

# ITINERARY

## FREE YOUR SPIRIT'S JOURNEYS

**Cusco/Iquitos Journey: June 23 to July 8, 2024 (15 days)**

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### **DAY 0 (Saturday, June 22, 2024) - DEPART FROM USA TO LIMA**

Your journey to the ancestral land of Perú begins by departing from your place of origin for the city of Lima.

There are many airlines to choose from. I suggest checking with LATAM, American Airlines and Avianca. I'll be happy to connect you with an excellent Travel Agent familiarized with our program, who can help you book your flights.

### **DAY 1 (Sunday, June 23, 2024) - ARRIVE TO CUSCO: CUSCO CITY TOUR**

Your journey to the ancestral land of Perú continues by flying from Lima to Cusco. The Inca Empire, or *TahuanTinsuyo*, was the largest and most ancient empire on the American continent. Cusco was its imperial seat, considered the "navel of the Inka world." This city is located high in the Andes Mountains at 11,200 ft. above sea level and was built in the form of a Puma, regarded as the sacred gate keeper of the middle world or Kay Pacha.

*City of Cusco*



*Qenko Temple*



We'll be picked up at Cusco Airport and taken to the hotel. This afternoon we'll visit the best representation of the shrines and temples (called Huacas in Quechua) of the Inca spiritual pilgrimage network or ceque system. First, we go to **Tambomachay** referred to as the "Baños del Inca" or Inca baths. Tambomachay was a site for ritual bathing of the higher nobility, believed to have been used on ceremonial occasions to worship the element of water. From here we go to **Qenko** which contains an astronomical observatory, used to measure time, to establish the seasons, determine the solstice and equinoxes and as a shrine to worship the Sun, the Moon, Venus, and the stars.

Next, we visit the magnificent **Sacsayhuaman** (The Royal House of the Sun,) forming the head of the sacred puma. This site looks like a fortress and contains bastions, watchtowers, houses, worship sites, roads, aqueducts, and storehouses. Every winter solstice, Sacsayhuaman holds the reenactment of the "Inti Raymi" or "Fiesta del Sol," which was the biggest, most important spiritual festival dedicated to the Sun God. Last, we go to the **Temple of Coricancha**, one of the most important Inca temples in Cusco, dedicated also to the Sun God. It is a masterpiece of the Inca architecture, built during the time of the Inca Wiracocha, and later embellished by the Inka Pachacutec. The Coricancha represents the genitals of the puma and was the focal point of major religious activities.

**Spiritual Practice:** We'll perform a ritual of "rebirth," walking through one of the birth canals of Pachamama.

**Included:** Lunch. **Spend the night in:** Cusco.

## **DAY 2 (Monday, June 24, 2024) – INTI RAYMI: FESTIVAL OF THE SUN**

**Inti Raymi**, or Festival of the Sun, is an annual religious celebration held every June 24<sup>th</sup>, in the city of Cusco. The Inti Raymi is a festival in honor of the Incan Sun God — Inti, as well as the welcoming of the winter solstice and the Incan New Year. This celebration, which is perhaps the most important holiday for the Incan Empire, sees a variety of cultural activities taking place around the city to honor their Incan ancestry.

This celebration is a multi-act historical reconstruction ritual that involves residents dressed in traditional Incan garments, taking specific roles in the theatrical display.

*Inti Raymi in Cusco*



*Inti Raymi in Sacsayhuaman*



The procession descends onto Cusco's Coricancha Temple (Temple of the Sun) and the Plaza de Armas. The final act of the ritual is performed at the "Sacsayhuaman Fortress," where prayers are conveyed in the traditional Quechua language and a llama sacrifice is simulated for a medicine man to predict the state of the coming future.

**Included:** Breakfast, and lunch box. **Spend the night in:** Cusco.

**Optional:** Go to the School of Cultural Art at 6:30 pm to watch indigenous dances. Tickets are \$10.

### DAY 3 (Tuesday, June 25, 2024) – RAINBOW MOUNTAIN: CEREMONIES WITH THE PAQ’OS

Today early in the morning, we visit **Vinicunca**, a word in Quechua (Perú native language) which translates to “Colored Mountain.” This amazing mountain is located about 4 hours from Cusco, at a staggering 5,200m above sea level. This mountain, considered holy by many, is also known as Rainbow Mountain, and is becoming the main attraction to see before or after Machu Picchu.

