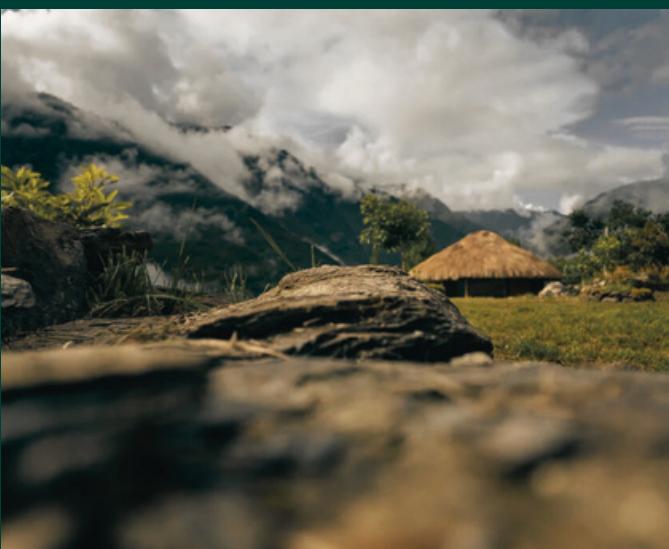


ITINERARY 3-DAY RETREAT (2 AYAHUASCA CEREMONIES) AYAHUASCA RETREATS



Onaya Wellness
PERÚ

Journey Beyond
Destinations





DAY 1

ARRIVAL AND FIRST CEREMONY

ITINERARY

3-DAY RETREAT (2 AYAHUASCA CEREMONIES)

AYAHUASCA RETREATS

6:30 AM

DEPARTURE TO ONAYA WELLNESS & HEALING CENTER

YOUR TRANSFORMATIVE JOURNEY BEGINS WITH A MORNING DEPARTURE FROM CUSCO. WE WILL LEAVE AT 6:30 AM FROM YOUR HOTEL. FOR THOSE OPTING TO STAY IN THE CHARMING INCA TOWN OF OLLANTAYTAMBO, PICK-UP WILL BE AT 8:00 AM. SITUATED AT A LOWER ALTITUDE, OLLANTAYTAMBO OFFERS A MORE RELAXED ATMOSPHERE AND A CHANCE TO EXPLORE ANCIENT RUINS BEFORE OUR DEPARTURE. WHILE WE ARE HAPPY TO ASSIST IN ARRANGING A TAXI TO OLLANTAYTAMBO, PLEASE NOTE THAT THE COST IS NOT INCLUDED FOR THIS OPTION.

2:00 PM

ARRIVAL AND WELCOME TO ONAYA WELLNESS & HEALING CENTER

UPON ARRIVING AT THE RETREAT CENTER, YOU WILL BE WARMLY GREETED BY OUR HOST FAMILY. YOU'LL RECEIVE A GUIDED INTRODUCTION TO ONAYA'S SERENE ENVIRONMENT, HOLISTIC HEALING PHILOSOPHY, AND THE SPIRITUAL PRACTICES THAT WILL GUIDE YOUR STAY. THIS TIME WILL ALLOW YOU TO FAMILIARIZE YOURSELF WITH THE CENTER'S SURROUNDINGS AND SETTLE INTO THE TRANQUIL ATMOSPHERE.

2:30 PM

LIGHT LUNCH AND REST PERIOD

ENJOY A LIGHT, NOURISHING LUNCH PREPARED WITH FRESH, LOCAL INGREDIENTS. AFTERWARD, YOU ARE ENCOURAGED TO RELAX, PERHAPS TAKE A SHORT NAP, AND LET YOUR BODY AND MIND ACCLIMATE TO THE PEACEFUL ENERGY OF THE RAINFOREST.

5:00 PM

PERSONAL CONSULTATION WITH PSYCHOLOGIST AND SHAMAN

IN THE AFTERNOON, YOU WILL MEET WITH BOTH OUR PSYCHOLOGIST AND SHAMAN FOR A PRIVATE SESSION. THIS IMPORTANT CONSULTATION IS DESIGNED TO EXPLORE YOUR INTENTIONS, ADDRESS ANY EMOTIONAL OR MENTAL BLOCKS, AND PREPARE YOU FOR THE HEALING JOURNEY AHEAD. IT IS A SAFE SPACE FOR REFLECTION AND SETTING A STRONG FOUNDATION FOR YOUR EXPERIENCE WITH AYAHUASCA.

6:00 PM**FLOWERING AND CLEANSING RITUAL**

AS DUSK APPROACHES, YOU WILL PARTRAKE IN A SACRED FLOWERING AND CLEANSING RITUAL, LED BY OUR SHAMAN. THIS TRADITIONAL CEREMONY IS A VITAL PART OF THE PREPARATION PROCESS, CLEARING YOUR ENERGY FIELD AND ALIGNING YOUR INTENTIONS FOR THE NIGHT'S AYAHUASCA CEREMONY. IT IS A TIME OF PURIFICATION AND SPIRITUAL RENEWAL, ALLOWING YOU TO ENTER THE EVENING WITH CLARITY AND PEACE.

