

| | Sunday Oct 8th | Monday Oct 9th | Tuesday Oct 10th | Wednesday Oct 11th | Thursday Oct 12th | Friday Oct 13th | Saturday Oct 14th |
|-----------|--------------------------------------|--------------------------|--|--|---|--|--------------------------------------|
| 7 - 8am | | Breakfast Movement | Breakfast Movement | Breakfast Movement | Breakfast Movement | Breakfast Movement | Breakfast |
| 8 - 9am | | Primary Group Session | Meditation Plant Medicine Ceremony | Primary Group Session | Primary Group Session | Primary Group Session | Integration & Closing Ceremony |
| 9 - 10am | | | | | | | |
| 10 - 11am | | | | | | | |
| 11 - 12pm | | | | | | | |
| 12 - 1pm | | Lunch Meditation | | Lunch Breathwork & Cold Exposure (Noble Silence Ends) | Lunch Breathwork | Lunch Breathwork & Cold Exposure | Departures |
| 1 - 2pm | | | | | | | |
| 2 - 3pm | Arrivals | Primary Group Session | Plant Medicine Ceremony | Primary Group Session | Primary Group Session | Primary Group Session | |
| 3 - 4pm | Welcome | | | | | | |
| 4 - 5pm | | | | | | | |
| 5 - 6pm | Opening Ceremony | | | | | | |
| 6 - 7pm | Dinner & Relax | Dinner & Relax | Dinner & Relax | Dinner & Relax | Plant Medicine Ceremony (until 23:00) | Dinner & Relax | |
| 7 - 8pm | | | | | | | |
| 8 - 9pm | Meditation (Noble Silence Begins) | Yin Yoga | Yin Yoga | Fireside Group Session | | Fireside Group Session | |