

BE LOVE!

Treasure Beach, Jamaica - Schedule



	Sun, Feb 13, 2022	Mon, Feb 14, 2022	Tue, Feb 15, 2022	Wed, Feb 16, 2022	Thu, Feb 17, 2022	Fri, Feb 18, 2022	Sat, Feb 19, 2022	
	Day 1	Day 2 - V-DAY	Day 3	Day 4 - FULL MOON	Day 5 - EXCURSION	Day 6	Day 7	
7:30 AM		LIGHT BREAKFAST (1hr)	LIGHT BREAKFAST (1hr)	LIGHT BREAKFAST (1hr)	LIGHT BREAKFAST (1hr)	LIGHT BREAKFAST (1hr)	LIGHT BREAKFAST (1hr)	
8:00 AM								
8:30 AM								
9:00 AM		YOGA (1.5hr)	YOGA (1hr)	YOGA (1hr)	OPTIONAL ADD-ON ALL DAY EXCURSION Waterfalls OR Lazy River Depart: 9 AM Return: 4 PM <i>*Lunch not included</i>	YOGA (1hr)		
9:30 AM			BREATHWORK & MEDITATION (1hr)	BREATHWORK & MEDITATION (1hr)		BREATHWORK & MEDITATION (1hr)		
10:00 AM								
10:30 AM								
11:00 AM		BOAT RIDE WITH CAPTAIN JOSEPH - BBQ Lunch on the beach - Snorkeling - Pelican Bar Depart: 11 AM Return: 5 PM	FREE TIME Spa, Beach, Reflection (2hrs)	FREE TIME Spa, Beach, Reflection (2hrs)		FREE TIME Spa, Beach, Reflection (2hrs)	CHECKOUT	
11:30 AM								
12:00 PM	PICK UP at hotel/ airport by Jakes			LUNCH (1.5hr)	LUNCH (1.5hr)		LUNCH (1.5hr)	
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	ARRIVAL @ TREASURE BEACH		FREE TIME Spa, Beach, Reflection (1.5hrs)	HEART OPENING CACAO & SOUND BATH (Optional Psilocybin) (4hrs)		SOUL COACHING (Wrap Up) (2hrs)		
2:30 PM			SOUL COACHING (Introduction) (2hrs)					
3:00 PM					FREE TIME Spa, Beach, Reflection (2.5hrs)			
3:30 PM								
4:00 PM		FREE TIME Spa, Beach, Reflection (1.5hrs)						
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM	WELCOME GATHERING					GROUP DINNER Seaside - Farm to Table (2hrs)		
6:30 PM	Sunset on the beach (1hr)	Sunset on the beach	Sunset on the beach	Sunset on the beach	Sunset on the beach			
7:00 PM	GROUP DINNER (1.5hr)	CELEBRATE YOURSELF V-DAY GROUP DINNER (2hrs)	DINNER (1.5hr)	DINNER (1.5hr)	DINNER (1.5hr)			
7:30 PM								
8:00 PM						Group Photo @ 7:45 PM		
8:30 PM	OPENING CEREMONY with Osi and Rebecca (1.5hr)		FREE TIME / BED TIME	FULL MOON CEREMONY (1.5hr)	RESTORATIVE YOGA and YOGA NIDRA (2hrs)	CLOSING CEREMONY with Rhythm and Flow Dance & Bonfire (1.5h)		
9:00 PM		FREE TIME / BED TIME						
9:30 PM								
10:00 PM	FREE TIME / BED TIME			FREE TIME / BED TIME		FREE TIME / BED TIME		
10:30 PM					FREE TIME / BED TIME			