
ARCHITECTS OF LIFE

Our in-house Shaman, Balder, has built a program based on an array of ancient rituals and practices, to explore deeper meaning and the mysteries of life, allowing us to connect to AïA through personal exploration of the physical body and the subconscious mind. Mind and Body guides from around the world make it the most comprehensive personal growth program ever offered at any resort on earth. One cannot love nature if one does not love oneself.



M O N D A Y

Therapeutic Yoga

Rituals Deck 09:00 am

Mantras

At the Tent 09:30 am

Tantric Sound

Rituals Deck 11:00 am

Chi Kung

Rituals Deck 04:00 pm



T U E S D A Y

Yoga Hatha

Rituals Deck 9:00 am

Gong Bath

Rituals Deck 11:00 am

Tai Chi

Rituals Deck 04:00 pm

Meditation

Rituals Deck 05:00 pm



W E D N E S D A Y

Yoga Thai

Rituals Deck 9:00 am

Meditation

At the Tent 09:30 am

Tibetan Bowls

Rituals Deck 11:00 am

Chi Kung

Rituals Deck 04:00 pm

Sound Healing

At the Tent 04:00 pm



www.thehouseofaia.com

T H U R S D A Y

Yoga Tantra Hatha

Rituals Deck 9:00 am

Traspersonal Astrology

At the Tent 09:30 am

Gong Bath

Rituals Deck 11:00 am

Ancient Plants

Rituals Deck 04:00 pm

Meditation

At the Tent 05:00 pm



www.thehouseofaia.com

F R I D A Y

Yoga Partner

Rituals Deck 9:00 am

Gravity Control

At the Tent 09:30 am

Meditative Concert

Rituals Deck 11:00 am

Tai Chi

Rituals Deck 04:00 pm

Kirtan

At Eolo 06:30 pm



www.thehouseofaia.com

S A T U R D A Y

Yoga Vinysa

Rituals Deck 9:00 am

Sound Healing

At the Tent 09:30 am

Cacao Ceremony

Rituals Deck 11:00 am

Natural Art

Rituals Deck 04:00 pm

Meditation

At the Tent 05:00 pm



www.thehouseofaia.com

S U N D A Y

Yoga Kundalini

Rituals Deck 9:00 am

Dance Therapy

At the Tent 09:30 am

Drums Connection

Rituals Deck 11:00 am

Fire Ceremony

Rituals Deck 04:00 pm

Meditation

At the Tent 05:00 pm



www.thehouseofaia.com



AiA is here

We refer to AiA as our connection to nature. A double-sided mirror to our true, inner selves. She is harmony and disruption, the source, the circle of life, the root of meaning, and the giver of purpose. Let her guide you.

www.thehouseofaia.com