

-WOMEN'S RETREATS WITH SOUL-



seeking sacred
JOURNEYS

A 14-DAY POWERFUL
SHAMANIC, YOGA &
MEDICINE JOURNEY
FOR WOMEN



Deluxe Accommodations



3 Delicious Meals Per Day



Q'ero Shaman Guided Ceremonies



Daily Yoga & Sacred Circles



Ground Transportation



Entry to Machu Picchu & all Sacred Sites



Complimentary Gift Bag with Travel
Yoga Mat & More!



Post-Retreat Integration Sessions

WEEK ONE

SPIRITUAL JOURNEY THROUGH THE SACRED VALLEY & MACCHU PICCHU

- 1 Night Accommodation at five-star Aranwa Cusco Boutique Hotel
- 4 Nights Accommodation at five-star Aranwa Sacred Valley Resort
- Entry Pass to Machu Picchu
- Ticket for Vista Dome Train to Machu Picchu
- Overnight in Aguas Calientes/Machu Picchu at Casa del Sol
- Entry to All Ancient Archeological Temples and Ruins
- Shaman Guided Incan Ceremonies & Tours to Important Sacred sites.
- Oracle Coca Leaf Reading
- 2 Shamanic Workshops
- Cacao Ceremony with Incan Sound Bath
- Visit to Písaq with Yaku Healing Ceremony
- Chumpy Healing Ceremony (7 Stones)
- Daily Yoga and Yoga Nidra (When schedule permits)
- Women's Sacred Circles (Sharing and Reflection)
- All Ground Transportation - including Tourist Train to Machu Picchu and Airport Transfer
- Pre-retreat Planning & Support
- Daily Breakfast
- 6 Dinners
- 6 Lunches
- Tour Guides and Translators

WEEK TWO

SHAMANIC INITIATION & PLANT MEDICINE JOURNEYS

- 7 Nights Accommodation at Munay Sonqo Yoga Retreat Center
- 3 Healthy, Locally Sourced Vegetarian Meals Per day
- Daily Yoga & Yoga Nidra
- Munay Karpay Initiation of Love
- Fire Ceremony
- 2 Ayahuasca Journeys
- 2 Shipibo Shaman
- 3 Andean Q'ero Shaman
- Integration, Circle Conversation with Shaman
- 1 San Pedro Ceremony with Incan Sound Healing
- Psychologist and 2 Nurses for Medicine Ceremonies
- Seven Ñustas Divine Feminine Ceremony
- Mother Earth Ceremony
- Closing Ceremony
- Ground & Airport Transportation
- Tax and Service Fees

NOT INCLUDED

- Airfare
- Travel and/or Trip Insurance
- Tips
- Spa Treatments, Sweat Lodge, Flower Baths and other offerings that are available but not included in rate
- The cost for the plant medicine will be paid in person directly to the Shaman. For legal reasons we cannot sell it as part of the package

LUXURY HOTELS



ARANWA CUSCO BOUTIQUE HOTEL

Start your sacred journey in Cusco, at an historic 5-star boutique hotel, located in the heart of the Incan City.



ARANWA SACRED VALLEY HOTEL & WELLNESS

A 5-star, luxury property, built along the Vilcanota riverbank, on the lands of an old 17th-century, colonial hacienda.



MUNAY SONQO RETREAT CENTER

The premier yoga retreat center of the Sacred Valley.



SHAMANIC PATH PERU 2023

PART 1: OCTOBER 8-14, 2023:
7-DAY SHAMANIC JOURNEY

PART 2: OCTOBER 14-21:
7-DAY HEALING & AMAZONIAN PLANT MEDICINE JOURNEY



OCT 8TH – DAY 1

ARRIVE IN CUSCO CITY

Welcome to Peru. Spend one night at an historic, luxury, boutique hotel in the center of Cusco City. Transportation from the airport included. Use this day to acclimate and relax. In the evening meet the retreat attendees and facilitators for a delicious Peruvian, gourmet dinner.

Meals included: Dinner

Accommodation: Aranwa Cusco Boutique Hotel



OCT 9TH – DAY 2

MEETING WITH THE ANDEAN SHAMANS

We will meet with our guides and Shamans after breakfast. From there we'll drive to the Sacred Valley (located 1.5 hrs from Cusco) stopping on the way at the fascinating archeological site of Moray (an ancient temple of Pachamama), and then explore the geological mystery and beauty of the Salt Mines.

Once we arrive at Hotel Aranwa in Urubamaba, you'll receive a private Coca Leaf Oracle reading and we'll begin the first Shamanic Workshop.

Meals included: Breakfast, Lunch, Dinner

Accommodation: Aranwa Cusco Boutique Hotel



OCT 10TH - DAY 3

VISIT PISAQ & YAKU HEALING CEREMONY

Today we'll visit the powerful archeological site of Písaq and spend time in sacred temples where we'll do a meditation to open to the energy of Love.

Here we will have our first YAKU healing in the URUBAMBA RIVER a sacred river where we will connect with the WATER ENERGY.

We will return to the hotel around 4 pm.

Meal included: Breakfast, Lunch, Dinner
Accommodation: Aranwa Resort Hotel



OCT 11TH - DAY 4

2ND DAY OF SHAMANIC WORKSHOP & CACAO CEREMONY

This day you will learn about the Mesa Medicine Bundle and its healing power, and be guided through the protection rites of the Chakana, which is used to open sacred spaces and clear negative energies.

Lunch at your leisure and later in the afternoon we'll meet again for an authentic Peruvian Cacao Ceremony & Incan Sound Healing with the Shamans.

