

## **TWO WEEK MASTER PLANT DIETA RETREAT- AWAKENING YOUR MEDICINE SPIRIT**

Price: \$1850.00

Locación: Templo Chaikoni - Contamana

### **Includes:**

6 Ayahuasca ceremonies.

Personal consultation

Master plant teacher.

6 vapor baths.

3 Powerful purgatives.

6 love baths.

Palo santo smoke bath.

A song book and recordings.

Basic Shipibo Icaro classes.

Workshops of medicinal plants and Amazonian shamanism.

Visiting the jungle hot springs at National park of Sierra del Divisor.

Up to 2 meals per day,

Accommodation, laundry and transportation.

### **Treatments:**

6 Traditional ayahuasca ceremonies

Icaro chanting

Personal consultation

Daily plant diet tea/master plant

Shipibo Icaro classes / basic shipibo

Dream Circles and Ayahuasca Sharing circles to process and guide your journey

Purgatives: Taken one time normally after ayahuasca ceremony digestive cleansing.

Vapor baths with amazonian medicinal plants: Cleansing of negative toxins and energies.

Smoke baths with palo santo: Increase defenses and protection.

Wasai tea daily purification: Cleanse kidney and urine system.

Cinco Medico Tea: to open your musical voice

Love baths: For attracting good energies, luck and love.

Ayahuma Smoking: from dream clarity

Any additional treatments: Poultices medicines massage or whatever is needed.

Transportation to and from Kushi Ayahuasca center: Flying to and back (30 mnts) over the amazon.

Healing tools like mapachos: Important for use in ceremonies and medicine treatments.

Up to Two meals a day, following the healing diet: Quinoa, grilled fish, rice, lentils, boiled banana, etc.

Integration workshop: Enhance process of integration when you get home.

### **Itinerary:**

Day 1: Arrive at Pucallpa. Meeting with the other students and facilitators. Consultation with curandero(a).

Day 2: Go to the retreat center and settle in. Smoke bath with Palo Santo. Instructions for ceremony and shamanic tools. Ceremony 1. Opening healing dieta.

Day 3: Digestive system cleanse with Purgative 1. Begin vapor baths. Ayahuasca Sharing Circle and Icaro practice. Plant remedies begins. Begins taking master plant tea.

Day 4: Taking master plant tea continues. Vapor baths continues. Dream circle and Icaro practice. Ceremony 2.

Day 5: Vapor bath ends. Ayahuasca Sharing circle and Icaro practice. Taking master plant tea ends and for some continues.

Day 6: Purgative 2. Love baths begins. Dream circle and Icaro practice. Ceremony 3.

Day 7: Love bath. Ayahuasca Sharing Circle and Icaro practice.

Day 8: Little walk to observe master plants in the center. Solo ayahuasca microdose.

Day 9: Wasai tea remedy to purify urinary tract. Dream circle and Icaro practice. Ceremony 4.

Day 10: Purgative 3. Ayahuasca Sharing Circle and Icaro practice. Plant remedies continues.

Day 11: Dream circle and Icaro practice. Ceremony 5.

Day 12: Cinco Medicos Tea. Ayahuasca Sharing Circle and Icaro Practice to Prepare for leading Arkana ceremony. Ayahuma Smoking.

Day 13: Final Dream circle and Icaro practice. Ceremony 6: Arkana night. Students begin chanting in the final ceremony to honor their dieta.

Day 14: Dieta closes. Meet for breakfast. Visit Hot Springs at Sierra del Divisor National Park. 1 night in Contamana. Participants take care of their meals. Staff will suggest food venues.

Day 15: Go to Contamana airport, flight back to Pucallpa. End of Program.

**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 from Lima to Pucallpa)

Personal expenses and meals outside of the program

Meals in Contamana

Local Transportation

Travel insurance

Personal healthcare expenses if needed

Visa (if necessary)