

## **TWO WEEKS AYAHUASCA RETREAT**

### **AWAKENING YOUR MEDICINE SPIRIT**

Price: \$1850.00

Locación: Templo Chaikoni - Contamana

Includes:

- 6 Ayahuasca ceremonies.
- Personal consultation
- Master plant teacher.
- 6 vapor baths.
- 2 Powerful purgatives.
- 6 love baths.
- Palo santo smoke bath.
- A song book and recordings.
- Basic Shipibo classes.
- Preparation of ceremony perfume.
- Workshops of medicinal plants and Amazonian shamanism.
- Visiting the jungle hot springs at National park of Sierra del Divisor.
- 2 meals per day, accommodation, laundry and transportation.

Treatment:

- 6 Traditional ayahuasca ceremonies: Led by the shipibo family and our facilitadors healers.
- Icaro chanting: Led by family and facilitator healers.
- Personal consultation: Translated by facilitator healers.
- Daily plant diet tea/master plant choosed: Taken three times for the duration of the retreat.
- Shipibo clases / basic shipibo: Led by shipibo family and translated by facilitators.
- Purgatives / sangre de grado and piñón blanco: Taken one time normally after ayahuasca ceremony digestive cleansing.
- Vapor baths with amazonian medicinal plants: Cleansing of negative toxins and energies.
- Mucura sinus cleanse: Cleans the sinus and boost immunity against allergies.
- Smoke baths with palo santo: Increase defenses and protection
- Chiric sanango nervous system cleanse: Boost the immune system and release emotional blockages.
- Wasai tea daily purification: Cleanse kidney and urine system.
- Love baths: For attracting good energies, luck and love.
- Any additional treatments: Poulitics medicines massage or whatever is needed.

Accomodation:

- Preparation for the experience: with the family and facilitator healers.
- Airport pickup: You'll be pick up from the airport to our guesthouse.
- Accommodation for two nights at our guesthouse: The night before and after the retreat.
- Dinner in our guesthouse before the retreat: Guests arrive the day before the retreat begins.
- Accommodation for 7 nights at the kushi ayahuasca center: Private rooms and bathrooms.
- Transportation to and from kushi ayahuasca center: Flying to and back (30 mnts) over the amazon.
- Healing tools like mapachos, agua florida: Important for use in ceremonies and medicine treatments.
- At least two meals a day, following the healing diet: Quinoa, grilled fish, rice, lentils, boil , banana, etc.

- Translation of lectures and workshops, etc: Facilitators also add their own experiences and teachings.
- Assistants for guidance: Two facilitators will be available throughout the retreat.
- Integration workshop: Enhance process of integration when you get home.

Itinerary:

1. Sunday:
  - Arrive and stay in our guests house one night.
  - Meeting with the other students and facilitators, a group dinner.
  - Private consultation with curandero(a).
2. Monday:
  - Go to retreat center and settle in.
  - Ayahuasca plant bath for harmonize the energies / smoke bath with Palo Santo.
  - Instructions for ceremony and shamanic tools.
  - Ceremony 1.
  - Opening healing dieta.
3. Tuesday:
  - Digestive system cleanse with Sangre de Grado.
  - Begins vapor baths 2.
  - Icaro practicing.
  - Plant remedies begins.
  - Begins taking master plant tea.
4. Wednesday:
  - Taking master plant tea continues.
  - Vapor baths ends 2.
  - Talk on intentions.
  - Ceremony 2.
5. Thursday:
  - Vapor bath ends.
  - Shipibo and icaro workshop.
  - Taking master plant tea ends and for some continues.
6. Friday:
  - Mucura and tabaco / sachá mango sinus cleanse.
  - Love baths begins 3.
  - Icaro practicing.
  - Ceremony 3.
7. Saturday:
  - Deeper digestive system cleans with Piñon Colorado.
  - Ayahuasca preparation.
  - Love bath 3.
8. Sunday:
  - Purify kidney and urine system with Uña de gato, wasai and cortadera.
  - Hiking in the jungle introducing the master tree and plants.
  - Talking on dreams.
9. Monday:
  - Kidney tea continues.
  - Talking on dreams.

- Icaro practicing.
- Ceremony 4.

10. Tuesday:

- Talking on dreams.
- Icaro practicing.
- Plant remedies continues.
- Additional treatments, if it needed.

11. Wednesday:

- Boost your immune system and purify your blood with Piñón blanco.
- Talking on dreams.
- Icaro practicing.
- Ceremony 5.

12. Thursday

- Chiric sanango treatment to cleanse the central nervous system.
- Talking on dreams.
- Icaro practicing.
- Preparing for leading Arkana ceremony.

13. Friday:

- Final consultation.
- Talking on dreams.
- Students lead the final ceremony.
- Ceremony 6.
- Arkana night.

14. Saturday:

- Dieta closes.
- Meet for breakfast.
- Hike in the jungle and swimming in the hot springs at the national reserve of Sierra del divisor of Contamana.
- A little Boat ride in the Amazon to catch the sunset.

15. Sunday:

- Meet for breakfast.
- Integration workshop.
- Say goodbye to the family and jungle.
- Pictures of the retreat will be send on your e-mail.
- Take to Contamana airport to enjoy the view of the Amazon river.
- Preparing for your next journey.

Suggested items to bring:

- Flashlight or headlamp.
- Travel alarm clock or watch.
- Raincoat or poncho.
- Hiking Boots (optional but a good idea).
- Water Bottle.
- Bathroom items – toothbrush, floss, shampoo, etc. (natural is best if possible).
- Camera/phone, with extra batteries or external/solar charger.
- Travel first aid kit.
- Notebook and/or art supplies for personal processing.
- Hat and sunglasses.
- Ceremonial or sacred objects you want to have for ceremonies or in your tambo.

- Plastic bags or zip-lock bags (to protect electronics and other items from humidity).
- Musical Instruments.
- Extra spending money, at your discretion. There may be an option to purchase Shipibo craft items from our family, so be prepared with extra money if this interests you.

What's not included?

- Airfare (international and national)
- Personal expenses and meals outside of the program
- Local Transportation
- Travel insurance
- Personal healthcare expenses if needed
- Visa (if necessary)

Deposit info:

- 50% due upon registration.
- Final Installment: Due 3 weeks before the retreat starts.
- We offer you the option of paying a minimum 50% deposit of your program cost to confirm your reservation within the following 3 weeks to secure your reservation and can be paid through our PayPal account (recommend selecting "Friends and Family" to avoid additional fees to our center). The remaining half of the total retreat cost will then be requested similarly via PayPal one week before your arrival, or in cash when you arrive.