



SOULCENTRO

Day 1 - Arrival

Guests arrive between 2:30 - 3pm

4 - 4:45 pm Space Orientation
5:00 pm Dinner
7:00 pm Night tea
7 - 8:30 pm Bwiti Orientation

Day 2 - Ceremony Day

7:30 am Yoga
8:30 am Breakfast
9 am - noon Optional Massage & Spa Services
1:00 pm Lunch
2 - 3:30 pm Medicine Navigation Talk
6:00 pm Medical Check In
8:00 pm Ceremony (approximately)

Day 3 - Discovery Day

**No cell phone or devices on this day & night*

9:00 am Coconuts
10:00 am Fruits
12:00 pm Broth
12:00 pm Lunch for Guests (if you feel ready)
5:00 pm Dinner
6:00 pm Night Tea

Day 4 - Integration Day

7:30 am Breakfast
9 am - noon Optional Massage & Spa Services
12:00 pm Lunch

2:30 pm Spiritual Showers
5:00 pm Dinner
7:00 pm Night Tea & Integration Circle

Day 5 - Ceremony Day

7:30 am Yoga
8:30 am Breakfast
9 am - noon Optional Massage & Spa Services
1:00 pm Lunch
6:00 pm Medical Check In
8:00pm Ceremony (approximately)

Day 6 - Discovery Day

**No cell phone or devices on this day & night*

9:00 am Coconuts
10:00 am Fruits
12:00 pm Broth
12:30 pm Lunch (if you feel ready)
5:00 pm Dinner
6:00 pm Night Tea

Day 7 - Integration Day

7:30 am Breakfast
9 am - noon Optional Massage & Spa Services
12:00 pm Lunch
1:30 pm Beach or Outing
5:00 pm Dinner
7:00 pm Night Tea & Integration Circle

Day 8 - Departure

7:30 am Breakfast