

Sunday 4th	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th
	7:30am - 8:30am Mobility class		7:30am - 8:30am Mobility class			
	8:30am - 9:30am Breakfast	8:30am - 9:30am Breakfast	8:30am - 9:30am Breakfast	8:30am - 9:30am Breakfast	Filming day: 4:30am - 8:30am	8:30am - 9:30am Breakfast Goodbye
12pm Shuttle from Puerto Vallarta Airport	9:30am - 1:30pm Intensive with Saralyn	9:30am - 1:30pm Isla Coral Snorkeling	9:30am - 1:30pm Intensive with Saralyn	9:30am - 1:30pm Altavista Ancient Indigenous Petroglyphs	9:00am - 10:00am Breakfast	10:00am Checkout
1:30pm Estimated arrival					10:00am - 1:30pm Visit to organic farm Mar de Jade	11:00am Shuttle from Mar de Jade to Puerto Vallarta Airport
1:30pm Lunch.	1:30pm - 2:30pm Lunch	1:30pm - 2:30pm Lunch	1:30pm - 2:30pm Lunch	1:30pm - 2:30pm Lunch	1:30pm - 2:30pm Lunch	12:30pm Estimated arrival
2:30pm - 7:00pm Free time	Free time: Free time. Optional for an extra cost: Temazcal ceremony (7 participants minimum)	2:30pm - 4:00pm Free time	2:30pm - 5:00pm Free time	2:30pm - 4:00pm Free time	2:30pm - 7:00pm Free Time	
		4:00pm - 7:00pm Intensive with Saralyn	5:00pm - 7:00pm Intensive with Saralyn	4:00pm - 7:00pm Intensive with Saralyn		
7:00pm Welcoming dinner	7:00pm Dinner	7:00pm Dinner	7:00pm Dinner	7:00pm Dinner	7:00pm Dinner	
8:00pm - 9:00pm Women Circle		8:00pm - 9:00pm Yin Yoga (Recovery)		8:00pm - 9:00pm Yin Yoga (Recovery)	8:00pm Hafla Show	