

DAY 1

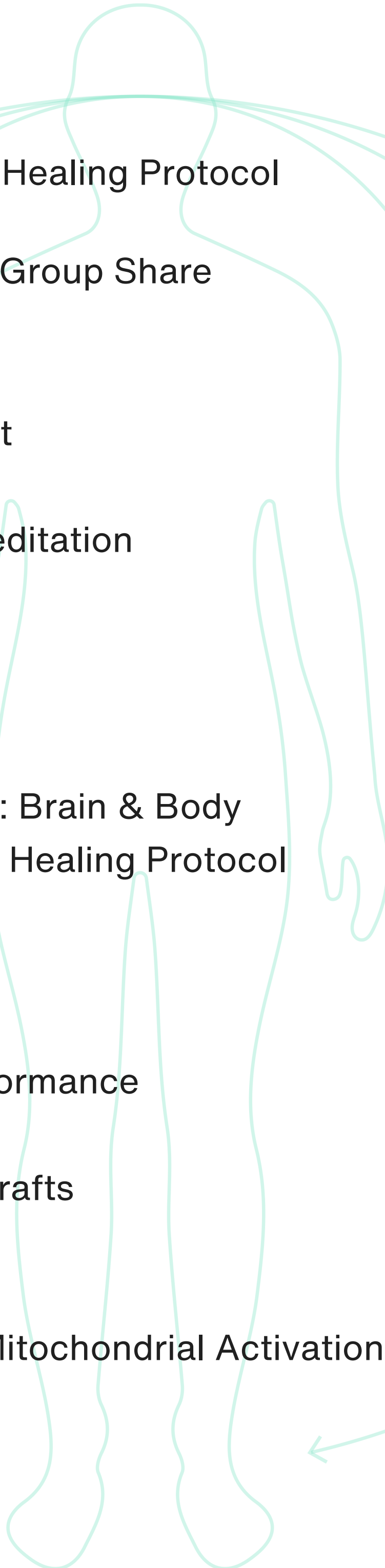
15:00 Check in
17:30 Tour of the Property
17:45 Welcome Introduction
18:15 Introduction To The Gut Healing Protocol
18:30 Dinner
19:30 Program Introduction & Group Share

DAY 2

8:00 Introduction to Movement
9:00 Breakfast
10:00 Introduction to Neuromeditation
11:15 QEEG
12:30 Massage
13:30 Lunch
15:00 Guided Beachwalk
17:15 Sympathetic Dominance: Brain & Body
18:45 Introduction To The Gut Healing Protocol
19:00 Dinner

DAY 3

8:30 Movement for Neuroperformance
9:30 Breakfast
11:00 Introduction to Arts & Crafts
13:30 Lunch
16:30 Neurofeedback
17:30 Introduction to HRV & Mitochondrial Activation
18:30 Dinner



DAY 4

8:30 Movement for Neuroperformance

9:30 Breakfast

10:30 Processing Emotions

12:30 - 13:30 Drop-in Therapy

13:30 Lunch

14:00 QEEG

14:30-15:00 Cooking Class: Salsa Making

14:30 Mitochondrial Activation

15:30-16:30 Yoga Q&A

19:00 Dinner

19:30 Games Night

DAY 5

9:00 Breakfast

10:00 Leave for Playa del Barro Hike

14:30 Lunch

16:00 Neuroception & Thermogenesis

18:30 Dinner

19:30 Midway Group Share

20:00 Tension Release Exercises (TRE)



DAY 6**8:30** Movement**9:30** Breakfast**10:30** Workshop: Nutrition for Mental Health**12:00-13:00** Office Hours for Nutrition and Movement**13:00** Lymphatic Drainage Workshop**13:30** Lunch**15:15** Mitochondrial Activation**16:00** Intention Workshop & Introduction to Temazcal**17:15** Leave for Temazcal**20:15** Dinner**DAY 7****8:30** Yoga**9:30** Breakfast**10:45** Breathwork**12:45** Post Breathwork Check-in & Group Share**13:30** Lunch**15:00** Compression Suit for Lymphatic Drainage**16:00** Mexican Tepache workshop**19:00** Dinner**DAY 8****8:00** Movement**9:00** QEEG**9:30** Breakfast**13:30** Lunch**14:30** Chocolate Making Workshop**17:00** Integrating Change**18:30** Dinner**19:30** Games

DAY 9

8:30 Movement

9:30 Breakfast

11:30 - 12:30 Office hours for Nutrition and Movement

13:15 Lunch

14:30 Leave for Ocean Adventure

19:00 Dinner

20:00 Closing Share

DAY 10

9:00 Breakfast

10:00 Airport Shuttle

11:00 Check-out

