

The Architects of Life



Weekly Schedule

- Admission: 5 minutes of tolerance.
- Locations are subject to weather conditions.
- Children over 12 years old allowed (depending on the activity).

*Booking required.

MON

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Hatha Yoga (Rituals Deck)
- 11:00 am** Tibetan Bowls (Rituals Deck)
- 11:30 am** Geometry of Power (Psychedelic Mushroom)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Talk with the Shaman (Rituals Deck)
- 4:00 pm** Transmutation Ritual (Aisuru)
- 5:00 pm** Vinyasa Yoga (Rituals Deck)

WED

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Therapeutic Yoga (Rituals Deck)
- 9:30 am** Gravity Control (Rituals Deck)
- 11:00 am** Gong Bath (Rituals Deck)
- 11:30 am** Constellations (Psychedelic Mushroom)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Natural Art (Eolo Beach Club)
- 4:00 pm** Dance for Peace (Rituals Deck)

FRI

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Hatha Yoga (Rituals Deck)
- 11:00 am** Cacao Ceremony (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 12:30 pm** Geometry of Power (Psychedelic Mushroom)
- 3:00 pm** Sacred Women's Circle (Rituals Deck)
- 4:00 pm** Deep Healing Mantras (Ocean Tent)
- 5:00 pm** Meditation (Ocean Tent)

SUN

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Therapeutic Yoga (Rituals Deck)
- 10:00 am** Art Class (Psychedelic Mushroom)
- 11:00 am** Gratitude Ritual (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Handcrafts (Eolo Beach Club)
- 3:00 pm** Vinyasa Yoga (Aisuru)

TUE

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 10:00 am** Art Class (Psychedelic Mushroom)
- 11:00 am** Healing Breath Journey (Aisuru)*
*Booking required, max. 12 people
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Ancestral Dance (Rituals Deck)
- 4:00 pm** Harmonic Singing (Aisuru)
- 04:00 pm** Tai Chi (Rituals Deck)

THU

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 10:00 am** Art Class (Psychedelic Mushroom)
- 11:00 am** Healing Breath Journey (Aisuru)
*Booking required, max. 12 people
- 12:00 pm** Full Body Workout (Ocean Tent)
- 1:30 pm** Awakening Ritual (Rituals Deck)
- 3:00 pm** Mind Control (Rituals Deck)
- 4:00 pm** Meditation (Rituals Deck)

SAT

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 9:30 am** Meditation (Ocean Tent)
- 11:00 am** Meditative Concert (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Hatha Yoga (Rituals Deck)
- 4:00 pm** Forgiveness Ceremony (Aisuru)
- 5:00 pm** Qi Gong (Rituals Deck)



Arquitectos de la Vida



Horario semanal

- Ingreso: 5 minutos de tolerancia.
- Locaciones sujetas a condiciones climáticas.
- Niños mayores de 12 años permitidos (dependiendo de la actividad).

*Requiere reserva.

LUN

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Hatha Yoga (Rituals Deck)
- 11:00 am** Cuencos Tibetanos (Rituals Deck)
- 11:30 am** Geometría del Poder (Hongo Psicodélico)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Plática con el Chamán (Rituals Deck)
- 4:00 pm** Ritual de Transmutación (Aisuru)
- 5:00 pm** Vinyasa Yoga (Rituals Deck)

MIE

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Yoga Terapéutico (Rituals Deck)
- 9:30 am** Control de Gravedad (Rituals Deck)
- 11:00 am** Baño de Gong (Rituals Deck)
- 11:30 am** Constelaciones (Hongo Psicodélico)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Arte Natural (Eolo Beach Club)
- 4:00 pm** Danza por la Paz (Rituals Deck)

VIE

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Hatha Yoga (Rituals Deck)
- 11:00 am** Ceremonia del Cacao (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 12:30 pm** Geometría del Poder (Hongo Psicodélico)
- 3:00 pm** Círculo Sagrado de Mujeres (Rituals Deck)
- 4:00 pm** Mantras de Sanación Profunda (Ocean Tent)
- 5:00 pm** Meditación (Ocean Tent)

DOM

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Yoga Terapéutico (Rituals Deck)
- 10:00 am** Clase de Arte (Hongo Psicodélico)
- 11:00 am** Ritual de Gratitud (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Manualidades (Eolo Beach Club)
- 3:00 pm** Vinyasa Yoga (Aisuru)

MAR

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 10:00 am** Clase de Arte (Hongo Psicodélico)
- 11:00 am** Healing Breath Journey (Aisuru)
*Requiere reserva, max. 12 personas
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Danza Ancestral (Rituals Deck)
- 4:00 pm** Canto Armónico (Aisuru)
- 04:00 pm** Tai Chi (Rituals Deck)

JUE

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 10:00 am** Clase de Arte (Hongo Psicodélico)
- 11:00 am** Healing Breath Journey (Aisuru)
*Requiere reserva, max. 12 personas
- 12:00 pm** Full Body Workout (Ocean Tent)
- 1:30 pm** Ritual del Despertar (Rituals Deck)
- 3:00 pm** Control de Mente (Rituals Deck)
- 4:00 pm** Meditación (Rituals Deck)

SAB

- 7:00 am** Pranayama (Ocean Tent)
- 8:00 am** Vinyasa Yoga (Rituals Deck)
- 9:30 am** Meditación (Ocean Tent)
- 11:00 am** Concierto Meditativo (Rituals Deck)
- 12:00 pm** Full Body Workout (Ocean Tent)
- 3:00 pm** Hatha Yoga (Rituals Deck)
- 4:00 pm** Ceremonia del Perdón (Aisuru)
- 5:00 pm** Qi Gong (Rituals Deck)

