

The Architects of Life

Weekly Schedule

- 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.



Weekly Schedule

MON

7:00 am to 5:00 pm

Pranayama
Soft Yoga
Geometry of Power
Tibetan Bowls
Full Body Movement
Talk with the Shaman
Transmutation Ritual
Flow Yoga

WED

7:00 am to 5:00 pm

Pranayama
Flow Yoga
Gravity Control
Gong Bath
Full Body Movement
Constellations
Watercolor Painting Class
Vinyasa Yoga

FRI

7:00 am to 5:00 pm

Pranayama
Vinyasa Yoga
Sacred Women's Circle
Cacao Ceremony
Full Body Movement
Geometry of Power
Deep Healing Mantras Level II
Yin Yoga

SUN

7:00 am to 4:30 pm

Pranayama
Therapeutic Yoga
Drawing Class
Gratitude Ritual
Full Body Movement
Watercolor Painting Class
Vinyasa Yoga
Meditation

7:00 am to 5:00 pm

TUE

Pranayama
Hatha Yoga
Drawing Class
Mind Control Level I
Grooves & Moves
Ancestral Dance
Therapeutic Yoga

7:00 am to 5:00 pm

THU

Pranayama
Hatha Yoga
Exclusive Art Experience
Deep Healing Mantras Level I
Grooves & Moves
Awakening Ritual
Mind Control Level II
Ashtanga Yoga
(Duration: 1 ^{1/2} hours)

7:00 am to 5:00 pm

SAT

Pranayama
Flow Yoga
Meditation
Meditative Concert
Grooves & Moves
Forgiveness Ceremony
Soft Yoga

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