



## Sensual Souls Retreat/ Paya Bay, Roatan

### Sat/Feb 21st

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

### Sun/Feb 22nd

7:10a	7:40a	Optional Morning Yoga
7:40a	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 23rd

7:10a	7:40a	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 24th

7:10a	7:40a	Optional Morning Yoga
Free Day – Adventure, R&R, Etc..		

### Wed/ Feb 25th

7:10a	7:40a	Optional Morning Yoga
7:40a	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 26th

7:10a	7:40a	Optional Morning Yoga
7:40a	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 mini yoga before flying home	
7:15a	7:50a	Closing Good-byes and gratitude
7:50a	????	Paya Bay schedules the shuttle rides about 2-3 days before you fly out. I'll ask for confirmation of flights a few days before and again 24hrs before to make everything is on time.