

4 Days 3 Nights

Day 1

- 12.00: Check In
Welcome Massage
- 15.00: Opening and Introduction
- 16.00: Concious Movement
- 18.00: Dinner
- 19.00: Relax and Shuttle

Day 2

- 07.00 – 08.30: Yoga, Pranayama and Meditation
- 08.30 - 09.30: Breakfast
- 11.00 – 12.30: WORKSHOP - SELF WITNESSING
- 13.00 Lunch
- 16.00: Yin Yoga and Meditation
- 17.00 – 17.30: Self Express
- 18.00: Dinner

Day 3

07.00 – 08.30: Yoga, Pranayama and Meditation

08.30: Breakfast

11.00 – 13.30: Letting Go Session (Breathwork & Ice bath)

13.30: Lunch

15.00: Massage

17.00: Yin Yoga and Meditation

18.00 – Dinner

Day 4

07.00 – 08.00: Waterfall Hiking and Icebath

09.00: Breakfast

10.00: Checkout