This rainbow-like appearance is created by the sediment of 14 different colorful minerals throughout the area. When the ice that used to cover the area melted, the water mixed with minerals in the ground, turned the earth into many colors. Since its discovery, Rainbow Mountain has been gaining popularity and has even been listed in National Geographic’s “Top 100 Places To Visit Before Dying.”

*Rainbow Mountain*



*Despacho Ceremony*



Llamas, horses, and alpacas are dispersed all over the range, with local communities still living almost the same life as before. Our transportation will take us to the highest point possible, from where we’ll walk only 30 minutes at a very slow pace. Personal oxygen cans and plenty of coca leaves is highly recommended.

**Spiritual Practice:** Here we participate in ancient healing ceremonies of the Andes. The beloved Paq’o and Ñusta of the Q’eros Nation will guide us in **Despacho** ceremony and Karpay transmission. Despacho is an offering to honor Pachamama (mother earth) and the Apu kuna (mountains.) It is composed of natural items such as carnation flowers, coca leaves, candies, figurines, etc. Karpay is the transmission of energy seeds into our energy body that will be prayed over to flourish according to your commitment to self-growth. It is a bestowal of the power of the Andean lineage.

**Included:** Breakfast and lunch. **Spend the night in:** Cusco.

**Note:** Donations of money or goods are welcomed to be given directly to the Paq’o and Ñusta.

### DAY 4 (Wednesday, June 26, 2024) - SACRED VALLEY: PISAC MARKET & OLLANTAYTAMBO - AGUAS CALIENTES

After breakfast we go to the Valle Sagrado de Los Inkas, formed by the Vilcanota/Urubamba River valley and extending between Calca, Lamay, Pisac and Ollantaytambo. We visit the famous **Pisac Marketplace** where every day, artisans, and indigenous merchants of many towns come to trade their products consisting of colorful textiles, clothing, ceramic, musical instrument, jewelry, fruits, flowers and more.

### ***Pisac Marketplace***



### ***Ollantaytambo***



After lunch in Urubamba, we'll visit the impressive Archeological site of **Ollantaytambo**, which was built during the time of Inca Pachacutec. The spiritual life of the Inca and his people can be observed in the carved face of Wiracocha (The Creator God,) a Water Temple or Incamisana, formed by a complex of water channels and eight fountains - being the "Bath of the Princess" (Baño de la Ñusta) the most impressive one - the Intihuatana or Sun Dial Stone, the Temple of the Condor, an unfinished Temple of the Sun, and others. We take the afternoon train to Aguas Calientes where you can find another big Marketplace.

**Included:** Breakfast and lunch. **Spend the night in:** Aguas Calientes.

## **DAY 5 (Thursday, June 27, 2024) – SACRED MACHU PICCHU! - URUBAMBA: RAINBOW HOUSE**

*"Machu Picchu can be termed as an ancient and timeless "Light Temple" ...Machu Picchu is a multidimensional prism of sorts that refracts the light into full spectrum and then uniquely absorbs and disperses it a higher dimensional "coded" format...The energy of this Portal Temple...is a major contributor to the global chakric center of Lake Titicaca, supplying heart and crown energy." - James Tiberonn.*

### ***Sacred Machu Picchu***



### ***Temple of the Condor***



Very early in the morning, we go to sacred **Machu Picchu** (Old Mountain) situated at 7,900 ft. above sea level, overlooking the Urubamba River. Built in the time of Pachacutec Inca, it is considered one of the Wonders of the Modern World. The most important structures at Machu Picchu are the Temples dedicated to the Sun, to Pachamama, to the Condor, the Temple of Three Windows and the Intihuatana. The Intihuatana (Hitching

Post of the Sun) was an astronomical observation device used to determine the precise periods for different festivals and celebrations of importance in the Inca religion.

