DAY 0 (Wednesday, September 12, 2018): DEPART FROM LA TO LIMA

I highly suggest flying with LATAM airlines, the best to travel to South America, but feel free to choose the airline you prefer. The flight itinerary I suggest begins in Los Angeles by taking the 9:30 pm flight to Lima, where you arrive the next day at 7:50 am.

DAY 1 (Thursday, September 13, 2018) - DEPART FROM LIMA TO CUSCO: ADJUSTMENT TIME

Your journey to the ancestral land of Perú continues by arriving in Cusco at 11:15 am. This will be a slow and relaxing day giving us time to acclimate to the higher altitude and adjust to our Andean Mountain surroundings. The Inca Empire, or TahuanTinsuyo, was the largest and most ancient empire on the American continent. Cusco was its imperial seat, considered the "navel of the Inka world." This city is located high in the Andes Mountains at 11,200 ft. above sea level and was built in the form of a Puma, regarded as the sacred gate keeper of the middle world or Kay Pacha.

You will have plenty of time to settle into your comfortable rooms, drink coca leaf tea and unpack. Our welcome and orientation lunch will follow. After our first meal together, we visit downtown Cusco where you have access to the local banks, the money exchange street, the pharmacies and general stores. Lunch is included. We spend the night in Cusco.

Optional: Private rooms for additional cost might be available depending on availability.
DAY 2 (Friday, September 14, 2018) - CUSCO CITY TOUR

This morning we visit the best representation of the shrines and temples (called Huacas in Quechua) of the Inca spiritual pilgrimage network or ceque system. First, we go to Tambomachay referred to as the “Baños del Inca” or Inca baths. Tambomachay was a site for ritual bathing of the higher nobility, believed to have been used on ceremonial occasions to worship the element of water. From here we go to Qenko which contains an astronomical observatory, used to measure time, to establish the seasons, determine the solstices and equinoxes and as a shrine to worship the Sun, the Moon, Venus and the stars.

Next, we visit the magnificent Sacsayhuaman (The Royal House of the Sun, ) forming the head of the sacred puma. This site looks like a fortress and contains bastions, watchtowers, houses, worship sites, roads, aqueducts and storehouses. Every winter solstice, Sacksayhuaman holds the reenactment of the "Inti Raymi" or "Fiesta del Sol," which was the biggest, most important spiritual festival dedicated to the Sun God.

Spiritual Practice: We’ll experience a ritual of “rebirth,” as we walk through the birth canal of Pachamama.

![Sacsayhuaman](image1.jpg) ![The Qorichana Temple](image2.jpg)

Last, we go to the temple of Qorichana, one of the most important Inca temples in Cusco, dedicated also to the Sun God. It is a masterpiece of the Inca architecture, built during the time of the Inca Wiracocha, and later embellished by the Inka Pachacutec. The Qorichana represents the genitals of the puma and was the focal point of major religious activities. Breakfast and lunch are included. We spend the night in Cusco.

Optional: Go to Centro Qosqo de Arte Nativo (School of Cultural Art) at 6:30 pm to watch indigenous dances. Tickets are $10.00

DAY 3 (Saturday, September 15, 2018) - TIPON: CEREMONIES WITH THE PAQ’OS

After breakfast we visit Tipón, considered an Inca masterpiece of water management where skilled engineers and craftsmen built a sophisticated water collection system for harvesting rainwater, groundwater, and natural springs. The site of Tipón is made up of thirteen terraces flanked by polished stonewalls, enormous agricultural terraces, canals, and decorative waterfalls. The water from its mountain source (creator) trickles down and splits into two channels, which in the Andean tradition is said to represent the “yanantin” or the masculine and feminine aspects of duality. They split into four channels - which some said signify the four stages of life: infancy, adolescence, adulthood and senior age - before being reunited into one stream again, pooling in a bath that would have been used in rituals. Tipón is one of the only places where the irrigation system is still fully functional, with water flowing all year round.
Here we participate in sacred ancient healing ceremonies of the Andes. The beloved Paq’os of the Q’eros Nation will guide us in Despacho ceremony and Karpay transmission. Despacho is an offering to honor Pachamama (mother earth) or the Apu kuna (mountains.) It is composed of natural items such as carnation flowers, coca leaves, candies, figurines, etc. Karpay is the transmission of energy seeds into the energy body that will flourish and prayed over, according to your commitment to self-growth. It is a bestowal of the power of the Andean lineage. Breakfast and lunch are included. We spend the night in Cusco.

