SOLTARA HEALING CENTER

Playa Blanca 5 Night Retreat Schedule

*Items with an asterisk * are required attendance*

Day 1	04:00PM	Arrival Tour	Dining Room
	05:00PM	**Orientation Talk***	Maloca
	06:30PM	Dinner	Dining Room
Day 2	08:00AM	**Plant Treatment***	Maloca
	09:00AM	Breakfast	Dining Room
	10:00AM	**Ayahuasca Talk***	Maloca
	01:00PM	Lunch	Dining Room
	01:30PM	**Health Checks***	Office
	03:30PM	Flower Baths	Pool
	05:30PM	Pre-Ceremony Yoga, Breathwork & Soundbath	Maloca
	06:30PM	**CEREMONY ONE***	Maloca
Day 3	08:00AM	Morning Yoga	Maloca
	09:00AM	Breakfast	Dining Room
	10:00AM	**Consultation with Healers**	Maloca
	01:00PM	Lunch	Dining Room
	05:30PM	Pre-Ceremony Yoga, Breathwork & Soundbath	Maloca
	06:30PM	**CEREMONY TWO***	Maloca
Day 4	09:00AM	Breakfast	Dining Room
	11:30AM	Morning Yoga	Maloca
	01:00PM	Lunch	Dining Room
	02:00PM	**Arkana/Post-Diet & Integration Talk***	Maloca
	03:30PM	Flower Baths	Pool
	05:30PM	Pre-Ceremony Yoga, Breathwork & Soundbath	Maloca
	06:30PM	**CEREMONY THREE***	Maloca

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Day			
5	08:00AM	Breakfast	Dining Room
	09:00AM	Shipibo Market	Maloca
	10:00AM	**Group Photo & Group Share***	Maloca
	01:00PM	Lunch	Dining Room
	01:30PM	**Health Checks***	Office
	01:30PM	Optional - Share your Testimonial 💚	Maloca
	06:30PM	Dinner	Dining Room
Day 6	10:00AM	Breakfast	Dining Room
	11:30AM	Departure	

Questions?

If you have questions about safety, preparation, or eligibility, our team is available to guide you with care and clarity.

Contact Our Team

Scan to Contact Us