We return to Aguas Calientes for lunch, we take the afternoon train to Ollantaytambo and travel to **La Casita del Arco Iris** Hotel (Rainbow House) located in Urubamba, the heart of the Sacred Valley. This hotel sponsors the Niños del Arco Iris Foundation (Children of the Rainbow) which offers education for 170 children from 3 to 13 years of age and who are in a situation of vulnerability. This foundation also offers nutritional and safe environment aid, as well as medical campaigns for the children and their families. While staying in this hotel, we're supporting this magnificent foundation as the profits go directly to them!

**Spiritual Practice:** We'll do an "ayni" (reciprocity) ritual using coca leaves and an activation of the sacred heart based on the Andean tradition.

**Included:** Breakfast. **Spend the night in:** Urubamba.

**Note:** Donations of money or goods for the children are welcome to be given directly to La Casita.

### **DAY 6 (Friday, June 28, 2024) – RAINBOW HOUSE: HEALING & INTEGRATION DAY**

As we're close to returning home, it's important to take the time to rest and integrate this journey of Self-remembrance through a transformative exploration of the wisdom and secrets of ancient Perú. We will stay at the Rainbow House to experience **healing activities** such as an intentional walk in the labyrinth, the alchemy of Breathwork, Shamanic journeying and more!

*La Casita del Arco Iris (Rainbow House)*



*Breathwork & Shamanic Journey*



**Spiritual Practice:** You are welcomed and encouraged to share your sacred medicine to support each other's integration of all we've received and what is still to unfold.

**Included:** Breakfast, lunch & dinner. **Spend the night in:** Urubamba.

## DAY 7 (Saturday, June 29, 2024) – FLYING TO IQUITOS: CHACRITA HEALING CENTER, , ORIENTATION, COLLECTIVE & PERSONAL INTERVIEWS

Our journey to the Peruvian jungle begins this morning by flying from Cusco to Lima and arriving in Iquitos. Iquitos is in the Peruvian Department of Loreto on the junction of the Rio Itaya, Rio Napo, Rio Manati and Rio Amazonas. Being near the equator, the city of Iquitos has a tropical rainy climate, with an annual average temperature of 28 ° C (82 ° F).

Our transportation will meet us at the airport to take us to **La Chacrita Healing Center**. This center is dedicated to traditional healing techniques from the Shipibo culture. Shipibo healing relies exclusively on natural healing methods using a strict diet, carefully chosen by the healer as well as medicinal and master plants that have the power to heal and to teach.

*Arriving to the Center*



*La Chacrita Healing Center*



The Shipibo people say the visionary plants reflect to us the reality of ourselves - she is a powerful master spirit that brings up all the bad and all the good within us - within our bodies, minds, and spirits. The Maestras, with their advanced knowledge, will guide you to prepare your body and mind for the experience of Ayahuasca and Chacruna Ceremony and for the path of healing with the other master plants.

This afternoon we'll gather at the "maloka" for our orientation and interview with the **Maestras Onányá** (healer who uses magical songs to heal.) During this session you'll receive recommendations tailored to your well-being that could include a specific plant diet, herbal treatments and drinking the visionary plants.

## DAY 8 (Sunday, June 30, 2024) BOAT TRIP: EL MARIPOSARIO & LUNCH

After breakfast we take a boat trip through the Nanay River to visit the **Butterfly Farm (Mariposario) in Iquitos Pilpintuwasi**. During this visit to the only butterfly farm in Perú, you will receive an extensive explanation of the different types of butterflies. This place also functions as a **rescue center** for some Amazonian species of wildlife or endangered species such as the red handsome or English monkey, the capuchin and marmoset monkeys, the two - toed sloth, the jaguar, the sea cow, a variety of monkeys, parrots, tapir, anteater, turtles, and alligators.

We'll have lunch in town at a restaurant where we'll be able to continue with our diet. We return to La Chacrita where in preparation for the upcoming ceremonies, we'll receive our first "vapor bath" as a

cleansing tool. Additionally, we'll also be given an infusion of Agua Florida and essential oils placed on the hands, while receiving sacred and personalized mantras.

