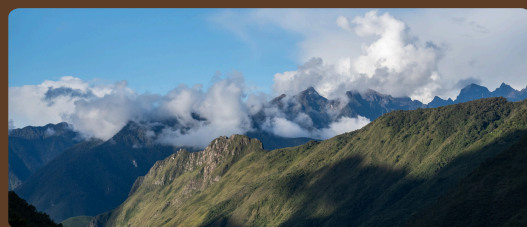


ITINERARY 5 DAYS 4 NIGHTS CLASSIC MACHUPICCHU (2 AYAHUASCA CEREMONIES
(TREKKING & HEALING RETREAT WITH AYAHUASCA)



Onaya Wellness **PERÚ**

Journey Beyond
Destinations



DAY 1

ITINERARY

5 DAYS 4 NIGHTS CLASSIC MACHUPICCHU (2
AYAHUASCA CEREMONIES)

TREKKING & HEALING RETREAT WITH
AYAHUASCAS

JOURNEY TO THE RETREAT CENTER NEAR MACHU PICCHU & FIRST
AYAHUASCA CEREMONY

6:30 AM

PICK-UP FROM YOUR HOTEL IN CUSCO

BEGIN THE SCENIC DRIVE THROUGH THE SACRED VALLEY TOWARDS THE ONAYA RETREAT CENTER. IF YOU PREFER A SHORTER TRIP, STAY OVERNIGHT IN OLLANTAYTAMBO, A CHARMING TOWN IN THE SACRED VALLEY (PICK-UP AT 8:30 AM).

2:00 PM

ARRIVAL & WELCOME AT THE RETREAT CENTER.

ENJOY A WARM WELCOME AND AN INTRODUCTION TO THE CENTER'S SURROUNDINGS.

2:30 PM

LIGHT LUNCH

LIGHT LUNCH TO HELP YOU SETTLE IN AND PREPARE YOUR BODY FOR THE UPCOMING CEREMONIES.

5:00 PM

TABACO CLEANSING CEREMONY LED BY THE SHAMAN

THIS TRADITIONAL RITUAL USES PURE TOBACCO TO PURIFY YOUR ENERGY, CALM YOUR MIND, AND PREPARE YOU SPIRITUALLY FOR AYAHUASCA.

6:00 PM

INTEGRATION MEETING WITH THE PSYCHOLOGIST

THIS IS A CRUCIAL TIME TO SET INTENTIONS AND ALIGN WITH YOUR PERSONAL JOURNEY.

7:00 PM

MEDITATION SESSION TO RELAX YOUR MIND AND PREPARE FOR THE EVENING CEREMONY.

8:00 PM

FIRST AYAHUASCA CEREMONY

THE SHAMAN AND SUPPORT TEAM LEAD THE CEREMONY, PROVIDING GUIDANCE AND ENSURING YOUR SAFETY AND COMFORT THROUGHOUT THE EXPERIENCE.



DAY 2

INTEGRATION & CULTURAL EXPLORATION

8:30 AM

NUTRITIOUS BREAKFAST

A FRESH, BALANCED MEAL TO HELP GROUND YOURSELF AFTER THE CEREMONY.

10:00 AM

GROUP INTEGRATION MEETING WITH THE SHAMAN AND PSYCHOLOGIST

SHARE INSIGHTS FROM THE FIRST CEREMONY AND RECEIVE SUPPORT AND GUIDANCE.

11:30 AM

COFFEE ROASTING & FARM VISIT

A LOCAL FARMER WILL GUIDE YOU THROUGH THE TRADITIONAL COFFEE-GROWING AND ROASTING PROCESS. EXPERIENCE THE RICH AROMA OF ROASTING BEANS AND TASTE FRESHLY BREWED ORGANIC COFFEE.

2:00 PM

LIGHT LUNCH

TAKE TIME TO REST AND REJUVENATE

6:00 PM

MEDITATION SESSION TO REFLECT AND RELAX IN PREPARATION FOR THE EVENING'S CEREMONY.

7:00 PM

SECOND AYAHUASCA CEREMONY

THE SHAMAN WILL GUIDE YOU THROUGH THIS TRANSFORMATIVE EXPERIENCE, USING SACRED SONGS AND TECHNIQUES TO DEEPEN YOUR CONNECTION WITH THE MEDICINE.



