5-Day Peace is Possible Retreat

SCHEDULE

DURATION - 4 nights / 5 Days

If applicable, arrive in Vilcabamba on Wednesday

- Check-in to Accommodation
- Connect with family or friends about your safe arrival
- Explore Vilcabamba

DAY 1 SCHEDULE - Thursday, 2 October 2025

08:45   **Arrive at Moyokaya** - taxi ($1.50) or walk (15 minutes)

09:00   **Welcome, meet and greet, and orientation**

09:30   **Pythagoras Numerology review and discussion**

10:30   **docjo. Training begins | Major Tool #1 - The Stage** - Theory

11:15   **Movement & Morning Tea Break**

11:30   **docjo. Training | Major Tool #1 - The Stage** - Practical Application

13:30   **Lunch**

14:00   **Siesta / Free time** - Time to process and integrate

14:30   **docjo. Training | Major Tool #2 - Awareness + 1, 2, 3** - Theory & Prac.

DAY 1 SCHEDULE CONTINUED... - Thursday, 2 October 2025

16:30   **Afternoon tea break**

17:00   **docjo. Training | Major Tool #2 - Awareness + 1,2,3** - Prac. continued

18:30   **Depart Moyokaya** - taxi ($1.50) or walk (15 minutes)
            Free Time - to process and integrate

■ End of Day 1

DAY 2 SCHEDULE - Friday, 3 October 2025

08:45   **Arrive at Moyokaya**

09:00   **Developing morning rituals**
            ● Body Movement, Meditation, Breathwork

10:00   **Sharing Circle**

10:30   **Revision**

11:00   **Morning tea break**

11:30   **docjo. Training | Major Tool #3 - The MAP** - Component 1 - Theory & Prac.

13:30   **Lunch**

14:00   **Siesta / Free time** - Time to process and integrate

14:30   **docjo. Training | Major Tool #3 - The MAP** - Component 1 - Prac. continued

16:30　　**Afternoon tea break**

17:00　　**docjo. Training | Major Tool #3 - The MAP** - Component 2 - Theory & Prac.

18:30　　**Depart Moyokaya**
　　　　　　Free Time - to process and integrate

■ End of Day 2

DAY 3 SCHEDULE - Saturday, 4 October 2025

08:30　　**Free time to visit the Vilcamba Markets**

10:00　　**Arrive at Moyokaya**

10:15　　**Sharing Circle**

10:45　　**Revision**

11:00　　**Morning tea break**

11:30　　**docjo. Training | Major Tool #3 - The MAP** - Component 3 - Theory & Prac.

13:30　　**Lunch**

14:00　　**Siesta / Free time** - Time to process and integrate

14:30　　**docjo. Training | Major Tool #3 - The MAP** - Component 3 - Prac. continued

16:30   **Afternoon tea break**

17:00   **docjo. Training | Major Tool #3 - The MAP** - Component 4 - Theory & Prac.

18:30   **Dinner**

19:00   **Movie Night**

21:00   **Depart Moyokaya**

■ End of Day 3

DAY 4 SCHEDULE - Sunday, 5 October 2025

08:45   **Arrive at Moyokaya**

09:00   **Developing morning rituals**
   ● Body Movement, Meditation, Breathwork

10:00   **Sharing Circle**

10:30   **Revision**

11:00   **Morning tea break**

11:30   **docjo. Training | Major Tool #3 - The MAP** - Component 5 - Theory & Prac.

13:30   **Lunch**

14:00   **Siesta / Free time** - Time to process and integrate

DAY 4 SCHEDULE CONTINUED - Sunday, 5 October 2025

14:30   **docjo. Training | Major Tool #3 - The MAP** - Component 5 - Prac. continued

16:30   **Afternoon tea break**

17:00   **docjo. Training | Major Tool #3 - The MAP** - Component 6 - Theory & Prac

18:30   **Depart Moyokaya**

■ End of Day 4

DAY 5 SCHEDULE - Monday, 6 October 2025

08:45   **Arrive at Moyokaya**

09:00   **Developing morning rituals**
  ● Body Movement, Meditation, Breathwork

10:00   **Sharing Circle**

10:30   **Revision**

11:00   **docjo. Training | Major Tool #4 - Phases of Change**

12:00   **Presentation Ceremony & Closing Lunch Celebration**

13:30   **Depart Moyokaya**

■ End of Retreat