

THE 7-DAY RESET SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.	Individual Wellness Time 6:30 - 7:30 a.m.
	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am	Reset Yoga 7:30 - 8:30 am
	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.	Breakfast 8:30 - 9:30 a.m.
	Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Tamarindo Market (Optional) Shuttle Departs at 9:30 a.m. OR Individual Wellness Time 9:30 a.m. - 1:00 p.m.	Guest Departure Location: Welcome Center 10:00 a.m.
	Lunch 1:00 - 2:00 p.m.	Lunch 1:00 - 2:00 p.m.	Lunch 1:00 - 2:00 p.m.	Lunch 1:00 - 2:00 p.m.	Lunch 1:00 - 2:00 p.m.	Lunch 1:00 - 2:00 p.m.	
	Individual Wellness Time 2:00 - 3:45 p.m.	Individual Wellness Time 2:00 - 3:45 p.m.	Individual Wellness Time 2:00 - 3:45 p.m.	Individual Wellness Time 2:00 - 3:45 p.m. OR Suggested Optional Tours Catamaran Zipline Horseback Riding Local Exploration Las Catalinas Tamarindo	Individual Wellness Time 2:00 - 3:45 p.m.	Individual Wellness Time 2:00 - 3:45 p.m.	
	Green Juice & Wheatgrass 3:45 - 4:00 p.m.	Green Juice & Wheatgrass 3:45 - 4:00 p.m.	Green Juice & Wheatgrass 3:45 - 4:00 p.m.		Green Juice & Wheatgrass 3:45 - 4:00 p.m.	Green Juice & Wheatgrass 3:45 - 4:00 p.m.	
	Guest Arrival 4:00 p.m.	Individual Wellness Time 4:00 - 5:00 p.m.	Breathwork 4:00 - 5:00 p.m.	Sound Healing 4:00 - 5:00 p.m.	Individual Wellness Time 4:00 - 5:00 p.m.	Individual Wellness Time 4:00 - 5:00 p.m.	Breathwork 4:00 - 5:00 p.m.
	Property Tour & Orientation 5:00 - 6:30 p.m.	Sunset Meditation 5:00 - 6:00 p.m.	Individual Wellness Time 5:00 - 6:30 p.m.	Individual Wellness Time 5:00 - 6:30 p.m.		Sunset Meditation 5:00 - 6:00 p.m.	Individual Wellness Time 5:00 - 6:30 p.m.
	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.	Dinner 6:30 - 7:30 p.m.
Community or Individual Wellness Time 7:30 - 9:00 p.m.	Reunion on the Beach 7:30 - 9:00 p.m.	Community or Individual Wellness Time 7:30 - 9:00 p.m.	Community or Individual Wellness Time 7:30 - 9:00 p.m.	Community or Individual Wellness Time 7:30 - 9:00 p.m.	Reunion on the Beach 7:30 - 9:00 p.m.	Community or Individual Wellness Time 7:30 - 9:00 p.m.	
Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	Quiet Time 9:00 p.m. - 6:30 a.m.	

For illustrative purposes only. Subject to change.