

Dieta Retreat Schedule

2025

Day 1		
5:00pm	Arrival at the Center	
6:00pm	Welcome	Cocina
6:30pm	Dinner	Cocina
Day 2 (Day of Silence)		
7:00am	Vomitivo	Maloca
8:00am	Breakfast	Cocina
9:00am	Introduction/Presentation (Maestros)	Maloca
	Setting Intention (Mee Ok)	
12:00pm	Lunch	Cocina
3:00pm	Flower Bath	Cocina
7:00pm	CEREMONY 1	Maloca
Day 3 (Day of Silence)		
8:00am	Breakfast	Cocina
12:00pm	Lunch	Cocina
5:00pm	Open Dieta with Plant (Maestros)	Maloca
7:00pm	CEREMONY 2	Cocina
Day 4 (Day of Silence)		
	No Breakfast	
9:00am	Consulta (Maestros)	Maloca
12:00pm	Lunch	Cocina
7:00pm	Dinner	Cocina
Day 5 (Day of Silence)		
	Day of Fasting	
Day 6 (Day of Silence)		
8:00am	Breakfast	Cocina
9:00am	Processing/Integration (Mee Ok)	Maloca
12:00pm	Lunch	Cocina
7:00pm	Dinner	Cocina
Day 7 (Day of Silence)		
8:00am	Breakfast	Cocina
12:00pm	Lunch	Cocina
7:00pm	CEREMONY 3	Maloca
Day 8 (Day of Silence)		
8:00am	Breakfast	Cocina
12:00pm	Lunch	Cocina
7:00pm	Dinner	Cocina

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Day 9 (Day of Silence)		
8:00am	Breakfast	Cocina
9:00am	1-on-1 Facilitation (Mee Ok)	Maloca
12:00pm	Lunch	Cocina
1:00pm	1-on-1 Facilitation (Mee Ok)	Maloca
3:00pm	Flower Bath	Cocina
7:00pm	Dinner	Cocina
Day 10 (Day of Silence)		
7:00am	Sauna (Maestros)	Cocina
8:00am	Breakfast	Cocina
12:00pm	Lunch	Cocina
7:00pm	Dinner	Cocina
Day 11 (Day of Silence)		
8:00am	Breakfast	Cocina
10:00am	Plant Medicine Massage (Maestros)	Maloca
12:00pm	Lunch	Cocina
1:00pm	Intention Setting (Mee Ok)	Maloca
7:00pm	CEREMONY 4	Maloca
Day 12 (Day of Silence)		
8:00am	Breakfast	Cocina
9:00am	Processing/Integration (Mee Ok)	Maloca
12:00pm	Lunch	Cocina
1:00pm	Arkana Talk (Mee Ok)	Maloca
5:00pm	Close Dieta with Plant (Maestros)	Maloca
7:00pm	Dinner	Cocina
Day 13 (Day of Silence)		
8:00am	Breakfast	Cocina
9:00am	Consulta (Maestros)	Maloca
12:00pm	Lunch	Cocina
1:00pm	Intention Setting (Mee Ok)	Maloca
7:00pm	CEREMONY 5	Maloca
Day 14		
8:00am	Silent Breakfast	Cocina
9:00am	Processing/Integration (Mee Ok)	Maloca
12:00pm	Lunch	Cocina
1:00pm	Post-Dieta Talk	Maloca
2:00pm	Free Time	

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7:00pm	Dinner	Cocina
Day 15		
8:00am	Breakfast	Cocina
9:00am	Group Photo/Shipibo Market	Maloca
11:00am	Closing Circle	Maloca
12:30pm	Departure	

