



PROGRAM

7-DAY ALCHEMY OF WELLNESS YOGA RETREAT



Day 1
Sun 7

Muladhara

7-8:30 AM

9-11 AM

11 AM - 2:30 PM

2:30 - 6 PM arrival, snack

6-7:30 PM practice

8 PM dinner

9:30 PM retreat opening - setting our intentions



Day 2
Mon 8

Swadhisthana

morning practice

brunch

beach excursion, snorkeling

free time

yogart

dinner

evening gathering



Day 3
Tue 9

Manipura

morning practice

brunch

free time

free time

hike - Son Jaumell's tower

dinner

free time



Day 4
Wed 10

Anahata

7-8:30 AM

morning practice

9-11 AM

brunch

cooking class

11 AM - 2:30 PM

free time

2:30 - 6 PM

walking & Ho'oponopono

6-7:30 PM

dinner

8 PM

kirtan - chanting meditation



Day 5
Thu 11

Vishuddha

morning practice

brunch

free time

free time

sound therapy session

dinner

free time



Day 6
Fri 12

Ajna

morning practice

brunch

free time

free time

practice

dinner

under the stars walking & impromptu poetry



Day 7
Sat 13

Sahasrara

7-8:30 AM

morning practice

9-11 AM

brunch

11 AM

closing



Use your free time to integrate the practices, chill by the pool, explore the distance-walking beaches. join an extra activity or schedule a therapy session. We'll explain everything on-site!

The program is designed to work through the chakras, with each day dedicated to one chakra, ensuring that all practices, food, and activities follow the path from Muladhara to Sahasrara.

