



Jungle Dieta Retreat

Tarapoto, Peru

October 1st - October 9th, 2025

Dear Soul Family,

You are warmly invited to join us into the stillness of the Peruvian jungle—where you will be guided into deeper levels of your own healing and mastery.

“Stillness Within Your Own Self Mastery” is more than a theme; it is an embodied experience that will unfold over nine days of intentional silence, sacred plant work, and nature-immersed restoration. Designed specifically for those who walk the path of service, self mastery and deep healing, this

retreat offers a rare opportunity to turn inward, receive, and reconnect with the medicine of the Earth—and the wisdom within.

Through personalized plant diets, one-on-one guidance from an experienced Maestro, and profound Ayahuasca ceremonies, you will journey into a space of refinement, healing, and remembrance. Our group will be arriving at Katari Center of Indigenous Knowledge. This is a place where facilitators come not to lead, but to listen deeply—to themselves, to the jungle, and to the plant spirits.

Held in a container of integrity, humility, and intentionality, this experience is an offering to those ready to recommit to their own path so they may more powerfully and authentically serve themselves and others.

We honor your calling. We welcome your heart.

Let this be your time to return to yourself.

With deep love and respect,

Evelyn and Paullo

917.306.2323

www.inoneheart.com

Arrival at Tarapoto, Peru. Tarapoto is a small jungle city in the San Marín region of northern Peru. The city is known for its abundant palm and fruit trees as well as its many jungle waterfalls and natural beauty.

Daily Schedule

Wednesday, October 1st

1:00-3:00pm - Arrival & Introduction

4:00pm - Plant Walk/Tour of The Property

6:00pm - Dinner

Thursday, October 2nd

Open Master Plant Diet

8:00 am - Breakfast

10:00am - Temazcal (Sweat Lodge)

11:30am - Open Master Plant Diet

12:00pm - Lunch

6:00pm - Dinner

Friday, October 3rd

Master Plant Diet

8:00am - Breakfast

12:00pm - Lunch

6:00pm - Dinner

Saturday, October 4th

Master Plant Diet

8:00am - Breakfast

12:00pm - Lunch

*5:00pm - **Ayahuasca Night Ceremony***

Sunday, October 5th

Master Plant diet

8:00am - Breakfast

12:00pm - Lunch

(1 -5pm - Meditation, Rest, Silent walk, Journaling)

6:00pm - Dinner

Monday, October 6th

Master Plant Diet

8:00 am - Breakfast

12:00pm - Lunch

*5:00pm - **Ayahuasca Night Ceremony***

Tuesday, October 7th

Master Plant diet

8:00am - Breakfast

12:00pm - Lunch

(1 -5pm - Meditation, Rest, Silent walk, Journaling)

6:00pm - Dinner

Wednesday, October 8th

Post Diet Starts with Lunch

8:00 am- Aya Day Ceremony

1:00 pm - Flower Bath/Close Diet

1:30pm - Lunch

2:00pm - Ahuashiyacu Waterfall

7:00pm - Dinner

Thursday, October 9th

Post Diet

8:00am - Breakfast

9:00am - Fire Ceremony

10:00am- Integration Workshop

11:00am - Sharing Circle

12:00pm - Lunch

1:00 pm - Transportation to Tarapoto Airport

If you feel the call to step into this beautiful container, we welcome you to join us.

Any questions or concerns, Please feel free to contact me. Space is limited to 6 participants.

Kindly arrive to Tarapoto Airport Peru (TPP)

(Flights are not included)

All Meals, Lodging and Sacred Ceremonies are included

Energy Exchange: \$2200

Save My Space: \$1000 - Deposit

Any questions or concerns please contact me directly.

Evelyn

917.306 2323