

## **6 Day Gaia Sagrada Ayahuasca Retreat Schedule**

### **Included:**

**Three Ceremonies (2 Ayahuasca, 1 San Pedro)**

**Optional Extra Ayahuasca Ceremony: Day 1 (Sat) - \$185 additional cost**

### **Day 1 – (Sat) Arrival and Extra Ayahuasca Ceremony**

**Hike to the Waterfall:** 10:30 am

**Arrival:** Registration and settling in - 12:00 pm – 5:00 pm

**Lunch:** 12:30 pm

**Tour of the Grounds:** 2:00 pm

**Orientation & Meeting About the Medicines:** 3:00 pm

**Extra Ayahuasca Ceremony:** 6:00 pm ([Ayahuasca Ceremony](#))

### **Day 2 – (Sun) – Ayahuasca Ceremony**

**Breakfast:** 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

**Yoga:** 11:00 am

**Lunch:** 12:30 pm

**Workshop:** 2:00 pm

**Guided Meditation:** 4:00 pm – 5:00 pm

**Free Time:** 5:00 - pm - 6:00 pm

**Ayahuasca Ceremony:** 6:00 pm ([Ayahuasca Ceremony](#))

### **Day 3 – (Mon) – Day of Rest Between Ceremonies**

**Breakfast:** 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

**Workshop:** 11:30 pm

**Lunch:** 12:30 pm

**Family Meeting:** 2:00 pm – 4:00 pm - Meet and share about your ayahuasca journey, and learn more about the last San Pedro ceremony. Sign up opens for second extra ayahuasca ceremony on the last Wednesday of the retreat.

**Yoga:** 4:00 pm

**Dinner:** 6:30 pm

**Workshop:** 7:30 pm

### **Day 4 – (Tues) - San Pedro Ceremony**

**San Pedro Ceremony:** 8:00 am (No breakfast, snacks in afternoon ([San Pedro Ceremony](#)))

**Dinner:** At end of ceremony

### **Day 5 – (Wed) – Ayahuasca Ceremony**

**Breakfast:** 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

**Final Family Meeting:** 10:00 pm – 12:00 pm - Meet and share about your San Pedro journey, and discuss integration and tips on how to continue your healing at home.

**Lunch:** 12:00 pm

**Ayahuasca Ceremony:** 6:00 pm

**Day 6 – (Thurs) – Last Day of Retreat**

**Breakfast:** 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

**Buen Viaje!**