

Chakra Balance Baja

FRIDAY

24

5 PM ROOT CHAKRA FLOW
6:30 PM WELCOME DINNER & ORIENTATION
8 PM FIRESIDE ROOT CHAKRA CIRCLE
9:30 PM QUIET TIME

SATURDAY

25

7-9 AM CONTINENTAL BREAKFAST
9 AM SACRAL CHAKRA FLOW
10:30 AM BRUNCH
12 PM ICE BATH WORKSHOP
2:30 PM SNACK
5:30 PM SOLAR CHAKRA CORE & BREATHWORK
6:30 PM DINNER
8 PM FIRESIDE SACRAL & SOLAR CHAKRA CIRCLE
9:30 PM QUIET TIME

SUNDAY

26

7-9 AM CONTINENTAL BREAKFAST
9 AM HEART CHAKRA FLOW & LOVINGKINDNESS MEDITATION
10:30 AM BRUNCH
11:30 AM OCEAN TIME AT CERRITOS
2:30 PM SNACK
5 PM SOUND BATH
6:30 PM DINNER
8 PM HEART CHAKRA CIRCLE
9:30 PM QUIET TIME

MONDAY

27

7-9 AM CONTINENTAL BREAKFAST
9 AM THROAT CHAKRA FLOW
10:30 AM BRUNCH
12 PM SPONTANEOUS POETRY WORKSHOP
2:30 PM SNACK & THROAT CHAKRA CIRCLE
4 PM DANCE LESSONS
6:30 PM DINNER
7:30 PM NOBLE SILENCE BEGINS

TUESDAY

28

SILENCE OBSERVED
7-9 AM CONTINENTAL BREAKFAST
9 AM WALKING MEDITATION ON THE BEACH
10:30 AM BRUNCH
12 PM AJNA CHAKRA YIN
2:30 PM SNACK
5 PM YOGA NIDRA
6 PM END OF NOBLE SILENCE
6:30 PM CLOSING FIESTA DINNER

WEDNESDAY

29

7-9 AM CONTINENTAL BREAKFAST
8:45 AM CROWN CHAKRA UNIFIED SUN SALUTES
10 AM BRUNCH
11 AM SHUTTLE DEPARTS

notes:
