



**Tropical Radiance**  
**A women's retreat**  
**PROGRAM (tentative)**  
**November 27-Dec 2, 2016**

Unveiling the Magic of the Plumeria, embracing  
and connecting all things in radiant beauty

**Evening 1**

5 pm  
6 pm  
7 pm  
7.30 pm

**Welcome**

Welcome Circle  
Dinner at Villa  
Where are you? followed by deep breathing meditation  
Free dream time

**Day 1 Mon -**

7 am  
8.30 am  
  
9.30 am  
11.30 am  
12.30 pm  
1.30 pm  
2.30 pm  
6 pm  
7.30 pm

**Getting grounded and Vulnerability**

Breakfast  
Yoga focusing on all the chakras and what we are going to be thinking of during our five days together.  
Silent Beach Walk - Vulnerability  
Sharing Circle and playful dip  
Lunch at Villa  
Love Communication Exercise  
Express your Creativity  
Dinner at Villa  
Free dream time

**Day 2 Tue**

7 am  
8.30 am  
9.30 am  
11 am  
12.30 pm  
1.30 pm  
2.30 pm  
6 pm  
7.30 pm

**Your Creativity and Contribution**

Breakfast  
Dance of the 5 rhythms  
Silent Purpose Walk on the beach  
Sharing circle and the use of the plumeria to evoke self-esteem and power.  
Lunch at Villa  
Gratitude Exercise  
Express your Creativity  
Dinner at Villa  
Free dream time

**Day 3 Wed**

7 am  
8.30 am  
9.30 am  
10.30 am  
12.30 pm  
1.30 pm

**Loving Unconditionally and Speaking your truth**

Breakfast  
Yoga focusing on the heart chakras  
Visit to Blue Beach: heart breathing and loving support  
Sharing Circle  
Lunch on the Beach  
Silent walk on the beach: speaking my truth and manifestation exercise

2.30 pm	Express your Creativity
4.00 pm	Back to Villa
5.00 pm	Dinner at Villa
7.00 pm	Magical Excursion

#### **Day 4 Thu**

7 am	Breakfast
8.30 am	Yoga third eye and crown chakras
9.30 am	Express your creativity
12.30 pm	Lunch at Villa
1.30 pm	Tropical Radiance (manicures)
4.30 pm	Free Dream time
6.30 pm	Dinner out

#### **Tropical Radiance**

#### **Day 5 Fri**

7 am	Breakfast
8.30 am	Final Sharing Session with letter from Vieques
10 am	To the airport and last good byes

#### **Final Goodbyes**