

**Travelers can participate in only a one-night Ayahuasca ceremony as well as a 3 days' workshop with 2 Ayahuasca ceremonies.**

### **AYAHUASCA CEREMONY & WORKSHOP (3 days)**

**Fee Adults 18+: (US\$399 dollars)**

**Volunteers get a 20% discount.**

Since it is necessary to determine the amount of acceptance or sensitivity that each person has with this plant, the Master Shaman recommends this package to travelers who will take Ayahuasca for the first time because they will have to drink very little quantity in their first experience.

The ceremony usually takes place at night starting at 9:00 pm (it will be a long night). Travelers can start arriving at 13:00h to be part of the anteroom and to consult the shaman master with their concerns.

### **DAY ONE: Welcome day - Ayahuasca Ceremony #1**

- According to the arrival of each traveler. We take them to walk through the village with an Introduction to the local community.
- Light dinner (18:00h.)
- Anteroom, Ayahuasca Ceremony#1 **(19:00h.)**
- Start of Ayahuasca Ceremony #1. **(21:00h.)**
- End of Ayahuasca Ceremony #1. **(2:00h.)**

**DAY TWO:** We have two options to choose depending on the physical and emotional state of travelers after the first ceremony of Ayahuasca.

**(Option 1 – Day Two)**

- Breakfast (?)
- Exploration of the Jungle with Master Shaman in search of medicinal plants and explanation of the use of each plant. **(11:00h.)**
- Lunch in the jungle **(13:00h)**
- Return to the Shamans house **(17:00h)**
- Dinner **(19:00h)**

**(Option 2 – Day Two)**

- Breakfast (?)
- Relaxation time in Laguna Yarinacocha (local lake). Time to swim and enjoy the tropical climate of Pucallpa, Peru **(11:00h)**
- Lunch in the jungle **(13:00h)**
- Return to the Shamans house. **(17:00h)**
- Dinner **(19:00h)**

**DAY THREE: Search for Medicinal Plants and Ayahuasca Ceremony #2**

- Breakfast (?)
- Exploration of the Jungle with Master Shaman in search of medicinal plants and explanation of the use of each plant. **(8:00h)**
- Return to the Shamans house **(12:00h)**
- Lunch **(13:00h)**
- Light dinner **(18:00h)**
- Anteroom of Ayahuasca Ceremony#2 **(19:00h)**

- Ayahuasca Ceremony #2. **(21:00h)**
- End of Ayahuasca Ceremony #2. **(2:00h)**

#### **DAY FOUR: Goodbye Day**

- Breakfast
- Good bye

#### **INCLUSIONS: (Ayahuasca 3 days)**

- Transportation from the city of Pucallpa to the Shamans house.
- Hosting/Accommodation in the Shamans house. The house is rustic and located in a rural area one hour away from Pucallpa, Peru. One private bedroom with shared bathroom is provided **(3 nights)**.
- Two ceremonies of Ayahuasca
- Photos with Shaman before ceremony (No photos during ceremony)
- Tobacco
- Feeding
- Transportation for the tours
- Learning workshop for the use of medicinal plants
- Experiences day to day with Shaman

## **AYAHUASCA CEREMONY (1 day)**

**Fee Adults 18+: (US\$ 149.00 dollars)**

**Volunteers** get a **20% discount**.

The ceremony usually takes place at night starting at 9:00 pm (it will be a long night).

Travelers can start arriving at 13:00h to be part of the anteroom and to consult the shaman master with their concerns.

### **DAY ONE: Ayahuasca Ceremony**

- Anteroom of Ayahuasca Ceremony. (19:00h)
- Start of Ayahuasca Ceremony. (21:00h)
- End of Ayahuasca Ceremony. (2:00h.)

### **INCLUSIONS: (Ayahuasca 1 day)**

- Hosting/Accommodation in the Shamans house. The house is rustic and located in a rural area one hour away from Pucallpa, Peru. One private bedroom with shared bathroom is provided **(one night)**
- One ceremony of Ayahuasca
- Photos with Shaman before ceremony (No photos during ceremony)
- Tobacco
- Feeding (dinner & breakfast)
- Transportation for the tours
- Day experience with Shaman

## **INFORMATION FOR TRAVELERS:**

-The Shaman master recommends not drinking any type of alcoholic beverages for at least three days prior to the ceremony.

