



LAND PROFOUNDLY WITHIN RECEIVING HEALING & WISDOM

An Exclusive Ayahuasca Healing Retreat

Join international Somatic Intelligence coach, TED Speaker, and the founder of the 5 Elements of Somatic Intelligence method - **Chen Lizra** - for **an exclusive 10-people retreat of plant medicine, plant dieta, and deep shamanic healing.**

This retreat offers a profound immersion into the rejuvenating power of the plants and the ancestral healing skills of the maestra, interweaving ritual, and holding sacred space, for an unforgettable powerful journey of transformation and healing.

Connect with profound ancestral Wisdom.



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It is with a sense of great anticipation, pure intention and a joyful heart that I invite you to join us for a rare and unique **7 day, all inclusive retreat** with a masterful healing team - **maestra Matilde and her family of healers of the Shipibo people of Peru.**

This exclusive & intimate ayahuasca retreat is designed to restore balance to your entire being on every level. Every aspect of this retreat is designed to allow for wisdom, soft healing, spaciousness, holding, and deep integration. It is designed to support you on every level needed during our time together to accelerate your healing and transformation.



Welcome home.

When you come to the retreat centre you will feel at home, surrounded by kids, animals and the jungle. You will be beautifully and lovingly held as you dwell deep into your healing journey.

At the retreat centre, guests are welcomed into a nurturing and supportive environment where they can explore the depths of their consciousness under the guidance of experienced shamans and facilitators. Maestra Matilde and her family are committed to providing compassionate care and personalized attention to ensure that each individual feels supported on their journey towards healing and spiritual growth.

The center is also supported by experienced bilingual facilitators to support guests on their healing journey, making it a safe space for deep inner work.



The center is located in the Amazon Rainforest of Peru, near a small town called Nauta, in the Iquitos area. It is a wholesome spiritual experience that can only be experienced entirely in the Amazonas in its natural habitat mixing plant medicine with plant dieta.

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Who is it for?

DATE: July 19-26, 2025

LOCATION: landing in Iquitos, Peru.

This is for you if you wish to:

- ✓ **Dive deep into what has been holding you back for years** – you feel called to look deeper within than ever before so you can heal and let go.
- ✓ **Deep healing of an old-rooted trauma** – by drinking the medicine you wish to be guided by the feminine divine love and wisdom of Mother Aya (the plant medicine) in order to heal your body and your trauma.
- ✓ **You feel blocked in an area or more in your life and crave guidance and wisdom** – you might feel like your life is in a mess, or you might be in a great place in your life and wish for more. What you crave are deep answers and wisdom to guide you through what feels blocked or not in flow with ease in your life – it might be around love, work, or another area, where you wish for a big breakthrough.
- ✓ **Connect with ancestral wisdom and get answers** – you wish to ask deep questions and get wise answers and don't know who to ask. You are feeling a draw or curiosity to sit with the medicine and connect with ancestral wisdom.
- ✓ **Detox from day to day life and need a reboot** – you are ready to disconnect completely for a week from the world, deposit your phone, get off the grid, and be fully with yourself and your inner process, so you can truly hear the wisdom communicated specifically to you by the plant medicine and master plant guides.
- ✓ **Be supported every step of the way** – you wish to do this journey with support every step of the way – before, during, and after – feeling truly supported, held and guided.



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About the Retreat

Master Plant Dieta 7 Days

The **10-people exclusive Plant medicine and plant dieta retreat** is a transformative retreat where you will be guided through the plant medicine ayahuasca and assigned a plant dieta master guide to support you on a deep healing journey back to your truest version of yourself.

Come back home to your body and soul.

What's Included	What's Not Included
<ul style="list-style-type: none">• World class coaching and guidance by Chen Lizra.• 7x Nights stay in the Inca Shipiba healing centre.• 2-3 meals a day.• Transportation from the airport to the healing centre and back.• 3 Meetings with the maestra.• 1 Master Plant Dieta.• 3 Ayahuasca Ceremonies.• 1 Tobacco Purge.• 3 Plant baths on ceremony days.• 1 preparation group session with Chen Lizra.• 1 intention setting session 1:1 with Chen Lizra.• 2 pre retreat emotional preparation sessions 1:1 with Chen Lizra.• 3 integration sessions during the retreat with the centre facilitator with extra support from Chen Lizra.• 3 integration sessions after the retreat 1:1 with Chen Lizra.• Unforgettable experience living in the Peruvian Amazonian jungle with a Shipibo healing family.	<ul style="list-style-type: none">• Your flight, visa and medical insurance.• Personal spending.• FOR THOSE NEEDING MORE SUPPORT – an extra support package can be purchased.

