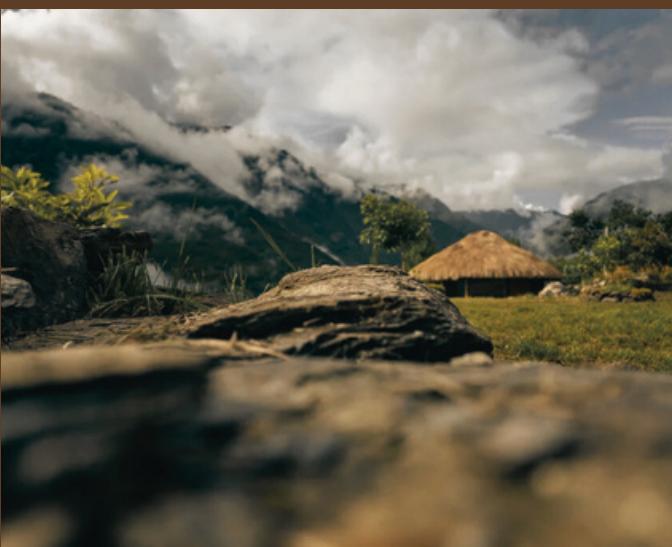


ITINERARY 7 DAY 6 NIGHT CLASSIC MACHUPICCHU (3 AYAHUASCA CEREMONIES)
(TREKKING & HEALING RETREAT WITH AYAHUASCA)



Onaya Wellness
PERÚ

Journey Beyond
Destinations





ITINERARY

DAY 1

7 DAY 6 NIGHT CLASSIC MACHUPICCHU (3
AYAHUASCA CEREMONIES)

TREKKING & HEALING RETREAT WITH
AYAHUASCA

ARRIVAL & FIRST AYAHUASCA CEREMONY

6:30 AM

DEPARTURE FROM CUSCO TO ONAYA RETREAT CENTER

IF YOU ARE STAYING IN OLLANTAYTAMBO, PICK-UP WILL BE AT 8:30 AM. THE SCENIC JOURNEY TAKES YOU THROUGH THE SACRED VALLEY, OFFERING BREATHTAKING VIEWS OF THE ANDES.

2:00 PM

**ARRIVAL AT ONAYA RETREAT CENTER, LOCATED NEAR
MACHU PICCHU**

MEET YOUR HOST FAMILY AND GET INTRODUCED TO THE CENTER'S FACILITIES. THE FAMILY WILL WARMLY WELCOME YOU, CREATING AN ATMOSPHERE OF CONNECTION AND COMFORT.

2:30 PM

LIGHT VEGETARIAN LUNCH IS SERVED TO HELP YOU PREPARE FOR THE EVENING CEREMONY. MEALS AT THE RETREAT FOCUS ON SIMPLE, WHOLESOME INGREDIENTS TO KEEP YOUR BODY IN BALANCE.

4:00 PM

**MEET WITH THE SHAMAN AND PSYCHOLOGIST FOR AN
INTRODUCTORY CONSULTATION**

THIS MEETING WILL HELP SET INTENTIONS FOR THE CEREMONIES AND PROVIDE GUIDANCE ON INTEGRATING THE EXPERIENCES AHEAD.

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.

8:00 PM

GENTLE YOGA AND GUIDED MEDITATION SESSION

THIS PRACTICE HELPS EASE THE BODY AND MIND, RELEASING TENSIONS AND GROUNDING YOU IN PREPARATION FOR THE CEREMONY.

9:00 PM

FIRST AYAHUASCA CEREMONY BEGINS

YOU'LL ENTER THE CEREMONIAL SPACE WHERE THE SHAMAN, GUIDES, AND SUPPORT STAFF ARE PRESENT TO ENSURE A SAFE, TRANSFORMATIVE EXPERIENCE.



DAY 2

INTEGRATION & CULTURAL EXPLORATION

9:00 AM

NUTRITIOUS BREAKFAST TO HELP YOU RECOVER AND GROUND YOURSELF AFTER THE CEREMONY.

10:00 AM

GROUP CONSULTATION WITH THE SHAMAN AND PSYCHOLOGIST TO REFLECT ON YOUR FIRST CEREMONY AND RECEIVE PERSONALIZED GUIDANCE.

