



Arkana Sacred Valley

Weekly Schedule

Sunday

12:00 Welcome tour
12:30 Check-In
01:00 Lunch
02:00 Orientation
03:00 Intentions
06:00 Dinner

Monday

07:30 Aarti
08:15 Hapé
09:00 Breakfast
12:30 Yoga
01:30 Lunch
02:30 Excursion: Maras Salt Mines
06:00 Ayahuasca Talk
08:30 Ayahuasca Ceremony 1

Tuesday

09:00 Breakfast
10:00 Group Share
10:30 Art Integration
12:30 Yoga
01:30 Lunch
06:30 Breath healing
08:30 Aya Ceremony 2

Wednesday

09:00 Breakfast
10:00 Excursion: Machu Picchu (Extra Cost)
01:30 Lunch
06:00 Dinner
07:30 Bonfire

Thursday

08:00 Yoga
09:00 Breakfast
11:30 Bufo Alvarius ceremony
01:30 Silent Lunch
04:00 Integration Circles
06:30 Soundhealing
08:30 Ayahuasca ceremony 3

Friday

09:00 Breakfast
10:00 Group share
10:30 Integration Talk
11:30 San Pedro Ceremony
06:00 Dinner
07:00 Gift Ceremony

Saturday

09:00 Breakfast
09:30 Departure to Cusco