Note: Donations of money or goods are welcomed to be given directly to the Paq’os.

DAY 4 (Sunday, September 16, 2018) – SACRED VALLEY: PISAC MARKET PLACE & OLLANTAYTAMBO

Today we go to the sacred Valle Sagrado de Los Inkas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. This morning we visit the famous Pisac Market Place where every day, artisans and indigenous merchants of many towns come to trade their products consisting of colorful textiles and clothing, ceramic goods, musical instruments, beautiful jewelry, organic produces, and much more!

After lunch in Urubamba, we visit the impressive Archeological site of Ollantaytambo, which was built during the time of Inca Pachacutec. The spiritual life of the Inca and his people can be observed in the carved face of Wiracocha (The Creator God) a Water Temple or Incamisana, formed by a complex of water channels and eight fountains - being the “Bath of the Princess” (Baño de la Ñusta) the most impressive one – the Intihuatana or Sun Dial Stone, the Temple of the Condor, an unfinished Temple of the Sun and much more.

We take the afternoon train to Aguas Calientes where you can find another big Market Place. Breakfast and lunch are included. We spend the night in Aguas Calientes.
DAY 5 (Monday, September 17, 2018) – SACRED MACHU PICCHU!

“Machu Picchu can be termed as an ancient and timeless “Light Temple” ...Machu Picchu is a multidimensional prism of sorts that refracts the light into full spectrum and then uniquely absorbs and disperses it a higher dimensional “coded” format...The energy of this Portal Temple...is a major contributor to the global chakric center of Lake Titicaca, supplying heart and crown energy.” - James Tiberonn.

Early in the morning we go to sacred Machu Picchu (Old Mountain) situated at 7,900 ft. above sea level, overlooking the Urumbamba River. Built in the time of Pachacutec Inca, it is considered one of the Wonders of the Modern World. The most important structures at Machu Picchu are the Temples dedicated to the Sun, to Pachamama, to the Condor, the Temple of Three Windows and the Intihuatana. The Intihuatana (Hitching Post of the Sun) was an astronomical observation device used to determine the precise periods for different festivals and celebrations of importance in the Inca religion. We return to Aguas Calientes for lunch and take the early afternoon train to Ollantaytambo to return to Cusco. Breakfast is included. We spend the night in Cusco.

**Sacred Machu Picchu**

![Sacred Machu Picchu](image)

**Temple of the Sun**

![Temple of the Sun](image)

Optional: Climb the Huayna Picchu on your own for approximately 2 to 2.5 hours. The cost is about $20. **They only allow 400 people a day so let us know ahead of time if you are planning to do this activity.** Whoever wants to climb the Huayna Picchu (Young Mountain) will start forming the line from 7 to 8 am or 10 to 11 am. The rest will have free time to explore, to meditate, and take more pictures and videos.

Based on the difficult terrain, the precarious hike up, the weather, your physical condition, mental clarity and for your own safety, the organizers and the guides will use their discretion to advice who is capable of climbing this mountain.

DAY 6 (Tuesday, September 18, 2018) – FLYING TO IQUITOS: HEALING CENTER & 1ST CEREMONY

Our journey to the Peruvian jungle begins this morning by flying from Cusco to Lima and arriving in Iquitos at 2 pm. Iquitos is located in the Peruvian Department of Loreto on the junction of the Rio Itaya, Rio Napo, Rio Manati and Rio Amazonas. Being near the equator, the city of Iquitos has a tropical rainy climate, with an annual average temperature of 28 º C (82 º F).

Our transportation will meet us at the airport to take us to Caya Shobo Healing Center. This center is dedicated to traditional healing techniques from the Shipibo culture. Shipibo healing relies exclusively on natural healing methods using a strict diet, carefully chosen by the healer as well as medicinal and master plants that have the power to heal and to teach. If you're participating only in the Jungle Program, you'll arrive to Iquitos Airport at noon. The group coming from Cusco will arrive at 2 pm. We'll all have our “welcoming gathering” and dinner.
Today we also have our first group and individual interviews with the shamans. In the evening, we'll gather at the “maloka” for our first ceremony to set our intentions and connect deeper with the medicine of the plants. This ceremony will not include drinking the visionary plants, which will be offered on Thursday.

