



Arkana Valle de Bravo

3 Night Program

Day 01

12:30 Welcome tour
01:00 Check-In
01:30 Lunch
03:00 Orientation
04:30 Intentions
08:00 Mushroom Talk
08:30 Mushroom Ceremony 1

Day 02

07:30 Yoga
09:00 Breakfast
10:00 Temazcal
01:30 Lunch
03:00 Bufo Alvarius Talk
03:30 Bufo Alvarius ceremony
07:00 Dinner

Day 03

08:00 Yoga & Breathwork
09:00 Breakfast
10:00 Group Share / Integration Talk
01:30 Silent Lunch
06:30 Sound Healing
07:30 Dinner
08:30 Bufo Meditation (Extra Cost)

Day 04

08:00 Breakfast
09:00 Group Share
10:00 Gift Ceremony
12:00 Departure



Arkana Valle de Bravo

1 WK Program

Sunday

06:00 Welcome tour
06:30 Check-In
07:30 Dinner
08:00 Orientation

Monday

07:30 Aarti
08:30 Breakfast
09:30 Intentions
01:30 Lunch
10:00 Peyote talk
11:00 Peyote Ceremony

Tuesday

08:00 Breakfast
01:30 Lunch
02:30 Group Share
07:30 Dinner

Wednesday

07:30 Yoga
08:30 Breakfast
10:00 Temazcal
01:30 Lunch
08:00 Mushroom Talk
08:30 Mushroom Ceremony

Thursday

08:30 Breakfast
09:30 Group Share
11:00 Bufo Alvarius ceremony
01:30 Silent Lunch
05:00 Yoga and Breathwork
08:30 Mushroom Ceremony 2

Friday

08:30 Breakfast
09:30 Group share
01:30 Lunch
03:00 Integration Circles
06:00 Sound Healing
07:30 Dinner
09:00 Bufo Meditation (Extra Cost)

Saturday

08:30 Breakfast
09:30 Integration Talk
10:30 Gift Ceremony
12:00 Departure