



# DEEP JOURNEY RETREAT

BREATHE LIFE AND CONNECT WITH YOUR INNER WISDOM

JULY 15TH - 21ST 2024

SEPTEMBER 30TH - OCTOBER 6TH 2024



ORGANIZED & FACILITATED BY

MAURICIO GIL  
BREATH COACH  
FOUNDER OF AMARU INNER GROWTH

WE INVITE YOU TO...

## NURTURE YOURSELF IN NATURE IN AN ALL-INCLUSIVE 6 NIGHTS WELLNESS RETREAT AT THE HEART OF THE PERUVIAN RAINFOREST.

Where you will have the opportunity to disconnect from your every day routine, and begin to experience the healing power of your own Breath and the sacred Master Plants, including Ayahuasca, as well as having access to exclusive wellbeing activities.

Your investment includes:



2 AYAHUASCA CEREMONIES



2 DAYS DIET OF MASTER PLANTS



ORIENTATION & INTEGRATION WITH SHAMAN



3 EXPANSIVE BREATHING SESSIONS



4 CONSCIOUS BREATHING SESSIONS



HEALING SOUNDS CIRCLE



SPECIALIZED VEGAN MEALS



FLOWERING BATH & CACAO EXFOLIATION



CURATED GROUP, NURSE ASSISTANT DURING AYAHUASCA CEREMONIES



TREKKING TO AÑAKIWI RAVINE (SUBJECT TO CHANGES)



6 NIGHTS AT CHIRAPAMANTA LODGE



TRANSPORTATION FROM AND TO TARAPOTO AIRPORT

# ACOMMODATION

DIFFERENT OPTIONS FOR YOUR EXPERIENCE



## SHARED ROOM

\$1650 & FEES

PRICE PER PERSON. THIS ROOM IS AVAILABLE ACCORDING TO THE CAPACITY OF THE RETREAT OR IF YOU WOULD LIKE TO STAY IN THE UPPER PART OF THE LODGE.

3 people maximum. | Shared bathrooms (3 showers, 2 cubicles), outside the room. | Located in the upper part of the lodge, next to the Maloca (main room for the sessions), a 10 minute walk up a mountain path.



## DOUBLE ROOM 1

\$1800 & FEES

## DOUBLE ROOM 2

\$1800 & FEES

PRICE PER PERSON

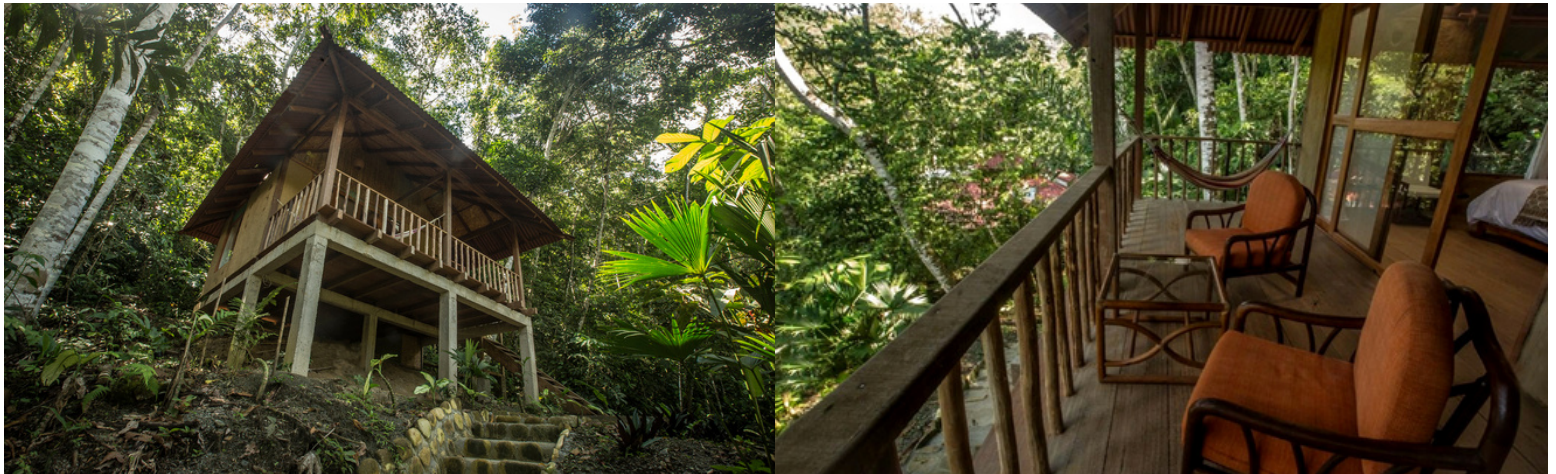
Regular bed | Balcony | Private bathroom

Located on the main house of the lodge. | One of them available on second floor with private balcony. | Two double rooms have one bed on the bottom and the other on the second level of the room. | Two double rooms with twin beds.



