

DAY 1**15:00** Check-in**18:00** Welcome Introduction**18:30** Dinner**19:30** Group introductions**DAY 2****8:00** Introduction to Movement & Working In**9:30** Breakfast**11:00** QEEG 1**13:30** Lunch**14:30** Therapy Session 1**16:00** Guided beachwalk**17:30** Introduction to qEEG Brain Mapping & Neuromeditation**19:00** Dinner**DAY 3****8:00** Functional Movement**9:30** Breakfast**16:30** Introduction to HRV Training**13:30** Lunch**15:00** Massage 1**18:30** Dinner**DAY 4****8:30** Movement for Neuroperformance**9:30** Breakfast**13:30** Lunch**15:00** Neurofeedback Session 1**16:30** Introduction to Arts & Crafts**18:30** Dinner**19:30** Introduction to Mitochondrial Activation

DAY 5

8:30 Resistance Training

9:30 Breakfast

12:00 Mitochondrial Activation Session 1

13:30 Lunch

16:00 Sympathetic Dominance: Brain & Body

17:15 Sympathetic Dominance Unwinding Exercises

18:30 Dinner

DAY 6

9:30 Breakfast

10:30 Leave for Sayulita hike

13:30 Lunch

16:00 Chocolate Making Workshop

18:30 Dinner

19:30 Games night

DAY 7

8:30 Functional Movement

9:30 Breakfast

11:00 Neurofeedback Session 2

13:30 Lunch

16:00 Open Office Hours with Functional Health Coach

18:30 Dinner



DAY 8

9:30 Breakfast

11:30 Neuroception & Cold Thermogenesis

13:15 Lunch

18:30 Dinner

19:30 TRE (Tension Release Exercises)

DAY 9

8:30 Resistance Training

9:30 Breakfast

10:00 Workshop: Lymphatic Drainage

11:00 Compression Suit for Lymphatic Drainage 1

13:30 Lunch

15:15 Mitochondrial Activation Session 2

18:30 Dinner *tea day*

19:30 Week 2 check-in

DAY 10

8:30 Functional Movement

9:30 Breakfast

13:30 Lunch

17:00 Nutrition For Mental Health Workshop & Q&A

18:30 Dinner

DAY 11

8:30 Movement for Neuroperformance

9:30 Breakfast

12:00 Therapy Session 2

13:30 Lunch

16:00 Arts & Crafts

18:30 Dinner *tea day*

19:30 Workshop: Purpose, Community, Attachment Styles & Relationships

DAY 12

9:00 Breakfast
10:00 Leave for Playa del Barro Hike
14:00 Lunch
18:30 Dinner
19:30 TRE (Tension Release Exercises)

DAY 13

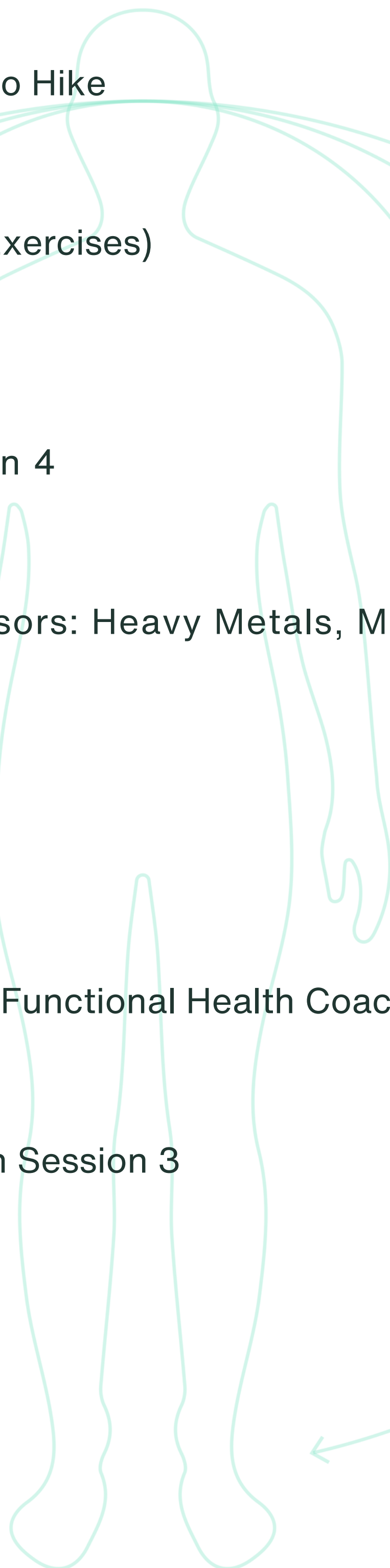
9:30 Breakfast
11:15 Neurofeedback Session 4
13:30 Lunch
15:15 Massage 2
17:00 Hidden Chronic Stressors: Heavy Metals, Mold, Infection & Mineral Balance
18:30 Dinner

DAY 14

8:30 Resistance Training
9:30 Breakfast
11:00 Open Office Hours With Functional Health Coach
13:30 Lunch
14:30 Sleep Optimization
15:30 Mitochondrial Activation Session 3
18:30 Dinner

DAY 15

9:30 Breakfast (Light)
11:00 Breathwork
13:30 Lunch
18:30 Dinner
19:30 Salsa Dance Night



DAY 16

9:30 Breakfast
12:00 Neurofeedback Session 5
13:30 Lunch
16:00 Compression Suit Session 2
18:30 Dinner
19:30 Week 3 Check-In

DAY 17

8:30 Yoga
9:30 Breakfast
11:00 Neurofeedback Session 6
13:30 Lunch
16:30 Temazcal
20:00 Dinner

DAY 18

8:30 Resistance Training
9:30 Breakfast
10:30 Drop In Sessions with Functional Health Coach
12:30 Mitochondrial Session 4
13:30 Lunch
15:00 Therapy Session 3
18:30 Dinner
19:30 TRE (Tension Release Exercises)

DAY 19

9:30 Breakfast
11:00 QEEG 2
13:30 Lunch
15:00 Leave for Catamaran Adventure
20:00 Dinner



DAY 20**8:30** Movement for Neuroperformance**9:30** Breakfast**17:00** Cooking class: Plantain tortillas, pastor, salsas**18:30** Dinner**19:30** Closing share**DAY 21****9:00** Breakfast**10:00** Airport Shuttle**11:00** Check-out