- **4.00p** - Breathwork (Focus on Presence)
- **6.00p** - Group Dinner
- **8.00p** - Sound Healing (Relaxation and Grounding) - Mook/Deniz

Tuesday, July 15 – Release 💧

- **7.00a** - Journaling + Meditation (Heart-Opening Inquiry)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Qi Gong (Energy Alignment & Embodiment)
- **10.00a** - Breakfast
- **11.00a - 3.00p** - Beach Time + Relaxation
- **3.00p** - Lymphatic Drainage/ Inhaler Workshop
- **6.00p** - Group Dinner
- **8.00p** - Yin Yoga (Release and Surrender)

Wednesday, July 16 – Expand ✨

- **7.00a** - Journaling + Meditation (Aligning with Your Inner Truth)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Breakfast
- **9.00a** - Temple Offering + Waterfall Hike (Hin Lad)
- **1.00p** - Lunch and Return

- 4.00p - Breathwork (Exploration and Insight)
- **6.00p** - Group Dinner
- **8.00p** - Yoga Nidra + Sound Healing (Raisa)

Thursday, July 17 – Embody 🌞

- **7.00a** - Journaling + Meditation (Authentic Expression)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Qi Gong (Solar Flow, Energy Activation)
- 9:30a - Breakfast
- 11a-4p - Beach Time + Relax (Optional Outing to Elephant Sanctuary 2:00-5:00pm)
- **6.00p** - Group Dinner
- **8.00p** - Yin to Yang Yoga

Friday, July 18 – Express 🔥

- **7.00a** - Journaling + Meditation (Weaving the Lessons)
- **7.30a** - Breathwork (Integration of Energy)
- **9.30a** - Breakfast
- **4.00p** - Ecstatic Dance (Free Movement, Integration Through Play)
- **6.00p** - Group Dinner
- **8.00p** - Yin Yoga (Grounding Insights)

Saturday, July 19 – Integrate 🌊

- **7.00a** - Journaling + Meditation (Honoring the Journey)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Morning Yoga (Empowered Flow)
- **9.30a** - Breakfast
- **11.00a - 4.00p** - Snorkeling to Southern Islands (Celebration & Play)
- **6.00p** - Group Dinner
- **8.00p** - Sound Healing + Closing Ceremony (Integration & Closing Energy) Eva

Sunday, July 20 – Emerge 🌻

- **7.00a** - Journaling + Meditation (Gratitude & Reflection)
- **7.30a** - Coffee, Tea, Fruit
- **8.00a** - Sharing Circle and Blessings
- **9.30a** - Breakfast
- **11.00a** - Checkout