**Note:** During your individual sessions with the maestros, they'll give you recommendations tailored to your well-being that could include a specific plant diet, herbal treatments and drinking the visionary plants.

**DAY 7 (Wednesday, September 19, 2018) – 1ST WORKSHOP AND PREPARATION**

Today we become more familiarized with the energy of the center and its wonderful people. We could start after breakfasting this morning or tomorrow to experience two Amazonian Medicine energy clearing techniques in preparation for the first Ayahuasca ceremony.

**Maloka**

After lunch, we'll have our first Workshop: “The Master Plants” to learn about the different Amazonian plants and their healing properties. The Master Plants are living beings whose spirits can transmit their knowledge to human beings by establishing a connection with them through the discipline of the diet. Dinner will follow.

**DAY 8 (Thursday, September 20, 2018) – 2ND WORKSHOP, TREATMENTS AND 2ND CEREMONY**

This morning we'll have a “purgative” session to cleanse your body and mind from heavy energies and to open the space for the work of the plants and the healers. After breakfast, we’ll experience another energy clearing technique called “repote.” This session consists in the ingestion through the nostrils of a small
quantity of a juice made from specific plants. The energy of the plant has a very direct effect on the mind by releasing negative thinking and activating a state of openness and alertness.

Later, we gather in the maloca to exchange our feedback from the ceremony on Tuesday. Your participation in this first ceremony – even without ingesting the visionary plants – is very important, as it strengthens your relationship with the plants in preparation to take them tomorrow. After lunch, we’ll attend our first Workshop: “The Plant Diet and The Icaros.” The plant diet is the most known healing practice of the Shipibo tradition and the main tool of the Amazonian Medicine, used for healing and learning.

Inside of Maloca

Maestros Shipibos

The Icaros are the chants used by the shamans during the ceremony with the visionary plants. They are the vehicle to open the ceremony and the visions, some to bring love and good luck, some to free unwanted energies, others to enter different worlds and to heal specific diseases. When a shaman is trained, he can access the spirit of a specific plant and learn chants directly from that spirit.

Another energy clearing session will take place this afternoon during a steam bath with plants, to cleanse the body and mind from unwanted energies. We gather in the maloca this evening for our second ceremony, this time with the visionary plants.

Note: The daily healing program might include steam bath, flower bath, plant diet and repote treatments. The purgative procedure is only done once. This program might change from person to person depending on the maestros’ recommendations.

DAY 9 (Friday, September 21, 2018) – COLLECTIVE & PERSONAL INTERVIEWS & 3RD CEREMONY

After breakfast, we’ll have another daily healing session with the repote treatment. Later we’ll gather in the maloca to have a collective and personal interview with the maestros. The purpose of this gathering is to receive guidance and feedback regarding your first journey with the sacred plants last night. After lunch you’ll have more time to reflect on your experiences. Daily journaling is highly recommended as well as taking a time to be in solitude to process the medicine you are receiving.

During ceremony you’ll see the use of sacred tobacco called “mapacho.” Mapacho is used as an initiatory spiritual cleansing to help you mentally and emotionally prepare for your ayahuasca journey. Mapacho is also used throughout the ceremony. Burning the tobacco—turning it from earth into air—serves as a means of communication with the spiritual world and helps protect the ceremonial space from bad spirits. Another steam bath might be offered today in preparation for the ceremony tonight.

Optional: Massage sessions with a Shipiba maestra will be available upon request for about $30 an hour.
DAY 10 (Saturday, September 22, 2018) – TREATMENTS & 4th CEREMONY

After breakfast, we’ll have another daily healing session with the repote treatment. We might have another workshop this morning depending on confirmation. We can also gather in the maloca and do Chi Kung exercises, a Shamanic Journey or any other spiritual activity some of you would like to offer. This evening we gather again in the maloca to receive another ceremony with the visionary plants.