7:00 PM**YOGA AND MEDITATION**

BEFORE THE CEREMONY BEGINS, TAKE PART IN A RESTORATIVE YOGA AND MEDITATION SESSION. THESE PRACTICES ARE CAREFULLY DESIGNED TO CENTER YOUR MIND AND BODY, PROMOTING INNER STILLNESS AND MENTAL CLARITY. THIS MOMENT OF CALM WILL HELP DEEPEN YOUR CONNECTION TO YOURSELF AND PREPARE YOU FOR THE PROFOUND SPIRITUAL WORK AHEAD.

9:00 PM**FIRST AYAHUASCA CEREMONY**

IN THE SACRED CEREMONIAL SPACE, UNDER THE CAREFUL GUIDANCE OF OUR EXPERIENCED SHAMAN, YOU WILL ENGAGE IN YOUR FIRST AYAHUASCA CEREMONY. THIS POWERFUL PLANT MEDICINE OPENS A GATEWAY TO INNER EXPLORATION, OFFERING PROFOUND INSIGHTS, HEALING, AND TRANSFORMATION. THE CEREMONY WILL BE CONDUCTED WITH THE UTMOST CARE AND RESPECT, ENSURING YOUR PHYSICAL AND EMOTIONAL WELL-BEING IS FULLY SUPPORTED THROUGHOUT THE NIGHT. OUR TEAM WILL BE AVAILABLE TO PROVIDE ANY ASSISTANCE YOU MAY NEED DURING THIS DEEPLY PERSONAL JOURNEY.

DAY 2

COMMUNITY IMMERSION AND SECOND CEREMONY

9:00 AM

BREAKFAST

A NOURISHING BREAKFAST TO REPLENISH YOUR ENERGY AFTER THE FIRST CEREMONY.

10:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

REFLECT ON THE FIRST NIGHT'S CEREMONY WITH GUIDANCE FROM THE SHAMAN AND PSYCHOLOGIST. THIS SESSION SUPPORTS YOU IN UNDERSTANDING AND INTEGRATING THE INSIGHTS FROM THE EXPERIENCE.

11:30 AM

COMMUNITY IMMERSION: COFFEE FARM TOUR AND WORKSHOP

EMBARK ON AN IMMERSIVE EXCURSION TO A LOCAL COFFEE FARM, WHERE YOU'LL LEARN ABOUT ORGANIC COFFEE CULTIVATION AND TAKE PART IN A HANDS-ON ROASTING WORKSHOP. EXPERIENCE THE WARMTH OF THE COMMUNITY AND CONNECT WITH TRADITIONAL WAYS OF LIFE.

6:00 PM

YOGA AND MEDITATION

RETURN TO THE CENTER FOR A SOOTHING YOGA AND MEDITATION SESSION, PREPARING YOUR BODY AND MIND FOR THE SECOND AYAHUASCA CEREMONY.

8:00 PM

SECOND AYAHUASCA CEREMONY

THIS SECOND CEREMONY DEEPENS THE HEALING PROCESS, ALLOWING FOR GREATER CLARITY, SELF-DISCOVERY, AND EMOTIONAL RELEASE.

DAY 3

INTEGRATION AND RELAXATION

8:00 AM

BREAKFAST

START THE DAY WITH A LIGHT, REVITALIZING BREAKFAST.

9:00 AM

GROUP INTEGRATION MEETING

GATHER FOR A FINAL INTEGRATION SESSION WITH THE SHAMAN AND PSYCHOLOGIST. THIS MEETING PROVIDES ESSENTIAL SUPPORT AS YOU PROCESS THE RETREAT'S EXPERIENCES AND PREPARE TO BRING THE LESSONS BACK INTO YOUR DAILY LIFE.

10:00 AM

EXCURSION TO NATURAL HOT SPRINGS

ENJOY A RELAXING VISIT TO THE REGION'S NATURAL HOT SPRINGS, WHERE THE HEALING WATERS WILL SOOTHE YOUR BODY AFTER THE INTENSE SPIRITUAL WORK OF THE PAST DAYS.

2:00 PM

DEPARTURE FOR CUSCO

WE WILL BEGIN THE JOURNEY BACK TO CUSCO, REFLECTING ON THE RETREAT'S EXPERIENCES AND THE PATH FORWARD.

8:00 PM

APPROX ARRIVAL IN CUSCO

YOU WILL BE DROPPED OFF IN CUSCO, WITH A SENSE OF RENEWAL AND TRANSFORMATION TO CARRY WITH YOU.