



# The Secrets of Ayurveda & Alchemy

*Hosted by davidji and Alisha Olivier*

## Sample Schedule

|                     |   |
|---------------------|---|
| <b>6:00–7:00a</b>   | Optional sunrise meditation - lead by davidji   |
| <b>7:00–8:00a</b>   | Morning yoga class                              |
| <b>9:00–10:00a</b>  | Organic Breakfast                               |
| <b>10:00–12:00p</b> | Ayurveda session with davidji                   |
| <b>12:00–12:30p</b> | Guided group meditation                         |
| <b>1:00–2:00p</b>   | Organic Lunch                                   |
| <b>2:00–4:30p</b>   | Free time – explore, journal, swim, hike, share |
| <b>4:30–5:00p</b>   | Guided group meditation                         |
| <b>5:00–6:00p</b>   | Yin Yoga class                                  |
| <b>7:00–8:00p</b>   | Organic Dinner                                  |
| <b>8:00–10:00p</b>  | Alchemy with Alisha                             |
| <b>10:00–</b>       | Star gazing                                     |