



An Exclusive *Ayahuwasca Healing* Retreat

Connect with *profound* ancestral wisdom.

www.powerofsomaticintelligence.com

Hello everyone & welcome to



The *Aya* Retreat in Peru:

We are extremely happy you are joining us for this incredible and inspiring journey. We'd like to match expectations before your arrival, so you'll feel comfortable and prepared. It all starts with preparing for a trip off the beaten path. Here is what you need to know:



First thing, what to bring for this special journey:

- It is always hot, sometimes rainy. Over 30C (86F) and very humid. It is recommended to bring light clothing. Long shirts and pants are the best, due to the mosquitos. Bright coloured clothes are better for ceremony.
- Flips flops or crocks, and hiking shoes are the best.
- A swimsuit for the flower bath. A light raincoat is needed for the rainforest.
- You **MUST** bring a head torch that offers a red light for ceremony nights.
- A notebook and pen – it's recommended to journal throughout the trip to capture the insights you gain, and to immerse yourself in your integration process.




Passport, visa and medical insurance

- You must verify your passport is valid for at least 6 months at the time of your trip.
- **Getting your visa – Please pay attention!** You are responsible for getting your own visa. Citizens from most countries do not need a visa to enter Peru, but there are some exceptions. Please check with your travel agency, your consulate or embassy, or do your own research on whether you need a visa and how to obtain it.
- We recommend having a photocopy of your passport in case your passport gets lost or stolen.
- **Medical insurance** – it is mandatory to arrive with medical insurance from your country of origin. **You will not be permitted to join the trip without a medical insurance.** You will want to check your out-of-country benefits and you may wish to purchase separate travel insurance for the trip.



Arrival and Departure




 Arrival in Iquitos airport (airport IQT) must be on Saturday by 15:50. We will wait for you with a bus at this time to take you to Nauta, about 2 hours drive away, and from there with Tuk Tuks into the jungle to the retreat centre.



- If you wish to arrive the day before, you can arrange a stay for yourself in Iquitos and meet us at this time and day at the tiny airport.
- If we'll have to make stops along the way and arrive after darkness you will need a head lamp. Be ready to hike up and down to the centre with your backpack. Do not bring a suitcase and come with hiking shoes.
- **Arrival day** – you will get settled in your tambo (cabin), have dinner, and get rest after a long trip to Peru.
- On the final day you can leave at any time as long as the flight is from 13:00 on. Remember you need about 2 hours to get back to Iquitos after the Tuk Tuk ride. So for a 13:00 flight you will need to leave the centre around 8 am.



Food

-  **Breakfasts** – are included in your package and are offered at 8 am.
-  **Lunches** – are included in your package and are offered at 12 pm.
-  **Dinners** – are included in your package on days you do not drink the medicine and are offered at 6 pm.

- Pre and post dieta are very important and information has been provided to you on how to maintain your dieta to maximize the results of the plant medicine journeys.
- During your stay at the retreat centre, you will eat very basic food, yet healthy and nourishing. During the mornings cooked oatmeal and a boiled egg, with no sugar or any spicing. During lunch an example is in the food below with no salt, oil or spices. During dinner, for example, a rich soup with no salt, oil or any kind of spicing.
- You will be “breaking the dieta” on the Friday the day before your flight at 7 am. Once you break your dieta you will be allowed fruits, salt, and honey. Yet you will have to keep a strict dieta for another week and gradually come back to normal eating within about a month.



The tambo (cabin)

- There are 14 rooms in the centre with a private bathroom. A couple that joins can stay in a bigger tambo with a big bed, or separate into two tambos.
- It is important to remember that no sexual activity is allowed, not even self pleasuring, or thoughts about sex - 1 week before, during your dieta, and post.
- There is no electricity or running water in your tambo. You will get candles and can bring a lighter.
- There are two shared showers and there is only cold water in the shower.
- The tambo's walls are nets, and there is also a net over your bed to prevent mosquitos and other animals from coming in.
- You MUST bring natural shampoo, conditioner, toothpaste, and mosquito repellent. No chemical products are allowed in the centre/ jungle.
- You will be given toilet paper and a towel for your shower.
- There is clean drinking water in the centre. It is recommended to bring a bottle to carry with you around.



