

PROGRAM HARA EXPERIENCE

MAY 2ND - 5TH



	2-May	3-May	4-May	5-May
8:00 AM	YOGASANAS w/Kayla @ Shala	VINYASA YOGA w/Lilly @ Shala	FASCIA YOGA w/Kunti @ Shala	ASHTANGA YOGA w/Yosi @ Shala
10:00 AM	PRANIC MEDITATION w/Martha @ Yään	VINYASA YOGA w/Kun @ Yään	VINYASA YOGA w/Kun @ Yään	QI GONG w/Kun @ Yään
11:00 AM	AGUA MAGICA w/Kayla @ La Popular pool	CLARITY BREATHWORK w/Sabine @ Gratitude Tent	CONTEMPORARY MOVEMENT w/Zack @ Shala	BREATH OF LIGH w/Maryke @ Gratitude Tent
11:30 AM				BASIC HERBS AND INFUSIONS FOR THE ENERGETIC FREE FLOW OF THE ORGANS w/Katherine @ Shala
01:00 PM			ICE-BATH SESSIONS w/Danny & Andres @ Shala	
05:00 PM		Workshop: BELLY ,REFLEX POINTS, AND BASIC PULSE DIAGNOSTIC w/Miguel @ Gratitude Tent	COMMUNITY ACUPUNCTURE w/Miguel and Katherine @ Gratitude Tent	
06:00 PM	Opening the Hara experience: DISCOVERING OUR INNER SELVES @ Firepit	CACAO CEREMONY w/Kiaui @ Shala		SOUNDHEALING w/Grupo Uno @ Gratitude Tent
07:00 PM			STARGAZING w/Miroslava & Henry the telescope @ Firepit	

HARA EXPERIENCE

NOMADE

TULUM

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