

7 Day Retreat Schedule

Everything is all inclusive!



SAYULITA WELLNESS

Day 1

Arrival

2p Guests Arrive

2:30pm Snack - Ceviche Tostadas

3p Welcome the guest

3:30p Microdose

4-5p Massage Spa Arena Blanca

6p Opening Ceremony with Intention Setting

7p Medical Check-In with Physician

7:30p Gourmet Dinner - Vegan Paella



Day 2

Mushroom Ceremony



8a Yoga

9a Breakfast - Açai Bowl with Fresh Fruit and Vegan Iced Matcha Latte

10:30-1:30 1-1 Breakthrough Sessions with Psychologist

12:30p Grilled Vegetable Tacos

2:30-3:30 Somatic Movement w/Alex

3:45pm Meditation

4:30pm Therapeutic One-on-One Guided Mushroom Ceremony

DMT Changa will be shared at the end of the ceremony (20 mins)

Day 03

Horseback Riding



8a Chilaquiles Verdes with Tofu Scramble

8:30a Ride to Ranch in Sayulita

9a Horseback Riding through Jungle and Private Beach

12p Ride Back to Retreat Center

1:30p Shrimp Ceviche with Mixed Greens Salad

3:30-5:30p Massage Spa Arena Blanca

5:30-6:30p Hypnotherapy

7:30pm Grilled Salmon with a Honey Mustard Glaze

Day 06

8:30a Yoga

9:30a Crab Cake Eggs Benedict with Hollandaise Sauce

10:30a-1:30p 1-1 Breakthrough Sessions with Psychologist

2p Seared Shrimp Risotto with Asparagus and Lemon Zest

4p Mini Dose and Yoga Nidra

5:30-6p Closing Ceremony

7p Blackened Catch of the Day with Pineapple and Mango Salsa.



Day 04

Integration Day

8:30a Yoga

9:30 Smoked Salmon and Toasted Cream Cheese Bagel

10:30 Wim-Hof Breathwork

11:30 Ice Therapy

2:00 Grilled Shrimp Salad with Mixed Greens, Creamy Corn Chowder

3:30 Microdose

5p Sound Healing Therapy

7p Dinner



Day 05

Integration Day

7:30a Fresh Fruit and Yogurt Parfait

9a Coral Island Boat and Snorkel Tour

3p Grilled Tuna Steak Mango and Avocado Salsa and Citrus Vinaigrette

4-5p Massage Spa Arena Blanca

7p Pan-seared Mahi-mahi with Herb Butter Sauce. Roasted Garlic Mashed Potatoes. Sautéed Kale



Day 07

8a Yoga

9a Avocado Toast with Poached Egg and Hollandaise Sauce, Freshly Brewed Coffee

11a Transportation to Airport

