

DAY 1

14:00 Check-in

15:15 Tour of the Property

15:30 Welcome

15:45 Group Introductions

16:15 Introduction to the Nervous System, Sympathetic Dominance and Ventral Vagus (Dining Area)

17:30 Sympathetic Dominance Unwinding (Terrace)

18:30 Introduction to HRV & Mitochondrial Activation

19:00 Dinner

DAY 2

8:30 Movement for Neuroperformance with Christian (Terrace)

9:30 Breakfast

10:30 Introduction to Meditation & Neurofeedback with Paola

11:15 Mitochondrial Activation Individual Session (Dome)

12:00 Guided beach walk (Meet at pool)

13.30 Lunch

15:00 Massage (Your Room)

18:30 Dinner

20:00 Tension Release Exercises (TRE)

DAY 3

8:30 Yoga/Alignment/Working In with Samantha (terrace)

9:30 Breakfast

10:30 Food Principals & Gut Health

11:30 Neuroception & Cold Thermogenesis (Dining Area)

13:30 Lunch

14:30 Q&A with Samantha - Nutrition/Hormones/Movement (Dining area)

17:00 Leave for Temazcal (Meet at the fountain)

19:45 Dinner

DAY 4

9:30 Breakfast (light)

11:00 Breathwork with Dr. Aaron (Terrace)

13:15 Post Breathwork Check-in (Dining Area)

13:30 Lunch

15:15 Hike to Sayulita

18:30 Dinner

19:30 Closing share (Terrace)

DAY 5

8:30 Guided Meditation (Terrace)

9:30 Breakfast

10:30 Processing Emotions & Future Planning Workshop

12:00 Check-out

