

## HEALING JOURNEYS & TAO RETREAT: October 28 to November 2

	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Nov. 1	Nov.2
7 - 9:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 – 9 am	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9 – 10am	Zumba	Qi-Gong	Pilates	Tai Chi	Zumba	Body Boot Camp
10:30am – 12:30pm	Arrival day	Session 1: The Heart of Inspired Health with Jonathan	Session 3: Evolution of Consciousness with Jonathan	Optional day tour, Coba Mayan Sacred Site and Jungle cenote (sacred spring water pools) FULL DAY, all inclusive, \$120	Session 4: Energy, Intuition and Living Mysticism with Jonathan	Depart
12:30pm -	Lunch	Lunch	Lunch		Lunch	
Afternoon		FREE TIME Beach, golf, TAO Center, and More . . .	FREE TIME Optional “for fee” Temazcal, Mayan Sweat Lodge ceremony; price \$100 per person		FREE TIME Beach, golf, TAO Center, and More . . .	
6:30pm	Welcome Dinner and short talk with TAO CEO Jonathan Ellerby	Dinner	Dinner	Dinner	Closing Dinner together	
8pm		Session 2: Grief, Loss, & Letting Go with Jonathan		Optional Halloween Party at the Buena Vida restaurant		