Note: To continue integrating the wisdom you received from the visionary plants, we encourage you to take the time to relax, meditate or carry out breath work in peace and solitude. This is also an excellent time to journal and receive more insight about your journeys. We’ll also gather as a group to share impressions about our journeys. To connect and integrate the work as a group is essential to raise the vibration of the whole and to support each other in our transformation.

DAY 11 (Sunday, September 23, 2018) – BOAT TRIP

After breakfast we go to the port to take a boat trip through the Amazonian River where we might be able to see the “pink dolphins,” one of the most beautiful creatures of the Amazon River, surrounded by all kinds of myths and legends of the jungle. We’ll arrive at “El Serpentario,” where we will see some animals from the region including the friendliest spider monkeys, a variety of snakes and the famous “anaconda.” You will also be able to appreciate the “otorongo” (jaguar,) toucans, sloths, macaws, parrots and more!
We'll have lunch in town at a restaurant where we'll be able to continue with our diet. After lunch we visit the Market Place. We return to the centre and receive more treatments with the plants and have dinner.

Note: Usually the center is visited by Shipibo artist bringing their tapestries, native clothing and jewelry for purchase. You’ll have access to them throughout our stay in the center.

* The cost of lunch is covered by participants.

DAY 12 (Monday, September 24, 2018) – 3rd WORKSHOP, TREATMENTS & 5TH CEREMONY

Our daily healing sessions will follow after breakfast. Today is also included our third Workshop: “Shipibo Cosmovision.” The Shipibo people have always been among the most influential tribes of the Peruvian Amazon. Besides being renowned warriors, their shamans have a very high level of knowledge and are considered to be among the best healers one can meet and work with. Their knowledge of the plants is still alive and practiced in the different communities. The Shipibos also have a very rich handcraft culture. Craftsmen and women create refined and elegant art work. Waved fabrics, painted pottery, jewels, perfumes, pipes and wood work can reach amazing beauty in their hands. There again, the plants give them the visions to be translated into art as well as the endurance and strength to work better.

Sacred Ayahuasca & Chacruna

Preparation of Visionary Plants

After lunch and free time for more inner work, we’ll learn more about the Master Plants. In preparation for the ceremony, you’ll receive a plants or flower bath to cleanse any impurities. We gather in the maloka this evening for another ceremony with the visionary plants.
DAY 13 (Tuesday, September 25, 2018) – 4TH WORKSHOP, TREATMENTS & LAST (6th) CEREMONY

After breakfast, we'll have another daily healing sessions and our Workshop: “The Process of Integration.”

After lunch and free time for inner work, we'll learn more about the Master Plants. In preparation for the ceremony, you'll receive a plant or flower bath to cleanse any impurities. We gather in the maloka this evening for our sixth and last ceremony with the visionary plants and to close our diet.

**Last Ceremony**

![Last Ceremony Image]

**Vision of Mother Ayahuasca**

![Vision of Mother Ayahuasca Image]

DAY 14 (Wednesday, September 26, 2018) – INTEGRATION AND DAY TO RELAX

We take this last day to prepare for our departure early the next morning. We also take the time to completely relax in solitude and to do more inner work that will prepare us to return to the world with deeper awareness of who we are becoming! We'll gather for the last time to share our experiences and impressions with the maestros and to ask all the questions you have. It is essential to understand how to continue with your personal care as the physical, mental and emotional aspects of your being, have been purified and vibrationally increased with the plant diet and treatments.

DAY 15 (Thursday, September 27, 2018) – RETURN TO LIMA, RETURN TO LOS ANGELES

We depart from Iquitos to Lima after breakfast. The flight I suggest departs from Iquitos at 8:15 am arriving in Lima at 9:55 am. We depart from Lima at 12:20 pm, arriving in LA Airport at 7 pm (19:00 pm.) We leave LA Airport in the next available flight to return to our final destination.

* Itinerary could be subject to change: If some activities are changed, you'll receive a revised itinerary. Due the remote areas we are traveling in the Andes Mountains, weather, bad roads and other unforeseen situations, which may cause us to make changes in the schedule or to visit different sites. We understand if this happens, Pachamama will guide us where she wants to take us!