

7 Day Ayahuasca Shamanic Healing Retreat

Flight to Lima, Peru - Lima to Cusco.

Day 1 – August, 28th (Wednesday) Arrival to Cusco City -

Arrival: Registration and settling in - 3:00 pm – 5:00 pm

Fruit Snacks Available 3 :30 pm - 4:30 pm - Tour of the Grounds: 5:00 pm

5:30pm Opening Ceremony/ Orientation Meeting/Mother Ayahuasca, What to expect.

7:30 pm - Welcome Dinner

Back garden bonfire (weather permitting) - 9:00 pm – 10:00 pm

Day 2 – August 29th (Thursday) – 1 st Ayahuasca Ceremony

Breakfast: 9:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Fresh Juices

10:30 am - 1:00 pm: Diving Deep - Healing via Imagery, Meditations and Breath (Letting go, Surrendering, Being the Witnesser, Innerstanding, Taking Action)

1:30 pm - 2:30 pm: Lunch Light Meal

2::30 pm- 5:00 pm: Diving Deep - Emotional Trauma, Forgiving, Cutting Cords - Healing

5:00 pm - 6:00pm: Journal, Silence, Meditation - Prepare for 1st Ayahuasca Journey

(White Ceremony Clothes)

6:30 pm Ayahuasca Ceremony Begins

Day 3 - August 30th (Friday) - Sweat Lodge

Breakfast: 10:00 am - 11::00 am – Buffet breakfast, made to order eggs, fruit, and other breakfast foods - Fresh Juices

11:00 am -1:30 pm: Diving Deep - Sharing our Aya Journey/ Breaking it down - Studies -The Emotional Body, The Mental and Spiritual Body & Patterns

1:30 pm - 2:30 pm: Lunch

2:30 pm- 4:30 pm: Diving Deep - Energy Attachments Releasing - Om

5:00 pm - 8pm Sweat Lodge (Tamazcal)

8:30 pm - Dinner

Day 4 - August 31st (Saturday) - 2nd Ayahuasca Journey

Breakfast 9:00 am - 10:00 am - Buffet breakfast, made to order eggs, fruits and other breakfast foods - Fresh Juices

10:00 am - 1:00pm- Diving Deep - Energy Healing, Inner Child Healing & Meditation - Sufi Teachings

1:00 pm - 2:00 pm - Light Lunch

2:00 pm - 5:00 pm - Diving Deep -Going Within. The Heart, Your Sacred Space

5:00pm - 6:00 pm - Journal, Silence, In Meditation -

6:30 pm - Ayahuasca Ceremony Begins

Day 5 -September 1st (Sunday) Visions, Affirmations & Manifestations

Breakfast 9:00 am - 10:00 am - Buffet breakfast, made to order eggs, fruits and other breakfast foods - Fresh Juices

10:00 am - 11:00am- Sharing Our Ayahuasca Journey/Breaking it down -

11:00 am - 12:30 - Emotional Goals/Financial Goals - Passions & Accountability.

1:00 pm - 2:00 pm - Light Lunch

2:00 pm - 5:00 pm - Diving Deep -Going Within. Creating a New Reality from The Heart -

5:00pm - 7:30 pm - Shamanic Breathwork

8:00 pm - Dinner

Day 6 - September 2nd (Monday) 3rd Ayahuasca Journey

Breakfast - 9:00 am - 10:00 am - Buffet breakfast, made to order eggs, fruits and other breakfast foods - Fresh Juices

On this day we will share and personalized all that you have gathered in the last few days to assist you on your goals and healing.

We will meet on a one on one basis to go over your day to day tools that you will bring back home in order to achieve your goals. (This is tailored to each individual)

Times will be scheduled for each person.

5:00pm - Despacho Ceremony By Andean Q'ero Shamans (Offering to Mother Earth)

6:30 pm - Heart Guidance and Connection Meditation

7:30 - Last Ayahuasca Ceremony

1:00 am - Integrating & sharing

Day 7- September 3rd (Tuesday) Last Day/Free Day

Breakfast 10:00 am to 11:00 am

11:00 am - Closing Ceremony

I ask for those who will be departing this day back home to chose a late flight from Cusco to Lima, preferably after 5pm. It is preferable if you stay a day or more so you can integrate all that you have done.

HOW DO I GET TO PERU?

Please note there is only one international/domestic airport in Peru, Which is in Lima. - The airport is not big and the domestic flights are easy to get too and are located in the same airport. You must take a flight from your home town to Lima, Peru and then from Lima to Cusco.

It will be great if you land in Lima early so that you can take your domestic flight into Cusco the same day. The Lima to Cusco flight is about an hour or so. I usually use Avianca Airlines, Jetblue or Latam Airlines for international flights and for domestic flight I use the same airlines, including Peruvian Airlines. I have traveled through spirit as well which is more cost effective but the seats cannot recline and they charge you for carry on's and luggage and water and practically everything extra so be mindful - you end up paying the same. lol

Transportation will pick you up at The Cusco airport and bring you to the Sacred Valley.

If you arrive a day earlier to Lima, Peru, you can check in to a nearby hotel and there are taxi company's right in the airport that are trustworthy.

Leon De Oro Inn & Suites is 25 minutes from the airport and I've stayed there but this hotel is about 30 minutes from the airport so I will suggest to find something closer and reliable nowadays the reviews in tripadvisor and booking.com can help you find something reliable and comfortable.

If you have any questions, email me or text me.

Once registered, I will forward you a questionnaire and do's and don'ts that must be met 10 days prior departure.

