



WANDERLUST



THURSDAY

Daytime Schedule



	GAÏA DECK	AISURU	MANGROVE DECK	RITUALS DECK	GYPSY TENT	OCEAN TENT	MUSHROOMS	LIBRARY	OTHER
EARLY A.M.		8:15A YOGA Amplified Yoga Donovan McGrath 75 min	8:15A MEDITATION Meditation for Meaningful Relationships Rosie Acosta 45 min						7:00A RITUAL Sunrise Ceremony Architects of Life 60 min @ Beach Temple
MID A.M.		9:45A YOGA Kaula Hatha Yoga Rossana Greco 60 min	9:45A YOGA Hip Hop Vinyasa Jonah Kest 75 min	9:45A YOGA Power Poses Lauren Duke 60 min	9:45A FITNESS Bodyweight & Foot Strength Angel Lizarraga 60 min	9:45A PRANAYAMA The Breath of Life Aurora Forteza 60 min		9:45A TALK Human Design Layla Rehana 45 min	
LATE A.M.		11:15A YOGA Satchitananda Vinyasa Marisa Radha Weppner 60 min	11:15A MOVEMENT Belonging: Know Who You Are Sah D'Simone 75 min	11:15A YOGA The Ritual of Yoga: Fire Susana Retana 75 min	11:15A YOGA Yoga for Whole Health Dani Hébert 60 min	11:15A PRANAYAMA Breath is Life Ryan Leier 45 min	11:15A TALK The Purpose of the Human Being Balder (Shaman) 60 min		





EARLY AFT		2:00P SOUND Gong Bath René Nájera 75 min	2:00P YOGA Amplified Chill Donovan McGrath 75 min	2:00P YOGA Love Yo'self: Yin Yoga Rosie Acosta 60 min	2:00P YOGA Restorative Yoga Lauren Duke 60 min	2:00P MEDITATION Transcending Duality Aurora Forteza 45 min		2:00P TALK Spiritually, We Sah D'Simone 45 min	2:00P PAINTING Watercolor Painting Iva Visosevic @ EOLO 60 min
AFT	3:30P YOGA SuperFlow: Ocean-Inspired Movement Eoin Finn 60 min	4:00P SOUND Tibetan Bowls René Nájera 60 min						3:00P TALK Thriving on a Plant-Powered Diet Nathan Crane 45 min	
LATE									4:45P TALK The Big Shift Danielle LaPorte @ EOLO 45 min



FRIDAY

Daytime Schedule



	GAÏA DECK	AISURU	MANGROVE DECK	RITUALS DECK	GYPSY TENT	OCEAN TENT	MUSHROOMS	LIBRARY	OTHER	
EARLY A.M.	8:15A YOGA Vinyasa Yoga: Rhythm of movement Jonah Kest 60 min					7:00A PRANAYAMA Power of Conscious Breathing Aurora Forteza 60 min 8:15A MEDITATION Rooted w/ Mother Nature Aurora Forteza 45 min			8:15 CULINARY Morning Saffron Tea Ceremony Raha Jamalain @ Su Casa 60 min	
MID A.M.		9:45A YOGA Rocketissima Rossana Greco 60 min	9:45A YOGA Amplified Kundalini Donovan McGrath 75 min	9:45A YOGA The Ultimate Joyride Lauren Duke 60 min	9:45A FITNESS Animal Training Angel Lizarraga 60 min	9:45A MEDITATION Power of Lovingkindness Rosie Acosta 45 min		9:45A TALK Quantum Healing: Family Constellations Heidi Adranga & Pablo Talice 60 min		
LATE A.M.		11:15A MOVEMENT Embracing Change Sah D'Simone 75 min	11:15A YOGA The Ritual of Yoga: Water Susana Retana 75 min	11:15A YOGA Vinyasa Krama Yoga Ryan Leier 90 min	11:15A YOGA Agni: Building Strength with Purpose Dani Hébert 60 min	11:15A PRANAYAMA Yogi Pranayama Marisa Radha Weppner 45 min	11:15A TALK Mayan Astrology Gisela Zermeño 60 min	11:15A TALK Vedic Astrology Layla Rehana 60 min	11:15 CULINARY Plantiful Cooking Demo Exec. Chef Charly @ Plantissa 60 min	
										
EARLY AFT		2:00P SOUND Gong Bath René Nájera 75 min	2:00P YOGA Form, Function, Fascia Lauren Duke 60 min	2:00P YOGA Amplified Chill Donovan McGrath 75 min	2:00P YOGA Conscious Flow: Feeling the Balance Olga Lingard 60 min			2:00P TALK Vision Builder: Action Plan for Manifesting Danielle LaPorte 45 min	1:00P RITUAL Hat Making Workshop Analia Barbieri @ EOLO 90 min	
AFT							3:00P TALK Psychedelic Therapies Marisa Radha Weppner 45 min	3:00P TALK Yoga Sutras of Patanjali Ryan Leier 45 min	3:00P PAINTING Watercolor Painting Iva Visosevic @ EOLO 60 min	
LATE	4:00P YOGA Rest into Purpose: Yoga Nidra for Manifesting Rosie Acosta 60 min	4:00P SOUND Tibetan Bowls René Nájera 60 min								



