

DAY 1, FRIDAY, AUGUST 17, 2018

- **Traveling day**
- **19:00 Meet and greet**
- **20:00 Dinner**

DAY 2, SATURDAY, AUGUST 18, 2018

- **08:00 – 9:30 Energizing morning yoga practice - 90 minutes**
- **09:30 – 10:30 Refreshing Vegan Breakfast & Detox Juices**
- **11:00 – 12:30 Welcome Workshop – where am I and where do I want to be?**
- **13:00 – 14:00 Lunch – Freshly prepared Vegan Meal**
- **14:00 – 15:30 Short hike into the mountains – Ceremony of Release**
- **16:00 – 16:30 Healthy recovery snack and fresh juice / green smoothie**
- **15:00 – 18:00 Hot tub and relaxing time – Optional Therapies & Massages**
- **18:00 – 19:00 Dinner – Chef’s selection of vegan delicacies**
- **20:00 - 21:00 Soothing Restorative yoga - 60 minutes**
- **More Optional Evening Therapies & Massages**

DAY 3, SUNDAY, AUGUST 19, 2018

- **07:30 – 10:30 boating to the Peace Stupa Energizing morning yoga - 45 minutes**
- **11:00 – 12:00 Refreshing Vegan Breakfast & Detox Juices**
- **12:15 – 13:45 – Workshop – New Thought Patterns, Techniques for eliminating stress, Chi & Eastern methods for releasing negativity, Self Acupressure**
- **14:00 – 15:00 - Lunch - Freshly prepared Vegan Meal**
- **15:30 – 16:30 – Workshop – Prerana – Nutrition and healthy Habits**
- **17:00 - 18:00 - Free time and Optional Therapies & Massages**
- **18:00 – 19:00 - Dinner – Chef’s selection of vegan delicacies**
- **20:00 - 20:45 Soothing Restorative yoga - 45 minutes**
- **More Optional Evening Therapies & Massages**

DAY 4, MONDAY, AUGUST 20, 2018

- **09:15 – 10:15 Refreshing Vegan Breakfast & Detox Juices**
- **10:30 - 12:30 Hiking day - including a mountain breath deep yoga session & re-balancing and grounding with Earth meditations (Hike to Begnas Taal)**
- **13:00 – 14:00 Lunch - Freshly prepared Vegan Meal**

- **14:30 – 16:00 - Workshop - Vibrational Energies and the Earth, Love and Light, Opening Pathways for Love, Happiness, Health and Success**
- **16:30- 18:00 Free Time and Optional Therapies and Massages**
- **18:00 – 19:00 Dinner – Chef’s selection of vegan delicacies**
- **More Optional Evening Therapies & Massages**

DAY 5, TUSEDAY, AUGUST 21, 2018

- **04:30- 8:00 Sunrise from Sarankot Energizing morning yoga - 90 minutes**
- **08:30 – 9:30 Refreshing Vegan Breakfast & Detox Juices**
- **10:00 – 12:00 Free time and Optional Therapies & Massages**
- **12:30 – 13:30 Lunch - Freshly prepared Vegan Meal**
- **14:00 – 16:00 – Workshop – Transcendent awareness – Self hypnosis, Chakra work**
- **16:00 – 17:00 – Free Time and Optional Therapies/Massage**
- **17:00 – 18:00 Workshop – Prerana Detox simplified**
- **18:30 – 19:30 – Dinner – Chef’s selection of vegan delicacies**
- **20:00 – 21:00 Soothing Restorative: yoga - 45 minutes**
- **More Optional Evening Therapies & Massages**

DAY 6, WEDNESDAY, AUGUST 22, 2018

- **07:30 – 9:00 Breakfast**
- **09:30 - 12:30 Hike to Nepali Village**
- **12:30 - 13:30 - Lunch- Freshly prepared Vegan Meal**
- **14:00 – 15:00 Workshop - Connection to Higher self, Energy Work, Vibration of best self**
- **15:00 – 17:00 Free Time – Optional Therapies/Massage**
- **17:00 -19:00 – Dinner – Chef’s selection of vegan delicacies**
- **19:30 – 20:30 - Fire Ceremony**
- **21:00 -21:30 Soothing Restorative yoga 30 minutes**
- **More Optional Evening Therapies & Massages**

DAY 7, THURSDAY, AUGUST 23, 2018

- **09:00 Breakfast**
- **Closing ceremony**
- **Checkout by noon**