



Sensual Souls Retreat/ Paya Bay, Roatan

Sat/Feb 22nd

4:00p	5:00p	Welcome/ Intros
5:00	6:00p	Appetizers/ meet Michelle
6p		Dinner
7:30	8:45p	Opening Ceremony

Sun/Feb 23rd

7a	7:30a	Optional 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) Prepare during afternoon break by Janet?

Mon/ Feb 24th

7a	7:30a	Optional 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	9:15p	Shiva Ceremony (Men -wear white/ women – red/pink/purple)

Tues/ Feb 25th

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

Wed/ Feb 26th

7a	7:30a	Optional 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



7:30 – 9:15p Shakti Ceremony & Closing (Women – wear white/ men – black or dark)

Thurs/Feb 27th

7a 7:30a Optional 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

5:30 9:15p Dinner and Paya Bay Garfuna Celebration with beach fire and closing ceremony.
The exact start time will be shared with us closer to event. Sometimes the show changes days. This show will be adapted to another night if Paya Bay changes days.

Fri/ Feb 28th

7:00a – 7:15a Optional short yoga before flying home

7:15a 7:50a Closing Good-byes and gratitude