### *Nanay River*



### *Mariposario*



**Note:** The cost of lunch is covered by participants.

## **DAY 9 (Monday, July 1, 2024) TREATMENTS, 1<sup>ST</sup> WORKSHOP & 1<sup>ST</sup> CEREMONY.**

This morning we start receiving the “repute and eyes drops.” The repute is a plant’s juice ingestion through the nostrils. The eyes drops are made from the juice of albahaca (basil of the jungle.) The energy of these healing plants have a very direct effect on the mind by releasing negative thinking and activating a state of openness and alertness. To get more familiar with the energy of these plants and the preparation of the medicine, we’ll be preparing our daily repute and eye drops.

### *Maloka*



### *Healing Plants for Dieta*



This morning we'll also have our first Workshop: **“The Importance of the dieta and the Shipibo Cosmovision.”** The plant dieta is the most known healing practice of the Shipibo tradition, and the main tool of Amazonian Medicine used for healing and learning. Each plant you'll be dieting carries unique wisdom and, to access this wisdom, you're required to spend time in isolation aside from social and sexual interactions and distractions, as well as to follow strict food restrictions.

In the early afternoon we'll receive another vapor bath and an infusion of Agua Florida with essential oils, along with mantras. We'll also start taking our personalized dieta based on the maestras' recommendations

collected during the interview. Tonight, we gather in the maloca to commune with the visionary plants during the **first ceremony**.

**Optional:** A “vomitivo,” (purging) which is a special plant-based drink, is available for anyone who feels the need to deeply cleanse the body at all levels before participating in ceremony. This cleansing process is especially recommended if you were not able to follow a clean diet based on the food restrictions listed on the Recommended Diet sheet you’ll receive.

### **DAY 10 (Tuesday, July 2, 2024) – TREATMENTS, SHARING & 2<sup>nd</sup> CEREMONY.**

After the daily treatments and breakfast, we’ll gather in the maloca to receive guidance and feedback from the Maestras Onánaya regarding the ceremony from the night before. In the early afternoon we’ll have another session of vapor baths, infusions, and mantras, as well as more plant dieta in preparation for tonight’s **second ceremony** with the visionary plants.

*Inside of Maloca*



*Sharing & Orientation*



**Note:** During the days of ceremony with the visionary plants, you’ll have your daily breakfast and lunch in your room. The practice of isolation will help you to commune with the plants you’ve been dieting, providing you access to their healing and learning gifts. Journaling and meditation are also recommended.

### **DAY 11 (Wednesday, July 3, 2024) – TREATMENTS & GROUP ACTIVITIES**

This morning we’ll continue with the daily repote, and eye drops treatment. After breakfast massage sessions will be available. This is a great opportunity to experience further medicine from our Shipiba maestra(s). After lunch we will gather at the maloca to share some **activities** such as meditation, movement, breath work, Shamanic journey, etc. We welcome and encourage all of you to express your gifts and share your medicine with the group. In the early afternoon a plant-based bath will be offered to continue with the cleansing process. After taking our personalized dieta, we will gather around the sacred fire.

**Note:** Usually, the center is visited by Shipibo artists bringing their tapestries displaying the *kené*, which are the geometrical designs received through visions during ceremony. They will also bring paintings, native clothing, and jewelry for purchase. You’ll have access to them throughout our stay in the center.

**Optional:** Massage sessions with the Shipiba maestra will be available upon request for about \$20.



### *Maestros Onánya*



### *Kené Tapestry*



## **DAY 12 (Thursday, July 4, 2024) – TREATMENTS, 2<sup>nd</sup> WORKSHOP & 3<sup>rd</sup> CEREMONY**

The morning begins with the regular plant treatments. After breakfast we gather at the maloka for our second workshop, “**The Master Plants.**” These Amazonian plants are living beings whose spirits can transmit their knowledge to human beings by establishing a connection with them through the discipline of the dieta. We’ll take a plant tour to learn about their healing and visionary properties and how to apply them. In the early afternoon we have another plant-based bath as a purification vehicle, as well as our personalized dieta to prepare for tonight’s **third ceremony.**

### *Master Plants*



### *Ceremony in Maloca*



**VERY IMPORTANT:** You have the option to drink the medicine, as you don’t have to drink every time to receive their healing benefits. If you decide not to drink, you’re required to be in the maloka with the rest of the group to energetically align with the plants’ wisdom.

