



Practice Owner **Retreat Itinerary**

DAY 01

- 2 PM** Shuttle from Tambor Airport (not included)
 - 3 PM** Check-in at Wild Sun Wildlife Rescue Center
 - 4 PM** Welcome reception and introductions
 - 6 PM** Group dinner
 - 7:30 PM** Free evening
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DAY 02

- 7 AM** Yoga & meditation
 - 8 AM** Breakfast
 - 9:30 AM** CE: Workshop Activities
 - 1 PM** Lunch
 - 2 PM** Wildlife field trip to Tambor Bird Sanctuary
 - 6:30 PM** CE: Activities Check-In
 - 7 PM** Dinner
 - 8 PM** Free evening
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DAY 03

- 7 AM** Yoga & meditation
- 8 AM** Breakfast
- 9:30 AM** CE: Workshop Activities
- 1 PM** Lunch
- 2 PM** Montezuma waterfall / beach
- 6:30 PM** CE: Activities Check-In
- 7 PM** Dinner
- 8 PM** Free evening

DAY 04

- 7 AM** Yoga & meditation
 - 8 AM** Breakfast
 - 9:30 AM** CE: Workshop Activities
 - 1 PM** Lunch
 - 3 PM** Bioluminescence tour
 - 6:30 PM** CE: Activities Check-In
 - 7 PM** Dinner
 - 8 PM** Free evening
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DAY 05

- 7 AM** Yoga & meditation
 - 8 AM** Breakfast
 - 9:30 AM** CE: Workshop Activities
 - 1 PM** Lunch
 - 2 PM** Sound Journey, Playa Grande, Montezuma
 - 6:30 PM** CE: Activities Check-In
 - 7 PM** Dinner
 - 8 PM** Free evening
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DAY 06

- 7 AM** Yoga & meditation
 - 8 AM** Breakfast
 - 9:30 AM** CE: Workshop Activities
 - 1 PM** Lunch
 - 2 PM** Santa Teresa afternoon-Vista de Las Olas Sunset
 - 6:30 PM** CE: Activities Check-In
 - 7 PM** Dinner
 - 8 PM** Farewell party with local entertainment
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DAY 07

- 8 AM** Breakfast
- 9:30 AM** Departures
- 11 AM** Shuttle to Tambor Airport (not included)

Please note that the itinerary is subject to change depending on weather, availability, and other unforeseeable circumstances.