



# Claim Your Terrain

## Conference/Retreat Schedule: Sayulita

### April 19 – 22, 2023

#### Wednesday: April 19, 2023

Time: Location	Activity	Description
Arrive in Mexico!		Fly into Puerto Vallarta Airport (PVR) and take the optional shuttle to Sayulita, Mexico
6:00 – 8:00 PM	Sunset Cruise 	Sunset Cruise with drinks and light hors d'oeuvres (optional)

#### Thursday: April 20, 2023

Time: Location (Rancho Poco a Poco)	Activity/Speakers:	Description:
9:00 - 10:00 AM	Complimentary breakfast	Quiche, pastries, fresh fruit, yogurt, etc.
10:00 – 11:00 AM	Keynote Dr. Nasha Winters	
11:00 - 11:20 AM	1 <sup>st</sup> Ted-Talk speaker	
11:20 - 11:40 AM	2 <sup>nd</sup> Ted-Talk speaker	
11:40 - 12:00 PM	3 <sup>rd</sup> Ted-Talk speaker	
12:00 - 1:30 PM	Complimentary lunch	Organic local food prepared fresh!
1:30 – 1:50 PM	4 <sup>th</sup> Ted-Talk speaker	
1:50 – 2:10 PM	5 <sup>th</sup> Ted-Talk speaker	
2:10 - 2:30 PM	6 <sup>th</sup> Ted-Talk speaker	
2:30 – 6:30 PM	Self-care options/excursions: Temazcal (sweat lodge) ceremony Salsa dance lessons SolaraGem crystal light therapy Pool meditation	There are extra activities within walking distance that are affordable including: beach massage, float tank, surfing, horseback riding

**Friday: April 21, 2023**

<b>Time: Location (Rancho Poco a Poco)</b>	<b>Activity/Speakers:</b>	<b>Description:</b>
9:00 - 10:00 AM	Complimentary breakfast	Quiche, pastries, fresh fruit, yogurt, etc.
10:00 - 11:00 AM	Keynote Dr. James Odell	
11:00 - 11:20 AM	7 <sup>th</sup> Ted-Talk speaker	
11:20 - 11:40 AM	8 <sup>th</sup> Ted-Talk speaker	
11:40 - 12:00 PM	9 <sup>th</sup> Ted-Talk speaker	
12:00 - 2:00 PM In the center of Sayulita	Walk to Sayulita Farmers Market for Lunch	We will take a 15-minute walk to the Farmers Market in the heart of Sayulita!
2:30 - 6:30 PM Various locations	Included self-care options/excursions: Temazcal (sweat lodge) ceremony Salsa dance lessons SolaraGem crystal light therapy Pool meditation Beach/Jungle hike	There are extra activities within walking distance that are affordable including: beach massage, float tank, surfing, horseback riding
7:00 PM	FIESTA TIME! Dinner, Mariachi music, taste testing of local tequila (aka...margaritas), and dancing!	Organic local food prepared fresh!

**Saturday**

<b>Time: Location (Rancho Poco a Poco)</b>	<b>Activity/Speakers:</b>	<b>Description:</b>
9:00-10:00 AM	Complimentary breakfast	Quiche, pastries, fresh fruit, yogurt, etc.
10:00 - 11:00 AM	Keynote Dr. Sharon Stills	
11:00 - 11:20 AM	10 <sup>th</sup> Ted-Talk speaker	
11:20 - 11:40 AM	11 <sup>th</sup> Ted-Talk speaker	
11:40 - 12:00 PM	12 <sup>th</sup> Ted-Talk speaker	
12:00 - 12:30 PM	Conference wrap-up	

**12:30: Conference Wrap-up**

**Stay on for extra Sayulita adventures!**

12:30 - 2:00 PM In the center of Sayulita	Lunch in Sayulita	We will take a 20-minute walk to the center of Sayulita
Various locations Explore on your own!	There are extra activities within walking distance that are affordable including: beach massage, beach yoga, float tank, surfing, horseback riding, and more!	