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EARLY A.M.	8:15A MOVEMENT <i>Unapologetically Alive</i> Sah D'Simone 60 min	8:15A YOGA <i>Yoga Optimized</i> Eoin Finn 60 min		8:15A MEDITATION <i>Quantum Healing Meditation</i> Heidi Adranga 60 min		7:00A PRANAYAMA <i>Exploring The Void</i> Aurora Forteza 60 min			
MID A.M.		9:45A YOGA <i>Form, Function, Fascia</i> Lauren Duke 60 min	9:45A YOGA <i>Ashtanga Remix</i> Jonah Kest 75 min	9:45A YOGA <i>The Ritual of Yoga: Earth</i> Susana Retana 75 min	9:45A FITNESS <i>Rhythm & Coordination</i> Angel Lizarraga 60 min	9:45A MEDITATION <i>Santosa: Mastering Inner Peace</i> Aurora Forteza 45 min	9:45A TALK <i>Rewrite Your Definition of Acceptable</i> Danielle LaPorte 60 min		
LATE A.M.		11:15A SOUND & MEDITATION <i>Mayan Sound & Meditation</i> Gisela Zermeño 90 min	11:15A YOGA <i>Inversions</i> Ryan Leier & Dani Hébert 90 min	11:15P YOGA <i>Amplified Yoga</i> Donovan McGrath 75 min	11:15A YOGA <i>Journey Through the Chakras</i> Rosie Acosta 60 min	11:15A TALK <i>Relationship with Kingdoms of Nature</i> Balder (Shaman) 45 min			11:15A CULINARY <i>Ayurvedic Cooking Demo</i> Dr. Siva Mohan @ Plantissa 60 min
EARLY AFT		2:00P SOUND <i>Gong Bath</i> René Nájera 75 min	2:00P YOGA <i>Yinlicious</i> Marisa Radha Weppner 60 min	2:00P YOGA <i>Sankalpa: The Power of Intention</i> Olga Lingard 60 min	2:00P YOGA <i>Face Yoga</i> Dani Hébert 60 min	2:00P TALK <i>Ayurveda & Biohacking</i> Dr. Siva Mohan 60 min	2:00P TALK <i>Transformational Magic of Mushrooms</i> East Forest 45 min	2:00P PODCAST <i>Feat. Sah D'Simone</i> Rosie Acosta 45 min	1:00P RITUAL <i>Dreamcatchers</i> Susana Retana @ EOLO 90 min
AFT	4:00P SOUND <i>Meditative Concert</i> René Nájera 90 min	4:00P TALK <i>The Real You is Waiting</i> Danielle LaPorte 60 min						3:00P TALK <i>Truth about Protein</i> Nathan Crane 45 min	2:45P PAINTING <i>Watercolor Painting</i> Iva Visosevic @ EOLO 60 min
LATE							5:15P RITUAL <i>Sunset Cacao Ceremony</i> Architects of Life 60 min	4:30P TALK <i>Feat. Nathan Crane</i> Alex Ferri 45 min	2-5P RITUAL <i>Bonsai Crafting</i> Alex Ferri & Gabriel @ Greenhouse Drop-In



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A.M.						7:00A PRANAYAMA Meet me at Kumbhaka Aurora Forteza 60 min				
EARLY		8:15A YOGA Deep Rest: Yoga Nidra for Healing Rosie Acosta 60 min	8:00A YOGA Yin Breakthrough Jonah Kest 75 min	8:00A YOGA Amplified Chill Donovan McGrath 75 min	8:15A YOGA Super Psychedelic Lauren Duke 60 min					
MID A.M.	9:30A YOGA Bring it All Home: Slow Flow Marisa Radha Weppner & East Forest 60 min	9:30A MOVEMENT Grief is Love's Most Powerful Reminder Sah D'Simone 60 min								
LATE A.M.	10:45A YOGA & TALK Peace is Every Breath Ryan Leier & Danielle LaPorte 75 min	11:15A RITUAL Forgiveness Ceremony Aurora Forteza 60 min							11:15A TALK Intuition Workshop Layla Rehana 45 min	
										
EARLY AFT				2:00P YOGA The Ritual of Yoga: Wind Susana Retana 75 min						
LATE AFT		4:00P SOUND Tibetan Bowls René Nájera 60 min								

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:00P ONWARDS... DINNER Dinner Reservations at Umé, Lek, Su Casa @ Restaurant of your choice</p>	<p>6:00P ONWARDS... DINNER Dinner Reservations at Umé, Lek, Su Casa @ Restaurant of your choice</p>	<p>7:00P PALMAIA MYSTIC JUNGLE PARTY The mysteries of the jungle will be celebrated together @ Plantissa Dining Room</p>	<p>6:00P ONWARDS... DINNER Dinner Reservations at Lek, Su Casa, Mar de Olivo @ Restaurant of your choice</p>
<p>7:00P WELCOME GATHERING Meet your community, enjoy saffron cocktails & set an intention @ EOLO 90 min</p>		<p>9P FILM SCREENING & Q+A Music for Mushrooms (directed by East Forest) Followed by a Q+A w/ East Forest & Marisa Radha Weppner @ Aisuru 120 min</p>	
	<p>8:00P LEONARDO PRAKASH Acclaimed multi-instrumentalist sets the soundscape @ Plunge Pool Stage 75 min</p>	<p>9:15P EDUARDO CASTILLO Contemplative Live Sonic Exploration @ Plunge Pool Stage 90 min</p>	<p>8:00P EAST FOREST Live Sonic Musical Meditative Exploration @ Plunge Pool Stage 90 min</p>
			<p>9:30P SILENT DISCO Multi-channel DJ Duel on Silent Disco headphones @ Jungle Deck 90 min</p>

