



Sensual Souls Retreat/ Paya Bay, Roatan

Sat/Jan 27th

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

Sun/ Jan 28th

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)

Mon/ Jan 29th

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

Tues/ Jan 30th

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

Wed/ 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



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

Thurs/ Feb 1st

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
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

Fri/ Feb 2nd

7:15a	7:45a	Good-byes and gratitude
7:45	8:10a	Optional short yoga and meditation