



PROGRAM

7-DAY ALCHEMY OF WELLNESS YOGA RETREAT



Day 1
Wed 19

Muladhara

7-9 AM			
9-11 AM			
11 AM - 2:30 PM			
2:30 - 6 PM	arrival, snack	morning practice	morning practice
6-8 PM	practice	brunch	brunch
8 PM	dinner	beach excursion, snorkeling	free time
9:30 PM	retreat opening - setting our intentions	yogart	free time
		dinner	hike - Son Jaumell's tower
		solstice celebration	dinner
			free time



Day 2
Thu 20

Swadhisthana

Day 3
Fri 21

Manipura



Day 4
Sat 22

Anahata

7-9 AM	morning practice	morning practice	morning practice
9-11 AM	brunch	brunch	brunch
11 AM - 2:30 PM	cooking class	free time	free time
2:30 - 6 PM	free time	free time	free time
6-8 PM	walking & Ho'oponopono	sound therapy session	hike - Son Jaumell's tower
8 PM	dinner	dinner	dinner
9:30 PM	kirtan - chanting meditation	free time	under the stars walking & impromptu poetry



Day 5
Sun 23

Vishuddha

Day 6
Mon 24

Ajna



Day 7
Tue 25

Sahasrara

7-9 AM	morning practice	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!
9-11 AM	brunch	
11 AM	closing	



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.

