



Arkana Amazon

Weekly Schedule

Sunday

12:30 Welcome tour
01:30 Lunch
02:30 Check-in
03:30 Orientation
05:30 Intentions
08:00 Dinner

Monday

07:30 Aarti
08:15 Hapé
09:00 Breakfast
01:30 Lunch
02:30 Excursion: Monkey Island
04:30 Plant bath
06:30 Ayahuasca talk
09:00 Ayahuasca Ceremony1

Tuesday

09:00 Breakfast
10:30 Group Share
12:15 Yoga
01:30 Lunch
02:30 Excursion: Walk to Libertad
04:30 Plant bath
06:00 Breath healing
09:00 Aya ceremony2

Wednesday

09:00 Breakfast
10:30 Group Share
01:30 Lunch
02:30 Excursion: Sloth Sighting
04:00 Q&A with Shamans
05:30 Dinner
06:30 Excursion: Cayman Expedition
08:00 Bonfire

Thursday

08:00 Yoga
09:00 Breakfast
10:40 Meditation
11:00 Bufo Alvarius ceremony
01:30 Silent Lunch
05:00 Plant bath
06:30 Soundhealing
09:00 Ayahuasca ceremony 3

Friday

09:00 Breakfast
10:30 Group share & Shipibo market
01:00 Post-dieta Talk
01:30 Lunch
05:30 Integration Circles
09:00 Ayahuasca ceremony 4

Saturday

08:30 Breakfast
09:30 Group share + Gift Ceremony
02:00 Departure to Iquitos