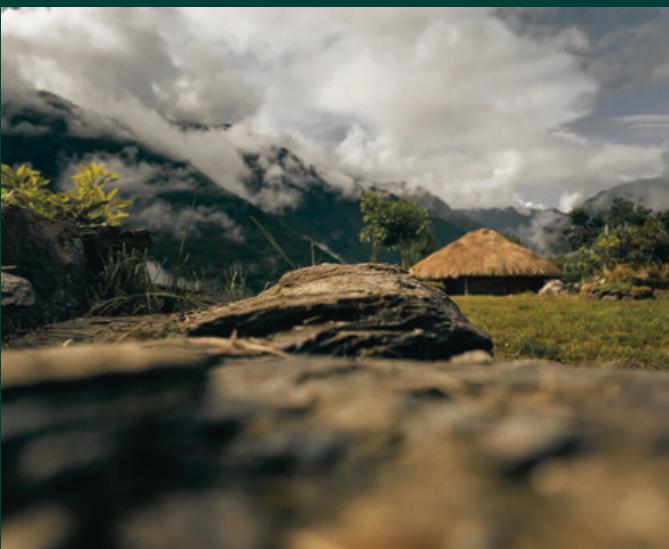


ITINERARY 5 DAY RETREAT (3 AYAHUASCA CEREMONIES) (AYAHUASCA RETREATS)



Onaya Wellness
PERÚ

Journey Beyond
Destinations



ITINERARY

DAY 1

ARRIVAL TO ONAYA RETREAT

5 DAY RETREAT (3 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

HEALING AND REFLECTION



9:00 AM

BREAKFAST

ENJOY A NOURISHING BREAKFAST TO START YOUR DAY.

10:00 AM

GROUP MEETING WITH SHAMAN AND PSYCHOLOGIST

ENGAGE IN A REFLECTIVE GROUP SESSION WITH OUR SHAMAN AND PSYCHOLOGIST, PROVIDING AN OPPORTUNITY TO DISCUSS INSIGHTS FROM YOUR JOURNEY.

12:00 PM

LIGHT LUNCH

SAVOR A LIGHT, HEALTHY LUNCH PREPARED WITH LOCAL INGREDIENTS.

2:00 PM

FLOWERING BATH AND SHAMANIC MASSAGE

EXPERIENCE A REJUVENATING FLOWERING BATH, COMPLEMENTED BY A HEALING SHAMANIC MASSAGE PERFORMED BY OUR SKILLED SHAMANS. THIS SESSION IS DESIGNED TO PROMOTE RELAXATION AND RELEASE ANY ENERGETIC BLOCKAGES.

6:00 PM

YOGA SESSION

PARTICIPATE IN A CALMING YOGA SESSION TO ALIGN YOUR BODY AND MIND.

7:00 PM

MEDITATION

ENGAGE IN A GUIDED MEDITATION TO DEEPEN YOUR INNER PEACE AND AWARENESS.

8:00 PM

SECOND AYAHUASCA CEREMONY

PREPARE FOR YOUR SECOND AYAHUASCA CEREMONY, ALLOWING FOR FURTHER EXPLORATION AND HEALING.

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

INTEGRATION AND FINAL CEREMONY



9:00 AM

BREAKFAST

START THE DAY WITH A NOURISHING BREAKFAST.

10:00 AM

INTEGRATION MEETING WITH PSYCHOLOGIST

PARTICIPATE IN AN INTEGRATION MEETING TO PROCESS YOUR EXPERIENCES AND INSIGHTS FROM THE RETREAT.

FREE TIME

ENJOY PERSONAL TIME TO WALK, READ, OR MEDITATE ON YOUR OWN, ALLOWING FOR INDIVIDUAL REFLECTION.

12:00 PM

LIGHT LUNCH

A LIGHT LUNCH TO RECHARGE BEFORE THE AFTERNOON ACTIVITIES.

3:00 PM

YOGA SESSION

JOIN A RESTORATIVE YOGA SESSION TO PREPARE FOR THE EVENING'S CEREMONY.

4:30 PM

MEDITATION

ENGAGE IN A GUIDED MEDITATION TO CENTER YOURSELF.

6:00 PM

THIRD AYAHUASCA CEREMONY

EXPERIENCE THE FINAL AYAHUASCA CEREMONY, CULMINATING IN THE HEALING AND TRANSFORMATIVE WORK OF YOUR JOURNEY.

DAY 5

GRATITUDE AND DEPARTURE



8:00 AM

GRATITUDE OFFERING TO MOTHER EARTH

BEGIN THE DAY WITH A GRATITUDE RITUAL LED BY THE SHAMAN, OFFERING THANKS TO PACHAMAMA (MOTHER EARTH) FOR THE INSIGHTS AND HEALING GAINED DURING THE RETREAT.

9:00 AM

BREAKFAST

ENJOY A FAREWELL BREAKFAST WITH YOUR GROUP.

10:00 AM

SOUVENIRS & GROUP PHOTO

YOU WILL HAVE THE OPPORTUNITY TO PURCHASE UNIQUE SHIPIBO CRAFTS AND TAKE A FINAL GROUP PHOTO TO COMMEMORATE YOUR JOURNEY.

11:00 AM

DEPARTURE TO CUSCO

WE BEGIN THE RETURN TRIP TO CUSCO.

6:00 PM

APPROXIMATE ARRIVAL IN CUSCO

ARRIVE BACK IN CUSCO, CONCLUDING YOUR TRANSFORMATIVE RETREAT EXPERIENCE.