

HEALING JOURNEYS & TAO RETREAT: Healing the Healers – October 29 to November 3, 2013

Healing the Healers	Day 1 Oct. 29	Day 2 Oct. 30	Day 3 Oct. 31	Day 4 Nov. 1	Day 5 Nov. 2	Day 6 Nov. 3
7 - 9:30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 – 9 am		Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	
9 – 10am		Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	
10:00am – 1:00pm	Arrival day	Session 1: 10:30 – 1 <ul style="list-style-type: none"> • Mayan Blessing • Reclaiming Our Story 	Session 3: 10:30 – 1:30 <ul style="list-style-type: none"> • Managing Energy • Decision Making • Communication Tools • The Soul of Care Giving 	Optional morning tour: Muyil, or secret cenote (sacred spring water pools)	Session 4: 10:30 – 1:30 <ul style="list-style-type: none"> • Pathways to Renewal • Self-Care Tools • Forgiveness • Closing Ceremony 	Depart
1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon		FREE TIME Beach, golf, TAO Center, and More . . .	Optional Temazcal	Late afternoon/evening optional experience of Dia de Los Muertos at Xcaret.	Optional TAO Foundation Activity.	
6:00pm	Welcome Dinner and short talk with TAO CEO Jonathan Ellerby, PhD	Dinner	Dinner		Dinner	
8pm		Session 2: 8 – 9:30 <ul style="list-style-type: none"> • Loss and Letting Go 	Halloween at your hotel or the Buena Vida Restaurant			

* Optional Wellness Classes include: yoga, meditation, tai chi, qi-gong, zumba, body boot camp, and more.

HEALING JOURNEYS & TAO RETREAT: Healing the Healers – November 3 to November 10, 2013

A Healing Adventure	Day 1 Nov. 5	Day 2 Nov. 6	Day 3 Nov. 7	Day 4 Nov. 8	Day 5 Nov. 9	Day 6 Nov. 10
7 - 9:30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 – 9 am		Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	
9 – 10am		Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	Optional Wellness Class*	
10:00am – 1:00pm	Arrival day	Session 1: 10:30 – 1 • Mayan Blessing • Truth, Acceptance, and Transformation	Session 2: 10:30 – 1:30 • Grief, Loss and Letting Go: Making Space For Joy	Optional full day tour	Session 4: 10:30 – 1:30 • Establishing Resilience, Reclaiming Power • Closing Ceremony	Depart
1:00pm	Lunch	Lunch	Lunch		Lunch	
Afternoon		FREE TIME Beach, golf, TAO Center, and More ...	Optional Temazcal (Mayan Sweat Lodge ceremony)		Optional TAO Foundation Activity	
6:00pm	Welcome Dinner and short talk with TAO CEO Jonathan Ellerby, PhD	Dinner	Dinner	Dinner	Dinner	
8pm			Session 3: 8:00 - 9:30 • New Perspectives on Healing: The Soul's Journey • Forgiveness • Next Steps			

* Optional Wellness Classes include: yoga, meditation, tai chi, qi-gong, zumba, body boot camp, and more.