

# The Architects of Life

## Weekly Schedule

- A note of wisdom: these activities are not meant for young ones under 10. Our gratitude for your understanding.
  - Admission: 7-minute tolerance.
- Locations are subject to change due to weather; please check with your Nomadic Guide.
- Be mindful of your safety and heed your limitations to avoid any possible injuries.



# Weekly Schedule

**MON**

7:00 am to 5:00 pm

Pranayama  
Soft Hatha Yoga  
Geometry of Power  
Tibetan Bowls  
Full Body Workout  
Talk with the Shaman  
Transmutation Ritual  
Vinyasa Yoga

**WED**

7:00 am to 5:00 pm

Pranayama  
Hatha Vinyasa Yoga  
Gravity Control  
Gong Bath  
Full Body Workout  
Constellations  
Watercolor Painting Class  
Soft Hatha Yoga

**FRI**

7:00 am to 5:00 pm

Pranayama  
Hatha Vinyasa Yoga  
Sacred Women's Circle  
Cacao Ceremony  
Full Body Workout  
Geometry of Power  
Deep Healing Mantras Level II  
Yin Yoga

**SUN**

7:00 am to 4:30 pm

Pranayama  
Therapeutic Yoga  
Drawing Class  
Gratitude Ritual  
Full Body Workout  
Watercolor Painting Class  
Soft Yoga  
Meditation

**TUE**

7:00 am to 5:00 pm

Pranayama  
Hatha Vinyasa Yoga  
Drawing Class  
Mind Control Level I  
Full Body Workout  
Ancestral Dance  
Soft Hatha

**THU**

7:00 am to 6:00 pm

Pranayama  
Hatha Vinyasa Yoga  
Drawing Class  
Deep Healing Mantras Level I  
Full Body Workout  
Awakening Ritual  
Mind Control Level II  
Soft Hatha Yoga  
Meditation

**SAT**

7:00 am to 5:00 pm

Pranayama  
Soft Hatha Yoga  
Meditation  
Meditative Concert  
Full Body Workout  
Forgiveness Ceremony  
Hatha Yoga

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