

# BELIZE SPIRITUAL RETREAT

July 27-th - August 2nd



## FULL ITINERARY

**Please note that while we encourage you to attend all prayer, yoga, mediation, breathwork and kirtan offerings or as many as possible, none are required and you can always choose to take leisure hours or rest during these times!**

**July 27th:**

**Arrive and Head to Sweet Songs Jungle Resort**

Arrive at the Airport in Belize (ideally by 12 pm)

Itinerary will be shared with retreat hosts in advance and everyone will be picked up from the airport when they arrive. The aim is to have everyone at the retreat center by 2:30 - 3:00 pm, but if you land later and have to come later that is alright you will still be picked up.

**2:30 - 6:30 PM - Free Time**

**6 - 6:30 PM** - Alec gives a brief talk on sacred Vedic Meditation for those who want to get initiated into it which will take place over the next four days for 90 minutes a day.

**6:30 - 7:45 PM** Dinner

**8:00 PM** - Opening Ceremony

**8:30 PM** - 9:30 PM Kirtan With Alec

**July 28th:**  
**Sweet Songs Jungle Resort**

**6:30 - 7:00 AM**

Pray The Rosary To Start Your Day -The Joyful Mysteries - With Alex

**8:15 - 9:45 AM**

Kundalini Yoga With Alex

Breakfast is available from 6:30 - 9:00 AM - If you eat breakfast before Kundalini Yoga We encourage keeping it light.

**11:00 - 12:00 PM**

Nada Yoga with Alec

**12:00 PM - 2:00 PM**

Lunch and Free Time

**1:30 - 3:00 PM**

Vedic Meditation with Alec - for those who chose to sign up for the extra offer

**2:00 PM - 6:00 PM**

Free time

**6 - 6:30 PM**

Breathwork with Alex

**6:30 - 8:30 PM**

Dinner

**8:30 PM - 10:00 PM**

Kirtan and Spiritual Storytelling With Alec

**July 29th**  
**Mayan ruins**

**6:00 - 6:30 AM**

Pray The Rosary To Start Your Day - The Luminous Mysteries - With Alex

**7:00 AM - 12:00 PM**

Visit the Mayan Ruins - Arriving early to do Mantra/Nada Yoga practice with Alec on the ruins  
(food will be pre packed for us)

**12:30 - 5:00 PM**

Relax and hangout

**3:30 - 5:00 PM**

Vedic Meditation with Alec - for those who chose to sign up for the extra offer

**5:15 - 6:30 PM**

Kundalini Yoga With Alex

**6:30 - 8:30 PM**

Dinner

**8:30 - 10:00 PM**

Kirtan and Spiritual Storytelling With Alec

**July 30th**  
**Thatch Caye Island Resort**

**6:30 - 7:00 AM**

Pray The Rosary To Start Your Day - The Sorrowful Mysteries - With Alex

**8:30 - 9:30 AM**

60 Minute class Kundalini Yoga- Mantra Repetition and Breathwork - With Alex

**6:30 - 9:00 AM**

Breakfast

**10:00 AM - 1:00 PM**

Head to Thatch Caye Island Resort (Lunch will packed for the ride)

**1:00 PM to 7:00 PM**

Relax and Enjoy

**5- 6:30 PM**

Vedic Meditation with Alec - for those who chose to sign up for the extra offer

**7:00 PM**

Dinner

**8:30 - 9:45 PM**

Kirtan and Spiritual Storytelling With Alec

## July 31st

### Great Barrier Reef

#### **6:30 - 7:00 AM**

Pray The Rosary To Start Your Day -The Glorious Mysteries - With Alex

#### **7 - 8:30 AM**

Breakfast (coffee available for self serve at 6:30)

#### **9:00 AM - 12:00 PM**

Snorkeling at the great barrier reef (Lunch Will be Packed)

#### **5- 6:30 PM**

Vedic Meditation with Alec - for those who chose to sign up for the extra offer - Final Day

#### **1:00 PM - 7:00 PM**

Free Time

#### **7:00 PM**

Dinner

#### **8:30 - 10:00 PM**

Kirtan and Spiritual Storytelling With Alec

## August 1st Closing Ceremony

### **7 - 7:30 AM**

Japa Mala Mantra With Alex

### **7 - 8:30 AM**

Breakfast (coffee available for self serve at 6:30)

### **10:30 - 12:00 PM**

Intensive breathwork and Chakra Activation - With Alex - Followed by Relaxation with Alec

### **12:30 - 1:30 PM**

Lunch

### **1:30 PM - 5:15 PM**

Free Time

### **5:45 - 6:45 PM**

Kundalini Yoga With Alex or Nada Yoga With Alec

### **7:00 PM - 8:30 PM**

Dinner

### **8:45 PM - 10:30 PM**

Closing ceremony followed by Kirtan and Spiritual Storytelling With Alec

## August 2nd Departure

### **7 - 8:30 AM**

Breakfast (coffee available for self serve at 6:30)

Between 8-10 AM people are taken back to the airport - Ideally book a flight around 11 AM - 12:00 PM home - if your flight is later in the day you will be provided transportation to the airport closer to your time of departure