11:30 AM

YOGA SESSION

1:30 PM

ENJOY A LIGHT DELICIOUS LUNCH.

5:00 PM

FLOWERING BATH DONE BY OUR SHAMAN

7:00 PM

MEDITATION

8:00 PM

SECOND AYAHUASCA CEREMONY BEGINS

THIS CEREMONY BUILDS UPON THE INSIGHTS OF THE FIRST NIGHT, HELPING TO DEEPEN YOUR HEALING AND PERSONAL GROWTH JOURNEY.

DAY 3

EXCURSION TO THE 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

THIRD AYAHUASCA CEREMONY

8:30 AM

BREAKFAST

TAKE IN A MOMENT OF MINDFULNESS AS YOU PREPARE FOR YOUR FINAL CEREMONY.

10:00 AM

ONE ON ONE MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO REVIEW INSIGHTS AND SET INTENTIONS FOR THE LAST CEREMONY.
1:00 PM: LIGHT LUNCH IS SERVED.

4:00 PM

YOGA AND MEDITATION SESSION.

6:00 PM

THIRD AYAHUASCA CEREMONY BEGINS

THIS FINAL CEREMONY CONCLUDES YOUR PLANT MEDICINE JOURNEY WITH AN OPPORTUNITY FOR PROFOUND SPIRITUAL EXPLORATION AND HEALING.



DAY 5

TRIP TO AGUAS CALIENTES

8:30 AM

BREAKFAST AT THE RETREAT CENTER.

9:30 AM

INTEGRATION MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO HELP PROCESS YOUR EXPERIENCES AND TRANSITION BACK TO DAILY LIFE.

11:00 AM

SHIPIBO MARKET

EXPLORE THE TRADITIONAL CRAFTS OF THE SHIPIBO PEOPLE, KNOWN FOR THEIR INTRICATE TEXTILE DESIGNS AND VIBRANT COLORS.

12:00 PM

DEPARTURE TO THE WALKING POINT FOR AGUAS CALIENTES

YOUR TOUR GUIDE WILL MEET YOU AND LEAD YOU ON A SCENIC WALK ALONG THE TRAIN TRACKS. THE FLAT PATH OFFERS BEAUTIFUL LANDSCAPES, INCLUDING LUSH GREENERY, RIVERS, AND MOUNTAIN VIEWS.

5:00 PM

APROX ARRIVAL IN AGUAS CALIENTES AND HOTEL CHECK-IN. YOUR GUIDE WILL ENSURE YOU ARE SETTLED IN FOR THE EVENING. (NOTE: DINNER IS NOT INCLUDED TODAY.)



DAY 6

GUIDED VISIT TO MACHU PICCHU

6:00 AM

BREAKFAST AT YOUR HOTEL.

6:30 AM

MEET YOUR GUIDE FOR THE SHORT BUS RIDE TO THE MACHU PICCHU ENTRANCE.

8:00 AM

BEGIN YOUR GUIDED TOUR OF THE ANCIENT INCAN CITY OF MACHU PICCHU

DISCOVER THE HISTORY, MYSTERIES, AND SPIRITUAL SIGNIFICANCE OF THIS UNESCO WORLD HERITAGE SITE WITH YOUR KNOWLEDGEABLE GUIDE.

12:00 PM

RETURN TO AGUAS CALIENTES.

1:00 PM

TIME FOR LUNCH AT ONE OF THE LOCAL RESTAURANTS
(LUNCH IS NOT INCLUDED IN THE PACKAGE.)

4:20 PM

DEPARTURE BY TRAIN TO OLLANTAYTAMBO
YOUR GUIDE WILL ACCOMPANY YOU TO THE TRAIN STATION.

8:45 PM

ARRIVAL IN CUSCO, WHERE TRANSPORTATION WILL BE WAITING TO TAKE YOU TO YOUR HOTEL.

9:00 PM

CHECK-IN AT YOUR HOTEL IN CUSCO
(THIS NIGHT'S ACCOMMODATION IS INCLUDED IN THE PACKAGE.)



DAY 7

DEPARTURE FROM CUSCO

MORNING

A TAXI WILL BE ARRANGED TO PICK YOU UP FROM YOUR HOTEL AND TAKE YOU TO THE AIRPORT FOR YOUR DEPARTURE.