



# PROGRAM

7-DAY ALCHEMY OF WELLNESS YOGA RETREAT



**Day 1**  
Wed 19

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**  
Thu 20

morning practice
brunch
beach excursion, snorkeling
free time
yogart
dinner
solstice celebration



**Day 3**  
Fri 21

morning practice
brunch
free time
free time
hike - Son Jaumell's tower
dinner
free time



**Day 4**  
Sat 22

7-8:30 AM	morning practice
9-11 AM	brunch
11 AM - 2:30 PM	cooking class
2:30 - 6 PM	free time
6-7:30 PM	walking & Ho'oponopono
8 PM	dinner
9:30 PM	kirtan - chanting meditation



**Day 5**  
Sun 23

Vishuddha
morning practice
brunch
free time
free time
sound therapy session
dinner
free time
under the stars walking & impromptu poetry



**Day 6**  
Mon 24

<b>Day 7</b> Tue 25	Sahasrara
morning practice	
brunch	
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.