PRICE: ~~\$3499~~ \$3199 USD

price goes up March 31st 2025



About the Maestra

Matilde Gomez - Korin Beka



She is the creator and leader of the Inca Shipiba Center coming from the Contamana community along the Ucayali river. She's 63 and has almost 50 years of experience with Ayahuasca and plant medicines which you can hear in the countless Icaros she sings during ceremonies. She's one of the most powerful female shamans in Peru at the moment, one of the very few who owns her own retreat center and attracts guests from all over the world. She's young enough to lead a ceremony with lots of energy, but also wise and grounded enough to hold a safe space. Her energy is very caring, giving her guests an experience guided by love and light.

During ceremonies she is supported by her daughter Sara and son Wilson. Their huge wisdom of medicinal plants will support you with many health issues. She also offers a medicinal massage or plant vapor saunas that greatly support the healing process.

Her name "Korin Beka" carries profound spiritual symbolism, reflecting a beautiful soul intertwined with the essence of the Inkas. It signifies a being infused with a fresh spirit, resonating deeply with the wisdom and heritage of the Inka civilization. This name suggests a connection to ancestral roots and a profound understanding of ancient traditions, embodying a harmony between past and present



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About the Host

Hello beautiful soul, I'll be your guide through this profound journey of coming back home to yourself during this time of deep inner inquiry.

We will journey together to Peru, where a wise shamanic family and I will hold space for you to go deep, receive ancestral wisdom, and heal.

Plant medicine is a deep journey you have to be ready for that requires both mental and physical preparation. I will be with you every step of the way to support you - before, during, and after the retreat.

I will guide you on how to prepare, I will be with you in Peru drinking the medicine with an intention to get guidance from Mother Aya so I can support you further, and I will help you integrate and process during and after the retreat.



In my latest Aya journey I released a deeply rooted rejection cycle that was with me since my mother got mentally sick and impacted every aspect of my life. It was one of the most profound, freeing, and life changing experiences I have ever felt. It wasn't an easy journey, yet I am so grateful for it. It feels like a new life for me after this journey.

I could transform my life so deeply during the retreat because I felt held with such love and care both by the maestra, her family, and the facilitator, as well as by Mother Aya and the plant master guide I was assigned. Yet, the journey really began upon my return and had ripple effects that will continue on for many years. I feel truly inspired to return to the centre as I am called to take others to experience the depth of it all.

What I want to ensure in the process of selecting those that I'll take with me, is making sure that the selected ones have a solid emotional foundation ready for such a beautiful and big undertaking and if not to help you develop it, ensure safety, offer a package that is soft and comfortable and not so jungle rough, and provide guides on how to integrate so these changes are long lasting.

Set your intention and let Mother Aya's wisdom guide you.

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The Centre & Tambo

Why work with this shamanic family in the Amazonas in Peru?

I have been attending Ayahuasca retreats since 2018, in Costa Rica, Portugal, and now in Peru. I did a total of 17 journeys so far. And I can say that without a doubt the most powerful ones for me have been in Peru in the jungle, in its natural habitat.

Combining the plant dieta with the plant medicine, together with the silence required to be in a deep inquiry and to listen within, providing for deep insights and downloads of wisdom, was a life changing experience. Facilitating has been an honour of a lifetime!

On top of this, what blew me away about this specific shamanic family is their dedication to each and every person's healing journey with personal consultations with the maestra, but also the powerful intentions they set into the Icaros they sing throughout the night to activate the medicine in your body and help you breakthrough. They really help each and every person. Their loving holding of the space and care feels safe and so dedicated.

Coming back from a retreat there always feels to me like I come back to a whole new life!

The Tambo is your sacred space of deep contemplation so you can listen deeper within to the lessons taught to you by the plant medicine and plant guides. Expect to be one with the jungle – no electricity and no walls, your Tambo's walls are nets to keep the animals and mosquitos out. You will be one with nature hearing it, smelling it, and breathing it.



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Love Notes

Dear Chen,

This trip, journey, week was one of the most magical things I've ever experienced.

How you take care of everyone, make us feel really safe, loved and held, how you're generous and kind and funny... I'm beyond, beyond grateful for that.

Thank you for believing in me, thank you for comforting me and staying with me during one of the hardest, lifechanging and biggest transformations I've ever experienced.

