

# The Architects of Life

M o n d a y

07:00 am	Pranayama
08:00 am	Soft Yoga
09:30 am	Geometry of Power
11:00 am	Tibetan Bowls
12:30 pm	Full Body Movement
02:00 pm	Talk with the Shaman (maximum capacity 14 px)
03:30 pm	Transmutation Ritual
05:00 pm	Flow Yoga

**\* A note of wisdom: these activities are not meant for young ones under 10. Our gratitude for your understanding.** Admission: 7-minute tolerance. Locations are subject to change due to weather; please check with your Nomadic Guide. Be mindful of your safety and heed your limitations to avoid any possible injuries.

# The Architects of Life

T u e s d a y

07:00 am    Pranayama

08:00 am    Hatha Yoga

09:30 am    Drawing Class

11:00 am    Mind Control Level I

12:30 pm    Groves & Moves

02:00 pm    Ancestral Dance

05:00 pm    Vinyasa Yoga

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# The Architects of Life

W e d n e s d a y

07:00 am      Pranayama

08:00 am      Flow Yoga

09:30 am      Gravity Control

11:00 am      Gong Bath

12:30 pm      Full Body Movement

02:00 pm      Constellations

03:30 pm      Watercolor Painting Class

05:00 pm      Yin Yoga

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# The Architects of Life

T h u r s d a y

07:00 am	Pranayama
08:00 am	Hatha Yoga
09:30 am	Drawing Class
11:00 am	Deep Healing Mantras Level I
12:30 pm	Groves & Moves
02:00 pm	Awakening Ritual
03:30 pm	Mind Control Level II
05:00 pm	Ashtanga Yoga (duration: 1 ½ hours)

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# The Architects of Life

F r i d a y

- 07:00 am    Pranayama
- 08:00 am    Vinyasa Yoga
- 09:30 am    Sacred Women's Circle
- 11:00 am    Cacao Ceremony
- 12:30 pm    Full Body Movement
- 02:00 pm    Geometry of Power
- 03:30 pm    Deep Healing Mantras  
Level II
- 05:00 pm    Therapeutic Yoga

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# The Architects of Life

S a t u r d a y

07:00 am	Pranayama
08:00 am	Flow Yoga
09:30 am	Meditation
11:00 am	Meditative Concert
12:30 pm	Groves & Moves
03:30 pm	Forgiveness Ceremony
05:00 pm	Soft Yoga

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# The Architects of Life

S u n d a y

07:00 am	Pranayama
08:00 am	Therapeutic Yoga
09:30 am	Drawing Class
11:00 am	Gratitude Ritual
12:30 pm	Full Body Movement
02:00 pm	Watercolor Painting Class
03:30 pm	Hatha Yoga
04:30 pm	Meditation

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