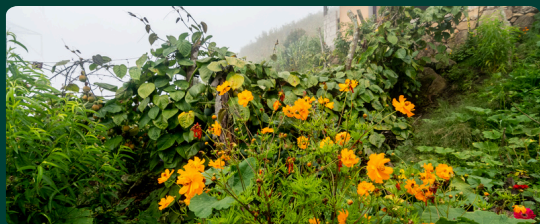


ITINERARY 7 DAYS FOCUSED RETREAT (4 AVAHUASCA CEREMONIES) (AVAHUASCA RETREATS)



Onaya Wellness **PERÚ**

Journey Beyond
Destinations



DAY 1

ARRIVAL TO ONAYA RETREAT

ITINERARY

7 DAYS FOCUSED RETREAT (4
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 PARTAKE 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

INTEGRATION AND SECOND AYAHUASCA CEREMONY

8:30 AM

BREAKFAST

BEGIN THE DAY WITH A NOURISHING BREAKFAST, DESIGNED TO GENTLY AWAKEN THE BODY AND MIND.

9:30 AM

CONSULTATION WITH SHAMAN AND PSYCHOLOGIST

JOIN OUR SHAMAN AND PSYCHOLOGIST FOR A REFLECTIVE SESSION, WHERE WE WILL SHARE AND INTERPRET INSIGHTS FROM THE FIRST AYAHUASCA CEREMONY. THIS IS A VALUABLE OPPORTUNITY FOR INTEGRATION AND DEEPER UNDERSTANDING OF YOUR EXPERIENCE.

11:00 AM

YOGA AND MEDITATION

ENGAGE IN A CALMING YOGA AND MEDITATION SESSION. THESE PRACTICES HELP CENTER YOUR ENERGY, RELAX THE BODY, AND PREPARE YOU FOR THE DAY AHEAD.

2:00 PM

LIGHT LUNCH

A LIGHT, NUTRITIOUS LUNCH WILL BE SERVED, PROVIDING SUSTENANCE WHILE KEEPING YOUR BODY BALANCED FOR THE UPCOMING CEREMONY.

7:00 PM

SECOND AYAHUASCA CEREMONY

AS NIGHT FALLS, WE GATHER FOR THE SECOND AYAHUASCA CEREMONY. UNDER THE CAREFUL GUIDANCE OF OUR EXPERIENCED SHAMAN, THIS CEREMONY WILL OFFER DEEPER EXPLORATION AND HEALING. YOU WILL BE FULLY SUPPORTED THROUGHOUT THE PROCESS IN A SAFE AND SACRED ENVIRONMENT.



DAY 3

EXCURSION TO NATURAL HOT SPRINGS AND COFFEE WORKSHOP

8:00 AM

BREAKFAST

FUEL YOUR BODY WITH A WHOLESOME BREAKFAST BEFORE THE DAY'S ACTIVITIES.

9:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

BEGIN THE DAY WITH A GROUP MEETING TO DISCUSS INSIGHTS FROM THE PREVIOUS NIGHT'S CEREMONY, OFFERING SPACE FOR REFLECTION, SHARING, AND SUPPORT.

10:30 AM

COFFEE WORKSHOP AND TOUR

WE WILL DEPART TO VISIT A LOCAL FAMILY FROM THE COMMUNITY, WHERE YOU WILL TAKE PART IN A HANDS-ON COFFEE WORKSHOP. LEARN ABOUT TRADITIONAL METHODS OF COFFEE CULTIVATION, HARVESTING, AND ROASTING IN THIS IMMERSIVE EXPERIENCE.

1:30 PM

LUNCH

ENJOY A HEARTY LUNCH WITH THE LOCAL FAMILY, CONNECTING WITH THEIR CULTURE AND TRADITIONS.

3:00 PM

EXCURSION TO NATURAL HOT SPRINGS

IN THE AFTERNOON, RELAX IN THE SOOTHING WATERS OF THE REGION'S NATURAL HOT SPRINGS. THIS EXPERIENCE IS DESIGNED TO REJUVENATE YOUR BODY AND MIND, ALLOWING YOU TO ABSORB THE BENEFITS OF THE RETREAT THUS FAR.

5:00 PM

RETURN TO ONAYA WELLNESS & HEALING CENTER

AFTER YOUR EXCURSION, RETURN TO THE RETREAT CENTER FOR REST AND REFLECTION.

7:00 PM

DINNER AND BONFIRE SHARING CIRCLE

GATHER AROUND A WARM BONFIRE FOR A SHARED DINNER AND EVENING DISCUSSION. THIS IS A TIME TO CONNECT, SHARE STORIES, AND FOSTER A SENSE OF COMMUNITY IN A RELAXED SETTING.



DAY 4

PREPARATION FOR THE THIRD AYAHUASCA CEREMONY

8:30 AM

BREAKFAST

START THE DAY WITH A NUTRITIOUS BREAKFAST.

10:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

REFLECT ON YOUR JOURNEY SO FAR DURING THIS GROUP MEETING, WITH TIME TO SET INTENTIONS FOR THE NEXT CEREMONY.

1:00 PM

LIGHT LUNCH

ENJOY A LIGHT LUNCH IN PREPARATION FOR THE EVENING CEREMONY.

3:00 PM

FLOWERING BATH

IN THE AFTERNOON, OUR SHAMAN WILL LEAD YOU THROUGH A TRADITIONAL FLOWERING BATH. THIS RITUAL IS DESIGNED TO CLEANSE YOUR ENERGY AND PROMOTE HEALING. AFTERWARD, YOU'LL HAVE TIME TO REST AND INTEGRATE THE EXPERIENCE.