DAY 3

CULTURAL IMMERSION & NATURAL HOT SPRINGS EXCURSION

8:00 AM

BREAKFAST

REPLENISH AND START THE DAY WITH A WHOLESOME MEAL.

9:00 AM

INTEGRATION MEETING WITH THE PSYCHOLOGIST AND SHAMAN

THIS SESSION FOCUSES ON UNDERSTANDING AND INTEGRATING YOUR EXPERIENCES.

11:00 AM

SHIPIBO MARKET VISIT

EXPLORE THE MARKET SHOWCASING THE INTRICATE HANDCRAFTS AND TEXTILES OF THE SHIPIBO CULTURE.

12:00 PM

FLOWERING & CLEANSING RITUAL AND OFFERING TO PACHAMAMA (MOTHER EARTH)

THE SHAMAN PERFORMS ANOTHER CLEANSING CEREMONY TO HONOR AND THANK THE SPIRITS OF THE LAND.

1:00 PM

LUNCH AT THE RETREAT CENTER

2:30 PM

EXCURSION TO NATURAL HOT SPRINGS

ENJOY A RELAXING SOAK IN THE MINERAL-RICH WATERS KNOWN FOR THEIR HEALING PROPERTIES. TAKE IN THE STUNNING NATURAL SURROUNDINGS AS YOU UNWIND.

7:00 PM

DINNER

SAVOR A HOMEMADE MEAL OF FRESHLY BAKED PIZZA PREPARED WITH LOCALLY SOURCED INGREDIENTS.



DAY 4

FAREWELL TO THE RETREAT CENTER & JOURNEY TO AGUAS CALIENTES

8:00 AM

BREAKFAST

10:00 AM

DEPARTURE FROM THE RETREAT CENTER

TRAVEL TO THE DROP-OFF POINT FOR THE WALK TO AGUAS CALIENTES.

12:30 PM

MEET YOUR TOUR GUIDE FOR THE SCENIC WALK ALONG THE TRAIN TRACKS TO AGUAS CALIENTES

THE WALK TAKES APPROXIMATELY 2.5 HOURS ON A FLAT PATH WITH BEAUTIFUL LANDSCAPES.

4:00 PM

ARRIVAL AT YOUR HOTEL IN AGUAS CALIENTES

CHECK-IN AND UNWIND.

6:00 PM

DINNER & BRIEFING WITH YOUR TOUR GUIDE FOR THE NEXT DAY'S VISIT TO MACHU PICCHU

DINNER IS NOT INCLUDED IN THE PACKAGE TODAY, SO FEEL FREE TO EXPLORE LOCAL DINING OPTIONS.



DAY 5

VISIT TO MACHU PICCHU & DEPARTURE

6:40 AM

MEET YOUR TOUR GUIDE AT THE HOTEL LOBBY

TRANSFER TO THE BUS STATION FOR THE JOURNEY UP TO MACHU PICCHU.

8:00 AM

GUIDED TOUR OF MACHU PICCHU

EXPLORE THE ANCIENT INCAN CITADEL WITH YOUR KNOWLEDGEABLE GUIDE, WHO WILL SHARE INSIGHTS INTO ITS HISTORY, ARCHITECTURE, AND SIGNIFICANCE.

10:00 AM

FREE TIME TO EXPLORE AND TAKE PHOTOS AT YOUR OWN PACE.

12:00 PM

RETURN TO AGUAS CALIENTES.

3:20 PM

DEPARTURE BY TRAIN TO OLLANTAYTAMBO

YOUR GUIDE WILL ACCOMPANY YOU TO THE TRAIN STATION AT LEAST 30 MINUTES BEFORE DEPARTURE.

5:10 PM

ARRIVAL IN OLLANTAYTAMBO

A DRIVER WILL BE WAITING TO TRANSFER YOU BACK TO CUSCO.

7:00 PM

ARRIVAL IN CUSCO

YOU WILL BE DROPPED OFF AT YOUR HOTEL. (HOTEL IN CUSCO IS NOT INCLUDED.)