

Health + Wellness

April 11th - 17th 2026

Saturday 18th:

2:00 am	Arrive in GYE
11:00 am	Arrive in Ayampe
1:00 pm	Welcome Lunch
3:00 pm	Post Travel Hip Opener Yoga
5:15 pm	Guided Beach Exploration
7:30 pm	Welcome Dinner

Sunday 19th:

8:00 am	Yoga
10:00 am	Breakfast & Ecuadorian Coffee Presentation
1:00 pm	Lunch
3:00 pm	Jungle Walk
6:00 pm	Sunset Sound Bath with Matteo Blanco
7:30 pm	Dinner

Monday 20th:

9:00 am	Breakfast
10:00 pm	Cacao Farm Tour
2:00 pm	Lunch
3:30 pm	Surf Class
5:30 pm	Sundown Cacao Ceramony
7:30 pm	Dinner

Tuesday 21st:

9:00 am	Yoga
---------	------

10:00 am	Breakfast
11:00 pm	Cooking & Wellbeing Workshop
7:30 pm	Dinner



Wednesday 22nd:

8:00 am	Yoga
9:00 am	breakfast
10:00 pm	Los Friaes National Park
2:00 pm	Lunch
6:00 pm	Sundown Sound Bowls with Jenna
7:30 pm	Dinner

Thursday 23rd:

8:30 am	Breakfast
9:30 am	Agua Blanca National Park
1:30 pm	Lunch
5:30 pm	Ecuadorian Cooking Class
7:30 pm	Dinner

Friday 24th:

8:00 am	Yoga
9:00 am	Wim Hoff Breathing and Ice Bath
11:00 am	Brunch
12:30 pm	Guided hike to secret cove
7:30 pm	Dinner out on the town at Mulata

Saturday 25th:

8:30 am	Yoga
10:00 am	Breakfast
11:00 am	Check Out