ITINERARY
FREE YOUR SPIRIT'S JOURNEYS

Medicinal Plants Retreat ONLY
September 18 to September 27, 2018 (10 days + 1)

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DAY 0 (Monday, September 17, 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 (Tuesday, September 18, 2018) – IQUITOS: HEALING CENTER & 1ST CEREMONY

Your journey to the Peruvian jungle begins today by arriving in Iquitos at 12:10 pm. Iquitos is 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 you 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.

City of Iquitos

Caya Shobo Healing Center

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

Master Plants

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.

Inside of Maloca

Maestros Shipibos
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.

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 maloka 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.

*Inner Journey*

*Shipibo Art*

**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.

*Amazon River*  
*Anaconda*
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

Last Ceremony

Vision of Mother Ayahuasca
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.

**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!