

# The Architects of Life

## Weekly Schedule

- Please check TIMES and LOCATIONS with your Nomadic Guide or join our Telegram Channel.
- A note of wisdom: these activities are not meant for young ones under 10. Our gratitude for your understanding.

<b>MON</b>	7:00 am to 5:00 pm	Pranayama
		Soft Hatha Yoga
		Hatha Vinyasa Yoga
		Geometry of Power
		Tibetan Bowls
		Full Body Workout
		Talk with the Shaman
		Transmutation Ritual
		Vinyasa Yoga
<b>WED</b>	7:00 am to 5:00 pm	Pranayama
		Soft Hatha Yoga
		Hatha Vinyasa Yoga
		Gravity Control
		Gong Bath
		Full Body Workout
		Constellations
		Watercolor Painting Class
		Soft Hatha Yoga
<b>FRI</b>	7:00 am to 5:00 pm	Pranayama
		Soft Hatha Yoga
		Hatha Vinyasa Yoga
		Sacred Women's Circle
		Cacao Ceremony
		Full Body Workout
		Geometry of Power
		Deep Healing Mantras Level II
		Yin Yoga
<b>SUN</b>	7:00 am to 4:30 pm	Pranayama
		Therapeutic Yoga
		Hatha Vinyasa Yoga
		Drawing Class
		Gratitude Ritual
		Full Body Workout
		Watercolor Painting Class
		Soft Yoga
		Meditation



<b>TUE</b>	7:00 am to 5:00 pm	Pranayama	
		Soft Hatha Yoga	
		Hatha Vinyasa Yoga	
		Drawing Class	
		Mind Control Level I	
		Samadhi Movements	
		Full Body Workout	
		Ancestral Dance	
		Directional Breathwork	
		Soft Hatha	
<b>THU</b>	7:00 am to 6:00 pm	Pranayama	
		Soft Hatha Yoga	
		Hatha Vinyasa Yoga	
		Drawing Class	
		Deep Healing Mantras Level I	
		Full Body Workout	
		Awakening Ritual	
		Mind Control Level II	
		Directional Breathwork	
		Soft Hatha Yoga	
Meditation			
<b>SAT</b>	7:00 am to 5:00 pm	Pranayama	
		Soft Hatha Yoga	
		Hatha Vinyasa Yoga	
		Meditation	
		Sound Healing Session	
		Full Body Workout	
		Forgiveness Ceremony	
		Hatha Yoga	

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## Horario Semanal

- Por favor consulta HORARIOS y UBICACIONES con tu Nomadic Guide o únete a nuestro canal de Telegram.
- Una nota de sabiduría: estas actividades no están destinadas para niños menores de 10 años. Agradecemos su comprensión.

**LUN**  
7:00 am a 5:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Geometría del Poder  
Cuencos Tibetanos  
Full Body Workout  
Plática con el Chamán  
Ritual de Transmutación  
Vinyasa Yoga

**MIE**  
7:00 am a 5:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Control de Gravedad  
Baño de Gong  
Full Body Workout  
Constelaciones  
Clase de Acuarela  
Soft Hatha Yoga

**VIE**  
7:00 am a 5:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Círculo Sagrado de Mujeres  
Ceremonia del Cacao  
Full Body Workout  
Geometría del Poder  
Mantras de Sanación Profunda Nivel II  
Yin Yoga

**DOM**  
7:00 am a 4:30 pm

Pranayama  
Yoga Terapéutico  
Hatha Vinyasa Yoga  
Clase de Dibujo  
Ritual de Gratitude  
Full Body Workout  
Clase de Acuarela  
Soft Yoga  
Meditación

**MAR**  
7:00 am a 5:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Clase de Dibujo  
Control de Mente Nivel I  
Samadhi Movements  
Full Body Workout  
Danza Ancestral  
Directional Breathwork  
Soft Hatha

**JUE**  
7:00 am a 6:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Clase de Dibujo  
Mantras de Sanación Profunda Nivel I  
Full Body Workout  
Ritual del Despertar  
Control de Mente Nivel II  
Directional Breathwork  
Soft Hatha Yoga  
Meditación

**SAB**  
7:00 am a 5:00 pm

Pranayama  
Soft Hatha Yoga  
Hatha Vinyasa Yoga  
Meditación  
Sanación con Sonido  
Full Body Workout  
Ceremonia del Perdón  
Hatha Yoga

