

# Tentative Schedule for the Women's Pleasure Retreat



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	Morning Session Kundalini Yoga	Morning Session Meditation	Morning Session Journaling	Morning Session Breath work & Yoga	Morning Session Yin Yoga
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Group Sharing	Sacred Sexuality Practices	Sacred Sexuality Practices	Nature excursion with a PicNic	Check out
	Sacred Sexuality Practices				
Check - in					
Welcoming Circle	Free Time & Integration	Free Time & Integration	Free Time & Integration		
Playful Exploration & Group Games					
Guided Tour around the Villa Finca el Drago				Closing Fire Ceremony	
Dinner	Dinner	Dinner	Dinner	Dinner	
Soothing Relaxation Meditation	Creative Flow	Sauna & Dance	Pleasure Night	Closing Fire Ceremony	