

Pyramid Valley, Jan 28 - Feb 1, 2026

# Retreat Schedule

Time	Day 1 - Jan 28 ARRIVAL	Day 2 - Jan 29 RELEASE	Day 3 - Jan 30 FLOW	Day 4 - Jan 31 MANIFESTATION	Day 5 - Feb 1 MOMENTUM
6:00 AM		Wakeup Gong (Noble Silence begins)	Wakeup Gong (Noble Silence begins)	Wakeup Gong (Noble Silence begins)	Wakeup Gong (Noble Silence begins)
6:30-7:00 AM		Qi Gong @ Coconut Grove	Qi Gong @ Coconut Grove	Qi Gong @ Coconut Grove	Qi Gong @ Coconut Grove
7:00-8:00 AM		Guided Awareness Meditation + Metta @ Coconut Grove	Guided Awareness Meditation + Metta @ Coconut Grove	Guided Awareness Meditation + Metta @ Coconut Grove	Guided Awareness Meditation + Metta @ Coconut Grove
8:00-9:30 AM		Breakfast	Breakfast	Breakfast	Breakfast
9:30-11:00 AM	Check-in	Circles & Spirals Conscious Movement @ Lake Lawn	Divine Flow Conscious Movement @ Lake Lawn	Body Blitz Conscious Movement @ Lake Lawn	Holy Cow Feeding @ Gaushala
11:00-12:30 PM		Energy Healing @ Pyramid (Noble Silence ends)	Energy Healing @ Pyramid (Noble Silence ends)	Energy Healing @ Pyramid (Noble Silence ends)	Maze Walk @ Zen Garden (Noble Silence ends)
12:30-2:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch
2:30-4:30 PM	Opening Talk @ Pyramid	Reactivity Workshop @ Pyramid	Flow Workshop @ Pyramid	Manifestation Workshop @ Pyramid	Closing Talks @ Pyramid
4:30-6:00 PM	Aligned Nutrition @ Pyramid	Walking Meditation @ Walking Path	Breathwork @ Pyramid	Sunset Ceremony @ Hill Shala	Check-out
6:00-8:00 PM	Dinner	Dinner	Dinner	Dinner	
8:00-10:00 PM	Sound & Starlight @ Amphitheater	Fireside Chat @ Lake	Fireside Chat @ Lake	Ecstatic Dance @ Amphitheater	
10 PM	Lights Out	Lights Out	Lights Out	Lights Out	