

6<sup>th</sup> – 8<sup>th</sup> Oct 2023, Salobrena, Spain

# Spiritual wellness retreat

Empower yourself with @trustmeditation

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## Finca Putumayo

*Accelerate your spiritual journey and make it more fun.*

## Our program

### Day 1 Friday

**6:00 - 7:00pm** - Welcome drink and Introduction and expectations of the retreat.

**7:30 - 8:30pm** - Sound of trust - A sound healing journey.

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**8:30pm - dinner**

**Day 2 Saturday**

**07:45 - 08:15am** -breathwork (sunrise)

**08:15 - 9:15am**- Yoga from the heart- A Path to Self Realization

**09:30- 10:15am** - Mindfulness and Meditation

**11:00 - 12:00 - Brunch**

**12:00 - 3:00pm** - **Free time** + tea/coffee/ snacks +30 min free consultation (make appointment)( tree)

**3:15 - 4:15pm** -.Building Trust Conscious group games in salt water pool

**4:30 - 6:00pm** - Conscious talk and the 5 steps towards manifestation.

**6:00 to 7:00** - Light dinner

**8:00 to 10:00** - Trust Meditation - A Journey into Sound and Energy Healing

**Day 3 -Sunday**

**08:00 - 09:30am** - Body movement

- Pranayama & Nadi Shodhana meditation

**9:45- 10:30 - light breakfast**

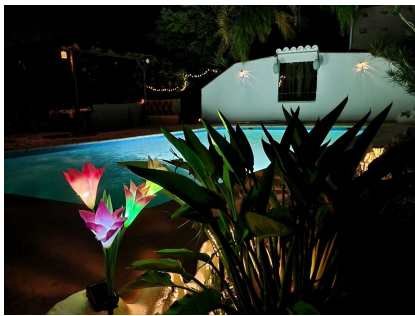
**11:00 - 13:00**- cacao ceremony

Celebrating in a sacred circle with music and dancing with a heart opening medicine of Mama cacao

**We use organic Raw Cacao mixed with herbs and water**

**13:15** - Vegetarian Buffet prepared with love

**Welcome to the tribe!**



**Welcome to Finca Putumayo!**

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