



JUNGLE FLOW 2024



Plan organizer

Dec 15

- Guest arrive to the location little welcome gathering will be held so that everyone can meet each other and socialize as a whole.
- Rule and regulation meeting for everyone.
- Small overview of activities and training schedule

Dec 16

- Day 1
- 7 am yoga or sleep in
- 8:30 breakfast
- 10 am small hike around property or rest time
- 12 pm training session with one of the instructors
- 1:30 pm lunch
- 3-5 free time
- 6 pm 2nd training session
- 7:30 dinner
- Day one done

Dec 17

- 7 am yoga or sleep in
- 8:30 breakfast
- 10 training session
- 11:30 leave to tour
- 12 pm lunch
- 1 pm tour to rio celeste
- 3-5 free time
- 6 pm 2nd training session
- 7:30 dinner
- Day 2 done

Dec 18

7 am yoga or sleep in

- 8:30 breakfast
- 9:30 free massage therapy
- 12 pm training session with one of the instructors
- 1:30 pm lunch
- 3-5 free time
- 6 pm 2nd training session
- 7:30 dinner
- Day 3 done

Dec 19

7 am yoga or sleep in

- 8:30 breakfast
- 9:30 horse tour (self payed, optional)
- 12 pm training session with one of the instructors
- 1:30 pm lunch
- 3-5 free time
- 6 pm 2nd training session
- 7:30 dinner
- Day 4

Dec 20

7 am yoga or sleep in

- 8:30 breakfast
- 9:30 leave to tubing adventure
- 12:30 pm training session with one of the instructors
- 1:30 pm lunch
- 3-5 free time
- 6 pm 2nd training session
- 7:30 farewell party for guest
- Day 5 done

Dec 21

- Guest and participants leave in the morning