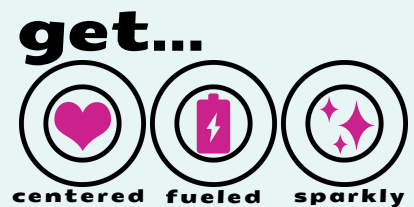


# ANTIGUA RETREAT ITINERARY PREVIEW



## HOW THIS WEEK WORKS

This is a preview of the flow so you can picture the rhythm and get excited. Exact start times are confirmed closer to arrival; each morning at breakfast we'll confirm the day's plan, meeting points, and any reserved times.

**North Star:** you should feel prepared, supported, and genuinely restored—without being overscheduled.

## THE DAILY RHYTHM (MOST DAYS)

- Morning: coffee/tea + breakfast, then a short grounding practice to set the tone.
- Late morning: a planned group anchor (workshop, tour, or featured experience).
- Afternoon: spacious downtime on purpose, plus optional add-ons if you want them.
- Evening: dinner + a gentle reflection prompt (optional).

## CHOOSE YOUR ADVENTURE (INCLUDED OPTIONS)

- On select days, you'll have an included self-select window (examples: yoga, a guided walk, pool/cabana time, or a coffee farm visit). You can also choose more rest—no pressure either way.

## AT-A-GLANCE: OUR WEEK IN ANTIGUA

### DAY 1 — ARRIVAL + WELCOME

- Airport transfers + villa settle-in (Wi-Fi, house norms, logistics).
- Afternoon: optional gentle walk to get your bearings.
- Sunset welcome reception at Aqua, then opening circle + dinner together.

### DAY 2 — GROUNDING + ANTIGUA HIGHLIGHTS

- Morning intention + an easy start.
- Included self-select window: yoga and/or a guided Antigua walking tour (or opt for more downtime).
- Afternoon group anchor: Thriving Life Blueprint (Part 1).
- Evening: dinner + sound bath session.

### DAY 3 — MARKET + COOKING (DINNER BUILT-IN)

- Morning intention + optional yoga.
- Afternoon: guided fresh market tour (learn local ingredients + pick up a few villa staples).
- Late afternoon/evening: Traditional Guatemalan cooking class that rolls right into dinner.
- Later: Intuitive Eating workshop + wind-down.

### DAY 4 — RESTORATION + SELF-SELECT DAY

- A day designed for breathing room.
- Included self-select options may include: Aqua cabana/pool, coffee finca tour, or artisan market/Nim Pot shopping.
- Villa appointments (massage / mani-pedi) available by sign-up.
- Premium add-ons fit well today (spa day, blow-out, aesthetics, specialty workshops).

### DAY 5 — CLARITY + INTEGRATION

- ·Group anchor: Thriving Life Blueprint (Part 2).
- ·Coaching + integration time (supported, not intense).
- ·Afternoon remains intentionally spacious for rest, reading, or a self-select option.
- ·Dinner together.

### DAY 6 — ADVENTURE DIAL-UP + FAREWELL

- ·Optional premium adventure window (e.g., Pacaya Volcano hike) for those who want it.
- ·Free time to pack, shop, relax.
- ·Farewell dinner + closing celebration.

### DAY 7 — DEPARTURES

- ·Easy morning + travel snacks.
- ·Airport transfers coordinated to your flight time.
- ·For Session 2 extension guests: next-leg timing and meeting points confirmed the day prior.

## PREMIUM ADD-ONS (OPTIONAL, SELF-FUNDED)

Luxury spa services, specialty craft workshops, and bigger adventures are offered as optional add-ons. We coordinate scheduling; guests pay vendors directly at the time of service (unless a vendor requires a deposit to hold an appointment).