Included Meals: Breakfast and Dinner
Accommodation: Aranwa Resort Hotel



OCT 12TH - DAY 5

CHUMPY HEALING CEREMONY

Today we head to Urubamba, near an Inca temple where the Shamans will perform the Chumpy Healing Ceremony. This ceremony is one of the most ancient healing techniques practiced by the Q'ero Shamans and they are the only lineage who carry this knowledge.

The Chumpy works with 7 HEALING STONES, each associated with a sacred Apu (mountain spirit) and align your energy centers and remove blockages.

Included Meals: Breakfast, Picnic Lunch, Dinner
Accommodation: Aranwa Resort Hotel



OCT 13TH - DAY 6

VISITING ÑAUPA TEMPLE -TRAIN TO AGUAS CALIENTES

This day we'll leave the hotel very early and our first stop will be in Ñaupá Iglesia, a sacred Inca temple where we'll honor the ancestors. We'll pray to connect ourselves with the world and the whole Cosmos and do a powerful meditation for forgiveness during which the Andean Shamans will open a portal to connect with our ancestors.

In the afternoon we'll take the Vista Dome train toward Machu Picchu and check in at our hotel for the night where we will enjoy a delicious 3-course dinner.

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Casa del Sol Hotel



OCT 14TH - DAY 7

VISIT THE CRYSTAL TEMPLE MACHUPICCHU ARCHEOLOGICAL SITE. FINAL DAY OF PART 1

Today we visit the ancient sanctuary of Machu Picchu. We begin by asking permission to the sacred mountain protectors and then the Shamans will lead us in the mystical Crystal Ceremony. Next, we explore the most important sacred sites of Machupicchu with our knowledgeable guides. Afterwards, we'll transport you to your hotel in Cusco or to the airport – or continue your journey with us onto the premiere yoga retreat center in the Sacred Valley.

Included Meals: Breakfast, Picnic, Lunch, Dinner
Accommodation: Munay Sonqo Retreat Center



OCT 16TH – DAY 9

FIRST AYAHUASCA CEREMONY

Start the day with yoga and a delicious breakfast. Afterwards, you'll have a private consultation with the Shipibo Shamans from the Amazon, who will guide the Ayahuasca Medicine Ceremony later in the evening. Prepare for the plant medicine ceremony to begin around 6:30 pm, usually the ceremony lasts around 4 hours. During your down time you are free to schedule spa appointments, Flower baths, Temezcal treatments and more. The retreat center has a wide array of options.

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Munay Sonqo Retreat Center



OCT 15TH - DAY 8

WORKSHOP INITIATION OR KARPAY CEREMONY – INITIATION OF LOVE. FIRST DAY OF PART 2

This morning we'll head toward Paru Paru (a 1-hour drive) where we'll visit the Kinsacocha Lagoon for our 3rd Shamanic Workshop, where you'll receive your first initiation into the Pampamesaypq Lineage.

The Shamans will open the MUNAY energy of Love in your body, so you can connect and ask for the power to continue on your spiritual path. Each of the Shamans will share their unique energy and wisdom through the sacred Karpay ceremony – the first step to becoming a Paqo (or Initiated Shaman).

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Munay Sonqo Retreat Center



OCT 17TH – DAY 10

SECOND AYAHUASCA CEREMONY

Start the day with a delicious breakfast. Afterwards, you'll have a private consultation with the Shipibo Shamans to reflect on the journey from the night before. Prepare for the second plant medicine ceremony to begin around 6:30 p.m.

During your down time you are free to schedule spa appointments, Flower baths, Temezcal treatments and more. The retreat center has a wide array of options. We'll also offer a yoga session in the afternoon.

Included Meals: Breakfast, Lunch, Dinner
Accommodation: Munay Sonqo Retreat Center



OCT 18TH – DAY 11

**MOTHER EARTH SACRED CEREMONY –
CIRCLE CONVERSATION - INTEGRATION**

After breakfast you will have consultation with the Ayahuasca Shamans who will give personalized recommendations to help you integrate your experiences from the two medicine journeys. Then we will have a sharing circle where we will discuss our experiences and finally, a Mother Earth ceremony to say “thank you” to the Universe for this transformative experience. The rest of the day at leisure. Schedule spa appointments, Flower baths, Temezcal treatments and more.

**Included Meals: Breakfast, Lunch and Dinner.
Accommodation: Munay Sonqo Retreat Center**



OCT 19TH – DAY 12

**SAN PEDRO CEREMONY
& SOUND HEALING**

Today is the San Pedro plant medicine ceremony which will begin early in the morning. The process of this sacred plant can take from 6 to 7 hours, during which you are completely conscious. The San Pedro journey will be accompanied by an Incan Sound Healing.

**Included Meals: Breakfast, Lunch and Dinner.
Accommodation: Munay Sonqo Retreat Center**



OCT 20TH – DAY 13

**7 NUSTA OR RAINBOW CEREMONY, INTEGRATION,
FINAL DINNER & CLOSING CEREMONY**

The 7 Ñusta Healing ceremony works with 7 female energies. In Andean cosmovision each Mountain has a particular male and female energy. In this ceremony each female energy is represented by one color of the rainbow and each color will guide the Shamans through the healing journey. The ceremony will last around 3 hours. Afterwards the Shamans will lead a special session to close and say goodbye and later you will have time to relax and integrate all that you have experienced during the medicine retreat. Enjoy the retreat center, spa or sweat lodge in the afternoon.

**Included Meals: Breakfast, Lunch and Dinner.
Accommodation: Munay Sonqo Retreat Center**



OCT 21ST - DAY 14

**DEPARTURE DAY - ACCORDING TO
YOUR FLIGHT SCHEDULE**

We will transport you to the airport or your hotel in Cusco depending on your plans and schedule. Go home feeling lighter and brighter - with newfound clarity, vitality, connection and belonging.