-The Shaman recommends not eating pork and avoiding frying meals for at least 7 days prior to the ceremony.

-No dairy caffeine and sugar from two days prior to the ceremony.

-Do not consume drugs or psychiatric medicine at least 48 hours before drinking the Ayahuasca.

## **"SUMMARY AND VERY USEFUL INFORMATION FOR THOSE WHO WILL DRINK AYAHUASCA**

Ayahuasca is a jungle concoction or drink. An 100% natural indigenous traditional medicine discovered by Amazonian Shamans thousands of years ago. It is made by means of a liquid decoction combining two plants: Ayahuasca and Psychotria viridis, which when boiled together in water remains as an infusion or syrup, which consistency is like honey but can be diluted in water to be able to drink it. It is bitter in taste. Very little amount is drunk, especially when it is taken for the first time, since it is necessary to determine the amount of acceptance or sensitivity that each person has to this plant, something that is impossible to know before the experience. The healing and visionary properties of this infusion have given it the title of "master" plant because it teaches, shows, clarifies; and "powerful", because it also cleanses, heals and liberates.

Indigenous people have always used it to maintain a full state of health and to prevent diseases. They drink it every week or every 14 days to maintain a state of physical strength. It is also used to have an expansion of consciousness that provides a very broad and precise knowledge at the same time, to know things about life, nature, existence, and even for daily decisions. When cleaning on a physical and emotional level, (in most cases it produces vomiting and / or diarrhea) clears the mind giving clarity to understand many matters that we do not understand in our daily lives because they are full of toxins. It also has an antidepressant and anti-addictive effect. It is a health bomb at all levels and connects with the spiritual stripped of religions or beliefs. It can be drunk by people with physical or psychological illnesses, since it supports the health of the body regardless of the disease that one has. But most people who drink it around the world are not due to physical or mental illness, but to find meaning in life, orientation for their path, existential responses and creativity for their daily work. It is also known as "psychotherapeutic

concoction" Ayahuasca is used for multiple applications, it is a wildcard remedy since in many cases it solves what other medicines or techniques cannot solve, and in other cases it raises the defenses and strengthens the body to resist the side effects of allopathic medicines. It works on a bodily, emotional, psychological and spiritual level. It also integrates and enhances other therapies, techniques or approaches that are being practiced. It is not incompatible with any other technique that the person is using or practicing. In some countries, the consumption of ayahuasca has been banned because governments (incorrectly) believe that it is a drug. In other countries it has been legalized after conducting scientific studies on the population that consumes it and verifying the benefits it produces. In most countries like Spain, Italy, Germany, Switzerland, it is neither prohibited nor legal. It is still within a legal loophole. In Spain, scientific studies have been done and the results are that it does not harm health. (Sant Pau Clinic in Barcelona). In the US they have tried to register it to be able to exploit it from pharmaceutical laboratories, but the indigenous community has avoided it by showing that these plants are the heritage of nature, of the shamans who discovered and use them, and of all humanity.

This liquid decoction, like a bitter and thick infusion, according to the original and ancient formula, does not have any added chemistry. It comes from the Amazon jungle where it is grown and cooked. It is listed as an entheogen, not a drug or hallucinogenic substance. Entheogens are substances that provide internal visions with deep meanings about life, existence and the origin of things. They do not produce harmful side effects like drugs or create the need to use it again. It has no danger to health, but to disease, since it has great healing power.

According to indigenous tradition, to take this medicine it is necessary to create a ritual according to the process that the participants experience. This ritual or ceremony is a created and cared for situation that inspires respect, recognition and gratitude to Mother Nature who provides it and to the spirit that possesses it. But it can also be drunk within religious or therapeutic contexts where there are no rituals but care for details to be considered. In any of the cases, it is done in a careful, quiet environment and with certain comforts to carry out a process of several hours. Music and a facilitator or shaman to accompany the process are the best support for this experience.

It is not advisable to drink it without the guidance and accompaniment of someone with experience. But if you do so, it is preferable that you get advice beforehand to avoid unexpected situations. " (Dr. Alberto Jose Varela)