



Day 1: Sunday, June 7th – Arrival Day

Arrival time is from 15:00 onwards. This day is dedicated solely to settling in, unpacking, and preparing yourself for the transformative journey ahead. There are no scheduled activities, giving you time to relax and familiarize yourself with the space.

Day 2: Monday, June 8th

Time	Activity
07:30 - 09:00	Embodied Yoga & Meditation Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Opening Circle / Artistic Workshop: Creating Safe & Sacred Space
13:00 - 15:00	Lunch
15:00 - 16:30	SOMA Lab: Somatics 101
16:30 - 17:30	Practice Time
17:30 - 19:00	Restorative Yoga & Nidra
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 3: Tuesday, June 9th

Time	Activity
07:30 - 09:00	Embodied Yoga & Meditation Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Artistic Workshop: Intuitive Dance
13:00 - 15:00	Lunch
15:00 - 16:30	SOMA Lab: Creative Meditation Techniques
16:30 - 17:30	Practice Time
17:30 - 19:00	Somatic Dance
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Day 4: Wednesday, June 10th

Time	Activity
07:30 - 09:00	Embodied Yoga & Meditation Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Artistic Workshop: Therapeutic Art
13:00 - 15:00	Lunch
15:00 - 16:30	SOMA Lab: Embodied Planning & Facilitation
16:30 - 17:30	Practice Time
17:30 - 19:00	Somatic Dance
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 5: Thursday, June 11th – Day Off

On the day off, you will have the opportunity to relax and explore the beautiful island. This is your time to unwind, discover local attractions, and enjoy the natural surroundings at your own pace. Whether you choose to visit the beach, hike scenic trails, or indulge in local cuisine, make the most of this day to rejuvenate and immerse yourself in the island's charm.

Day 6: Friday, June 12th

Time	Activity
07:30 - 09:00	Embodied Yoga & Meditation Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Artistic Workshop: Voice, Poetry & Expression
13:00 - 15:00	Lunch
15:00 - 16:30	SOMA Lab: Soundscape & Musical Curation
16:30 - 17:30	Practice Time
17:30 - 19:00	Sound Bath
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off



Day 7: Saturday, June 13th

Time	Activity
07:30 - 09:00	Embodied Yoga & Meditation Practice
09:00 - 10:15	Breakfast
10:15 - 13:00	Artistic Workshop: Mandala Art Jam
13:00 - 15:00	Lunch
15:00 - 16:30	SOMA Lab: Integration
16:30 - 17:30	Practice Time
17:30 - 19:00	Somatic Dance Ceremony / Closing Circle
19:00 - 20:30	Dinner
22:00 - 06:00	Lights Off

Day 8: Sunday, June 14th – Departure Day

Departure is scheduled until 12:00 on the last day. This time is reserved for packing, saying goodbyes, and taking a moment to reflect on your experience. No activities are planned, allowing you a peaceful transition as you prepare for your journey home.

***Please note that the schedule may be subject to some adjustments**