



# Rasmussen Travel

## Et syvdages retreat har fire ceremonier med ayahuasca.

Please note that all times are estimated, and activities are subject to change due to unpredictable issues that arise due to weather, illness, etc.

### DAY 1

- 11:00 Collection outside Hotel
- 11:30 Arrival at Pachamama Temple and room allocation, meet the maestros
- 12:00 Group meeting – Introduction to staff and tour of temple grounds
- 13:00 Lunch
- 14:00 Group meeting – agreements, rules & guidelines
- 16:00 Ayahuasca vine preparation
- 19:00 Group meeting – ceremony conduct
- 20:30 Preparation for ceremony in the Maloka, time for introspection and relaxation
- 21:00 First ceremony

### DAY 2

- 08:00 Traditional cleansing vomitivo
- 09:00 Breakfast
- 10:00 Brewing Ayahuasca
- 11:00 Flower bath
- 13:00 Lunch
- 14:00 Individual consultations with the Maestros
- 19:30 Meditation in the Maloka
- 20:30 Preparation for ceremony in the Maloka, time for introspection and relaxation
- 21:00 Second ceremony

### DAY 3

- 08:45 Plant medications (Tanti rao & Marika)
- 09:00 Breakfast
- 10:00 Sharing Circle
- 13:00 Lunch
- 14:00 Shipibo market
- 17:00 Plant medications (Tanti rao & Marika)
- 20:00 Dinner & camp fire



# Rasmussen Travel

## **DAY 4**

08:45 Plant medications (Tanti rao & Marika)  
09:00 Breakfast  
11:00 Flower bath  
11:30 Introduction to Rapé medicine  
13:00 Lunch  
14:00 Shipibo history and culture lesson with Maestro  
15:00 Q & A with Maestros  
17:00 Plant medications (Tanti rao & Marika)  
19:30 Meditation in the Maloka  
20:30 Preparation for ceremony in the Maloka, time for introspection and relaxation  
21:00 Third Ceremony

## **DAY 5**

08:45 Plant medications (Tanti rao & Marika)  
09:00 Breakfast  
11:00 Flower bath  
13:00 Lunch  
14:00 Art workshop  
17:00 Plant medications (Tanti rao & Marika)  
19:30 Meditation in the Maloka  
20:30 Preparation for ceremony in the Maloka, quiet time for relaxation  
21:00 Fourth ceremony (closing protective Arkaneo ceremony)

## **DAY 6**

09:00 Breakfast  
10:00 Sharing Circle  
13:00 Festive traditional Shipibo meal with the Family  
15:00 Boat tour (weather permitting)  
20:00 Dinner & camp fire  
21:00 Fire ceremony

## **DAY 7**

09:00 Breakfast  
10:00 Group meeting – Integration  
11:30 Taking group pictures  
13:00 Lunch  
14:30 Depart for hotel