



## Sensual Souls Retreat/ Paya Bay, Roatan

### Sun/Jan 29th

4:30p	5:30p	Welcome/ Intros
6p		Dinner
7:30	8:30p	Opening Ceremony

### Mon/Jan 30th

7a	7:30a	Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner
7:30p	9:00p	Cacao Elemental Massage Ceremony (wear something loose & comfortable, bathing suit and/or bring cover up optional)

### Tues/Jan 31st

7a	7:30a	Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner
7:30p	9:00p	Shiva Ceremony (Men -wear white/ women – red/pink/purple)

### Wed/ Feb 1st

7a	7:30a	Morning Yoga
Free Day – Adventure, R&R, Etc..		

### Thur/ Feb 2nd

7a	7:30a	Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner



6:30 or 7pmish Paya Bay Celebration (definitely optional: for entire resort – not just us). The exact start time will be shared with us closer to Feb 2<sup>nd</sup>.

Fri/ Feb 3rd

7a	7:30a	Morning Yoga
7:30a	9a	Breakfast
9a	11a	Morning Session
11a	1:30p	Lunch
1:30p	3:30p	Afternoon Session
3:30p	5p	Afternoon Break
6p		Dinner
7:30p	9:30p	Shakti Ceremony & Closing (Women – wear white/ men – black or dark)

Sat/ Feb 4th

7a	7:30a	Short Morning Yoga & Good-byes
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