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



Changing money

- Don't forget to bring Euros or USD.
- The best exchange rate is in Iquitos town and not at the airport, although we will not have time to stop at an exchange office in town.
- Everything you need at the retreat centre is paid for. And you can pay for any extras with USD or Euros in cash, if you don't exchange money ahead of time.



Spending money

- Spending money is a very personal thing that changes from traveler to traveler. You might want to buy handmade clothing, jewellery, artifacts and more, at the retreat centre from the Shipibo family. Or you might want to add a massage with the maestra, or a potion for abundance, love etc. Be sure to have enough cash with you since it is the only form of payment they accept at the retreat centre.

Electricity

- Electricity at the retreat centre is typically both like in EUROPE and the US. Best is to bring a universal thingy (converter lol).

Mobile phone and communication

- You will be provided closer to the date with a phone number in case of arrival problems and delays with your flight.
- This means that if there is an arrival problem please be sure to **Whatsapp the facilitator number. You can also leave this number for your family in case of an emergency.**



- One of the unique features of this program is being 100% in the moment with your experience. You will have the rare opportunity of living and experiencing life with no running electricity and water in your room, and with no internet for 7 days. The facilitator will collect your phone upon arrival. You will get your phone back once you break the dieta. We recommend not rushing back online. It can be overwhelming during integration time.
- Be sure to let your family know that you will be off the grid for 7 days.
- **Plans** – we recommend checking with your provider in your home country to see if there are any plans for Peru for data, text messages and phone calls in case you need to communicate something during your trip before arrival.
- Expect to mainly be in silence with yourself and not deeply share unless you are in an integration session. Practice noble silence to deepen your process. Limit any info - music, reading etc. so you can hear the plant medicine's wisdom and guidance throughout your trip.

Structure of the trip and changes

- Here is **the itinerary of the program**. We will do our best to stick to this itinerary as close as possible. Yet, sometimes things can happen and it might require a bit of flexibility.

Integration work

- Integration doesn't start when you come back, integration starts after your first ceremony night.
- You will be assigned a master plant dieta by the maestra on the first day of ceremony, based on what you need. This plant dieta guide will be with you throughout the week and you will drink it daily besides the plant medicine.
- After the first ceremony, and during your integration days, it is recommended to write in your journal your insights and start to work on the things you will need to change in your life once you are back in your daily life.
- After each ceremony night, there is a full integration day - during this day you will have a guided integration session to help you bring the wisdom you received into your life for greater change.
- It's important to know that once you leave the retreat centre you must slow down your pace and reduce noise in your life to keep hearing the guidance of the plant medicine, which will remain strong for a few weeks. If you come back full force and at a fast pace, you can break this bond and lose your new found inner alignment.
- It is recommended to take a week after you come back to slow down back into your life. And you will have 3 integration sessions over a month to support your integration process.



Physical and emotional effort

- Working with the plant medicine and plant dieta requires physical and emotional effort. You will find your body depleted after a night of ceremony. The next day - integration day - will be all about building up the strength, through food, rest, and integration work. It's normal for emotional things to surface. In case they do, just allow for your body to adjust and breathe into it. What will get released will open up new space for the things you wish for in your life, allowing you to go deeper within.



During your period

- Women who are doing a dieta during their moon cycle can still drink the medicine at this retreat centre yet they drink less based on the guidance of the maestra.

Respecting the space

- Since this is a profound journey, it's important to remember and respect everyone's need for peace and quiet time. You will spend most of your days in silence hearing the wisdom of the plant medicine. During integration sessions you'll be able to share what you are experiencing and receive guidance. If there are any blocks coming up or anything important, you will be able to communicate it with the maestra during the morning sessions with her, and get her personal guidance.



That's it, I'll be waiting for you with arms wide open in Peru and can't wait to introduce you to the maestra, her family, and the facilitator.

If you have any questions or concerns, please let us know.

If you haven't yet, please join our closed group for the trip in the [Somatic Inner Circle community](#).

With lots of love,

Chen Lizra & Team