



## **Cocoa & Yin Yoga in the mountains Clarify Your Mind and Re-Energize Your Body in 3 Days**

### **Example of the Schedule:**

#### **Thursday, October 10th**

- 3:00 PM - 5:00 PM: Check-In and Welcome Apéro
- 5:00 PM - 7:00 PM: Opening Ceremony and Yin Yoga Session
- 7:30 PM: Welcome Dinner

#### **Friday, October 11th**

- 7:30 AM - 9:00 AM: Morning Pranayama, Cacao Ceremony, Meditation
- 9:00 AM: Breakfast
- 10:00 AM - 11:00 AM: Forest Walk and Meditation
- Free Time for Relaxation, Reading and Spa Treatments
- 5:30 PM - 7:00 PM: Evening Ceremonial Cacao and Yin Yoga
- 7:30 PM: Dinner

#### **Saturday, October 12th**

- 7:30 AM - 9:00 AM: Morning Pranayama, Cacao Ceremony, Meditation
- 9:00 AM: Breakfast
- 10:00 AM - 11:00 AM: Sacred Forest Ritual and Meditation
- Free Time for Personal Reflection, Forest Walks and Spa Treatments
- 5:30 PM - 7:00 PM: Evening Ritual and Yin Yoga
- 7:30 PM: Dinner

#### **Sunday, October 13th**

- 7:30 AM - 9:00 AM: Closing Cacao Ceremony and Reflection
- 9:00 AM: Breakfast
- 12:00 PM: Check-Out