My body could finally FEEL what ~~the~~ safety, love is and how it is to have ~~an~~ an anchor, someone who doesn't run when things get tough. I will never forget that.

Thank you for your female power, your sabrosilla, the amazing bodycream and for believing

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in me.

It was MAGICAL ♡

And... I DID IT!!! yeeeee!!!

I'm really taking with me
the lesson that I can have
fear but instead of letting it
~~paralyze~~ paralyze me, I can
move with it to come ^{out} on the
other side.

I wish you a beautiful ceremony
with Mother Aya where you
may receive all the clarity
on how to attract more
abundance in your business,
because you deserve every
bit of it.

With lots of love and
confidence,

Shannen ♡

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"It was a beautiful, life-changing, and deeply transformative experience. I came to shift my sexual trauma, the cycle of unsafety and feeling unworthy.

I would've never thought that after the 3rd Aya Ceremony, I would feel so safe in my body, so loved, so held, and confident.

It was the most challenging, yet the most healing journey I've ever been through. And I'm beyond grateful for the amazing support Chen, Dawid, the Maestra, and the people from the center gave us.

Chen is really with you during EVERY step of the way. She is such a safe anchor, so loving and generous, and thanks to her, Dawid, the Maestra, and the people at the center, I could really FEEL that I'm loved and held, and that made me heal my deep abandonment wound, the unsafety in my body and feelings of unworthiness.

The package is very unique because Chen helps you set the right intentions before the trip, she's there for you during it, and she helps you integrate what you've learned afterward. It's a challenging, yet profound healing journey.

Thank you, Chen & everyone, and the centre. I will be back.

With lots of love, Shannen."

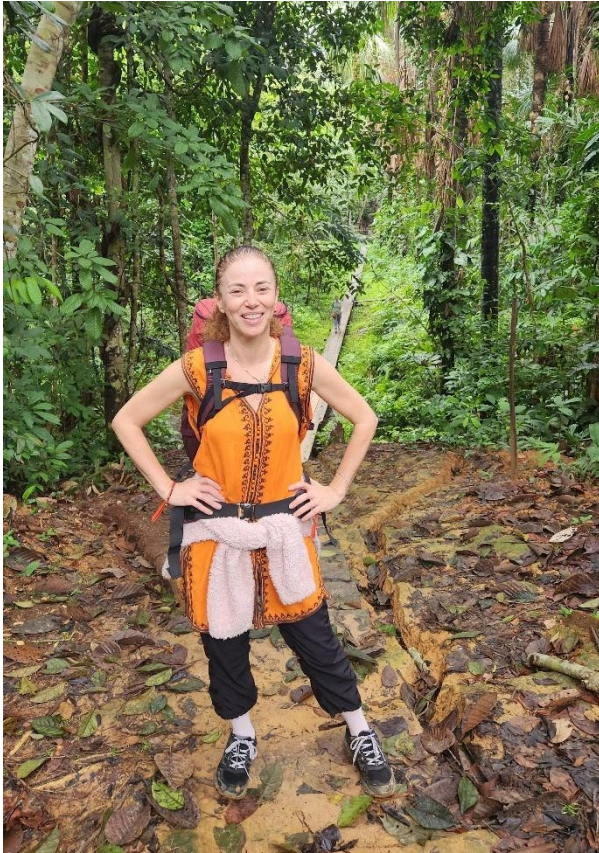
Shannen - coach

"This retreat was beyond incredible. The space holding, preparation, and integration was next level. Chen was so intentional and supportive in our journeys from the very beginning all the way through integration. I have done plant medicine in other spaces, but have never experienced such a safe and intentional space as I did in this retreat. It allows for a life-changing journey if you're truly ready and committed to your transformation. Just being in nature for a week unplugged with plenty of time for reflection while receiving delicious meals was healing on its own. I would highly recommend this retreat to anyone who is ready to invest in their growth and transformation."

Athena - doctor

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Thank You Note from Chen



Feel inner alignment and joy.

"My wish for you in this transformational retreat is to create the kind of space that will allow you to be lovingly and safely held, so you can open up, land deeper within than ever before into who your higher self, develop self-compassion, gain clarity, feel joy, and release parts of your trauma so ingrained and holding you back from getting to what you dream of in your life. That you come back to what feels like a new life. I will be there to hold you every step of the way."

— CHEN LIZRA —



TO REGISTER CONTACT

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