## **DAY 13 (Friday, July 5, 2024) – TREATMENTS, GROUP ACTIVITIES & 4<sup>th</sup> CEREMONY**

Plant treatments and breakfast in the rooms. Maestra Claudia and Milka will be available for more massage sessions we can schedule the day before. After lunch we will gather at the maloka to share more **activities** with Mariscela, Theodore and anyone who would like to express their gifts and share their medicine to contribute to the integration of the sacred plants in our bodies. In the early afternoon we’ll receive the

medicine of a new bath infused with specific plants as portals to “attract” what is for our highest good. After taking our personalized dieta, we’re ready to receive our **fourth ceremony**.

### *Sacred Ayahuasca & Chacruna*



### *Preparation of the medicine*



**Note:** The therapeutic properties of master and teacher plants are intentionally infused in our daily baths to relax the nervous system, relieve the body of toxins, clear the mind, cleanse the soul, purify the energetic body, create a peaceful atmosphere for contemplation and intention setting. In addition, they are also used as an instrument for manifesting creativity and abundance in our lives.

## **DAY 14 (Saturday, July 6, 2024) – TREATMENTS, SHARING, 3<sup>rd</sup> WORKSHOP, & 5<sup>th</sup> (LAST) CEREMONY**

Today we gather with the Maestras Onányia to share our experiences and impressions and to ask all the questions we have. We’ll also receive our third Workshop: **“The Process of Integration.”** It is essential to understand how to continue with your personal care as the physical, mental, and emotional aspects of your being have been purified and vibrationally increased with the plant dieta and treatments. As we return home, the contrast with the regular world can be shocking. A slow re-integration into the world from food choices, activities, and social behavior, can help us to maintain a deeper awareness of who we are becoming!

### *Integration Process*



### *Mother Nature*



Another plant-based bath for “attraction” and personalized dieta will be received this afternoon, prior to gathering in the maloka for our **last ceremony** with the visionary plants and to close our diet.

**Optional:** The Maestras Onányia can prepare you a special perfume to continue with your medicine at home.

This consist of a bottle of cologne infused with the plants you are dieting and charged with the icaros (sacred songs) offered to you during the last ceremony. The cost is between \$35 to \$40.

### **DAY 15 (Sunday, July 7, 2024) - GROUP ACTIVITIES, BATH & SPIRITUAL TATOO SESSIONS**

Today we'll have breakfast, lunch, and dinner together. This is the last day to receive a massage previously scheduled. After lunch we gather as a group, one more time, to share our impressions about our journeys, to raise the vibration of the group, and to support each other in our transformation as an essential step in the integration process.

#### ***Maestra cleansing with mapacho***



#### ***Visionary Art***



A floral bath to seal the medicine will take place this afternoon. Maestra Claudia will offer a temporary plant-based spiritual tattoo, designed specifically for each person as a true, personal connection between body, mind, and spirit. The symbol you'll receive will seal your sacred path with the master plants as a profound transformative experience, a form of self-expression of an internal voyage, a remembrance of your journey of Self-discovery.

**Note:** During ceremony you'll see the use of sacred tobacco called "mapacho." Mapacho is used as an initiatory spiritual cleansing to help you mentally and emotionally prepare for your visionary journey. Burning tobacco—turning it from earth into air—serves as a means of communication with the spiritual world and helps protect the ceremonial space from energetic interference.

### **DAY 0 (Monday, July 8, 2024) - RETURN TO LIMA, RETURN HOME**

Depending on the time of departure, we'll have some tea and fruit or a complete breakfast this morning. To help us gradually be introduced to regular food, we'll take with us some healthy snacks.

**\* Itinerary could be subject to change:** If some activities are changed, you'll receive a revised itinerary. Due to the remote areas, we are traveling in the Andes Mountains, weather, bad roads, and other unforeseen situations, which may cause us to make changes in the schedule or to visit different sites. We understand if this happens, Pachamama will guide us where she wants to take us!