6:00 PM

YOGA AND MEDITATION

EASE INTO THE EVENING WITH YOGA AND MEDITATION, CALMING THE MIND AND PREPARING THE BODY FOR THE NIGHT'S JOURNEY.

8:00 PM

THIRD AYAHUASCA CEREMONY

AS DARKNESS SETTLES, WE BEGIN THE THIRD AYAHUASCA CEREMONY. THIS SESSION INVITES DEEPER LAYERS OF HEALING AND SELF-DISCOVERY, GUIDED BY OUR TRUSTED SHAMAN.



DAY 4

PREPARATION FOR THE THIRD AYAHUASCA CEREMONY

8:30 AM

BREAKFAST

START THE DAY WITH A NUTRITIOUS BREAKFAST.

10:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

REFLECT ON YOUR JOURNEY SO FAR DURING THIS GROUP MEETING, WITH TIME TO SET INTENTIONS FOR THE NEXT CEREMONY.

1:00 PM

LIGHT LUNCH

ENJOY A LIGHT LUNCH IN PREPARATION FOR THE EVENING CEREMONY.

3:00 PM

FLOWERING BATH

IN THE AFTERNOON, OUR SHAMAN WILL LEAD YOU THROUGH A TRADITIONAL FLOWERING BATH. THIS RITUAL IS DESIGNED TO CLEANSE YOUR ENERGY AND PROMOTE HEALING. AFTERWARD, YOU'LL HAVE TIME TO REST AND INTEGRATE THE EXPERIENCE.

6:00 PM

YOGA AND MEDITATION

EASE INTO THE EVENING WITH YOGA AND MEDITATION, CALMING THE MIND AND PREPARING THE BODY FOR THE NIGHT'S JOURNEY.

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THIRD AYAHUASCA CEREMONY

AS DARKNESS SETTLES, WE BEGIN THE THIRD AYAHUASCA CEREMONY. THIS SESSION INVITES DEEPER LAYERS OF HEALING AND SELF-DISCOVERY, GUIDED BY OUR TRUSTED SHAMAN.



DAY 5

FINAL AYAHUASCA CEREMONY

8:30 AM

BREAKFAST

A HEALTHY BREAKFAST TO START YOUR DAY.

10:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

GATHER WITH THE GROUP FOR ONE LAST REFLECTIVE MEETING, DISCUSSING YOUR EVOLVING EXPERIENCES AND SETTING INTENTIONS FOR THE FINAL CEREMONY.

11:00 AM

YOGA SESSION

A YOGA SESSION WILL HELP ALIGN YOUR BODY AND MIND, PROVIDING CLARITY AND PEACE AS YOU APPROACH THE FINAL CEREMONY.

1:00 PM

LIGHT LUNCH

ANOTHER LIGHT LUNCH TO NOURISH AND PREPARE YOU FOR THE EVENING.

3:00 PM

HEALING MASSAGE

RECEIVE A HEALING MASSAGE, FACILITATED BY OUR SHAMAN, DESIGNED TO RELEASE TENSION AND PROMOTE BALANCE IN BOTH BODY AND SPIRIT.

4:00 PM

MEDITATION

A GUIDED MEDITATION SESSION WILL FOLLOW, OFFERING A MOMENT OF PEACE AND DEEP INTROSPECTION BEFORE THE CEREMONY.

5:00 PM

FINAL AYAHUASCA CEREMONY

AS THE DAY DRAWS TO A CLOSE, WE GATHER FOR THE FINAL AYAHUASCA CEREMONY. THIS POWERFUL LAST SESSION OFFERS A CHANCE FOR CLOSURE, TRANSFORMATION, AND HEALING AS YOU BRING YOUR RETREAT JOURNEY TO COMPLETION.



DAY 6

RETURN TO CUSCO

8:30 AM

BREAKFAST

YOUR FINAL BREAKFAST AT ONAYA WELLNESS & HEALING CENTER.

9:30 AM

MEETING WITH SHAMAN AND PSYCHOLOGIST

IN YOUR LAST MEETING, REFLECT ON THE ENTIRE JOURNEY, WITH GUIDANCE ON HOW TO CONTINUE INTEGRATING YOUR EXPERIENCES INTO EVERYDAY LIFE.

10:30 AM

SOUVENIR SHOPPING

TAKE TIME TO BROWSE HANDCRAFTED SOUVENIRS FROM THE SHIPIBO COMMUNITY, OFFERED BY OUR SHAMAN. THESE SACRED ITEMS ARE A MEANINGFUL WAY TO REMEMBER YOUR JOURNEY.

11:30 AM

DEPARTURE TO CUSCO

WE WILL DEPART FROM THE RETREAT CENTER, WITH AN ESTIMATED ARRIVAL IN CUSCO AT 7:00 PM. ACCOMMODATIONS WILL BE ARRANGED AT CASA ANDINA 3 STAR HOTEL OR A SIMILAR HOTEL.



DAY 7

DEPARTURE FROM CUSCO

TRANSFER TO THE AIRPORT

ON YOUR FINAL DAY, WE WILL ARRANGE YOUR TRANSFER TO THE AIRPORT FOR YOUR DEPARTING FLIGHT. THIS MARKS THE END OF YOUR TRANSFORMATIONAL JOURNEY, THOUGH THE INSIGHTS AND GROWTH WILL CONTINUE LONG AFTER YOU LEAVE PERU.