



5Rhythms with Anat in Tao's | 2026 Schedule

	Tues May 19	Wed May 20	Thurs May 21	Fri May 22	Sat May 23
09:00	Arrival, shuttle to hotel, check in, receiving cars	Breakfast	Breakfast	Breakfast	Breakfast
10:00 – 14:00		Morning & Noon Sessions	Morning & Noon Sessions	Morning & Noon Sessions	Morning & Closing Session
14:00		Lunch	Lunch	Lunch	Lunch
17:30	Orientation, registration & Opening Session	Free Island Time	Free Island Time	Free Island Time	
19:30	Dinner				