

# Waves & Wilderness Retreat 2027

*Breathe the ocean, venture into the jungle, and root into daily wellbeing practices.*

<b>Day 1</b>	<p>afternoon: Arrival to Ayampe - settle in and beach time!</p> <p>evening: Welcome Dinner, Opening Circle &amp; Sound Bowl Session</p>
<b>Day 2</b>	<p>morning: Surf Lesson #1 , Yoga + Brunch</p> <p>afternoon: Workshop: Nonviolent Communication</p> <p>evening: Jungle Walk &amp; Nature Reserve OR Chocologie Tour Yoga nidra</p>
<b>Day 3</b>	<p>morning: Yoga Fishing town boardwalk, Andean fabrics &amp; chocolate factory</p> <p>afternoon: Island Boat trip &amp; snorkeling</p> <p>evening: Sunset &amp; Dinner followed by Salsa Class</p>
<b>Day 4</b>	<p>morning: Yoga &amp; breakfast</p> <p>afternoon: Horseback riding into the jungle &amp; visit a local community. Lunch by the locals on the adventure!</p> <p>evening: Massage, steam room and jacuzzi Dinner</p>
<b>Day 5</b>	<p>morning: Surf Lesson #2 Yoga &amp; Ice Bath</p> <p>afternoon: Ecuadorian Cooking Class Song Circle &amp; Fire at Ayllu Medicina</p> <p>evening: Dinner in Olon or Montañita</p>
<b>Day 6</b>	<p>morning: Acro/Partner Yoga Free Morning - surf again, relax, walk the beach, explore town...</p> <p>afternoon: Hike at national park &amp; Clay Baths</p> <p>evening: Sunset music and celebration!, Goodbye Dinner</p>
<b>Day 7</b>	<p>morning: Final Yoga Class and Closing Circle</p> <p>afternoon: Hike to Sombrerito Continue the adventure or travel to airport...</p>



*Join us in the tropical surf and yoga peaceful haven of Ayampe for an intentionally curated vacation where you'll immerse into local culture and fill your cup!!*

*Joy & ful*  
CONNECTION CO.