

AWAKENED HEART SUMMER SOLSTICE

	FRIDAY 17th. June 2022	SATURDAY 18th. June 2022	SUNDAY 19th. June 2022	MONDAY 20th. June 2022	TUESDAY - 21th. June 2022
	MAIA	SHALA	SHALA	SHALA	SHALA
4:30 -5:30	CHECK IN				SADHANA SUMMER SOLSTICE BEGINNING Lalo
5:00 -7:30		SADHANA Gurushabd	SADHANA Gurushabd	SADHANA Gurushabd	
		WALKING MEDITATION With Abuela Ana Luisa	WALKING MEDITATION With Abuela Ana Luisa	WALKING MEDITATION With Abuela Ana Luisa	
7:30 - 9:00		BREAKFAST	BREAKFAST	BREAKFAST	
9:30 -11:30		YOGA Gurmukh Kaur	YOGA Kia Miller	YOGA Krishna Kaur	BREAKFAST
12:00 - 13:30		LUNCH	LUNCH	LUNCH	CHECK OUT
14:00 - 15:00		14:00 - 17:00 pm FREE TIME AND 1:1 SESSIONS	14:00 - 17:00 pm FREE TIME AND 1:1 SESSIONS	14:00 - 17:00 pm FREE TIME AND 1:1 SESSIONS	
15:00 - 16:00		Tommy Rosen Recovery 2.0	Sukhdev-Womans Circle Aka-Mens Circle	Arun-108	
16:00 - 17:00		WISDOM CIRCLE with ABUELA ANA LUISA	WISDOM CIRCLE with ABUELA ANA LUISA	WISDOM CIRCLE with GURMUKH	
17:00 - 18:30	WELCOME SNACKS	SOUND JOURNEY Hernan, Dominique	BREATHWORK KIA Miller	SOUND JOURNEY ARKANNA	
18:30 - 19:30	OPENING CEREMONY (Cacao Ceremony)	DINNER	DINNER	CLOSING CEREMONY	
19:00 - 20:00	ABUELA ANA LUISA , (ABUELO YUCATAN)			ABUELA ANA LUISA ABUELO YUCATAN	
20:00 - 21:00	OPENING DINNER Mexican Trio	CONCERT LIVE MUSIC Krishna Kaur	CONCERT LIVE MUSIC ARKANNA	CLOSING DINNER Live Music Limon, Hernan, Eric	
21:00 - 22:00					
22:00 - 23:00					
24:00-4:30				KIRTAN ALL NIGH	