

Wednesday

7:00am

Activity

PRANAYAMA

Venue

OCEAN TENT

Description (from Activity)

A breathwork class that goes over



8:00am

Activity

HATHA VINYASA YOGA

Venue

MANGROVE DECK

Description (from Activity)

Sometimes known as yoga flow,



9:30am

Activity

GRAVITY CONTROL

Venue

RITUALS DECK

Description (from Activity)

A form of meditation where we f



11:00am

Activity

GONG BATH

Venue

AISURU

Description (from Activity)

Sound as a way to heal the energy



12:30pm

Activity

FULL BODY WORKOUT

Venue

GYPSY TENT

Description (from Activity)

Reconnect with your being throu



2:00pm

Activity

CONSTELLATIONS

Venue

PSYCHEDELIC MUSHRO

Description (from Activity)

Discover the energetic-emotions



3:30pm

Activity

WATERCOLOR PAINTING

Venue

EOLO BEACH CLUB

Description (from Activity)

Art as a way of promoting encou



5:00pm

Activity

SOFT HATHA YOGA

Venue

GYPSY TENT

Description (from Activity)

A branch of yoga that includes tl