# ACOMMODATION

( CONTINUATION )



## PRIVATE SUITE \$3800 & FEES

PRICE PER ROOM

King size bed or twin beds | Private balcony | Private bathroom  
- Price per the whole room (2 people maximum).

Most private room. | Located on first level of the lodge. | Ideal for one person or a couple.

This document will give you the necessary information and help you answer the most frequently asked questions about the Deep Journey retreat.

We recommend reading all the pages and being aware of the deep respect we have for the Master Plants involved and the rest of the wellness activities, due to their nature and intense influence they have on our being.

# INTRO

## PURPOSE

The Deep Journey retreat is intended to be a tool to awaken to a new level of awareness and understanding of oneself, and our place in the universe. It is also a bridge of personal healing to achieve greater clarity about the path that each one must take to unleash the full potential as a human being. This retreat involves the desire for personal fulfillment, going beyond the ego with which we have been programmed. We are all interconnected: if one heals, it helps heal the other.

The Deep Journey retreat takes place at Chirapamanta lodge, which in the native Quechua language means “Land of the Rainbow”, located in San Pedro de Cumbaza, 30 minutes by car from the city of Tarapoto in the Peruvian high jungle.

It is not necessary to have previous experience in similar activities to be part of the retreat, but it is necessary to be aware of the importance and intensity that the use of Master Plants entails in personal growth. We have respect for the origin and ancestral use of these plants, in which Ayahuasca is included. Thus, we understand that it works as a link to help us leave negative mental programming and emotions such as guilt and fear, to open new doors to our subconscious, to unite with the timeless spirit of nature and, thus, establish a new coherence within ourselves, between the heart and our mind.

Therefore, the use that is given to Ayahuasca within the retreat responds to knowledge that has been used for centuries (if not millennia) and transmitted by Ayahuasqueros (shamans) and cultures that knew the power of transcendence of the Master Plants for personal transformation. Again, Ayahuasca is a bridge for the healing and evolution of each person.

Likewise, Conscious Breathing practices pursue the same path of inner exploration: our breath is a very useful tool to connect with the unity of a higher force (which is within us), unblock trapped emotions and turn our gaze inward. And the same happens with the Sounds Circle, where the vibration acts on matter in a subtle and transformative way.

# MAIN FACILITATORS



MAURICIO GIL

BREATHWORK & MEDITATION COACH

[Website](#)

[Instagram](#)

JAVIER ZAVALA  
SHAMAN & PSYCHOLOGIST

[Read interviews to Javier](#)





# ACTIVITIES



During the retreat, different activities related to wellness, search and personal healing will be carried out. It is important to know that no one is obliged to do them if they do not want to, but we highly recommend being part of each of them.

**\* Tobacco purge:** facilitated by Javier Zavala, shaman

At the beginning of the retreat, a purge with Tobacco will be carried out to cleanse the body of toxins. It will be through the intake of this Master Plant in liquid form.

**\* Ayahuasca sessions:** facilitated by Javier Zavala, shaman.

During the retreat there will be two ceremonies of Ayahuasca, always with the guidance of the shaman Javier Zavala. You can learn more about Javier and Ayahuasca in this link: [Blog Amaru Inner Growth Alliance](#)

**\* Diet with Master Plants:** facilitated by Javier Zavala, shaman.

During the retreat, for two days, the diet will be carried out with the mixture of other Master Plants for the energetic alignment of the body, creating bridges of coherence between the heart and the brain, and accentuating the meditative and introspective state of each person. The intake is twice a day in liquid form.

**\* Conscious breathing and Expansive Breathing:** facilitated by Mauricio Gil, breath and meditation coach and founder of Amaru Inner Growth Alliance. It is, through breathing, that we connect with life itself, with that energy, vital essence (Prana in the yogic tradition, Qi in the Taoist tradition) that is offered to us and to which we access with each inhalation and exhalation. By consciously breathing in a certain way, our perception and how we experience life can change (just like when we feel a certain way, we breathe according to that emotion). It's about being the pilot of our emotions, not the passenger.



# ACTIVITIES

(CONTINUATION)

Thus, breathing is a tool capable of expanding our mind and opening our heart to obtain greater knowledge about ourselves, the time in which we find ourselves and the world around us. It opens the opportunity to perceive the most subtle forms of our body, in addition to the obvious.

Thanks to the power that the breath has on our vital energy, we can consider it as the guardian of our body, the nurse of our mind and the regulator of our emotions. It is with the breath that we set the rhythm of our life, and it is essential in the connection we have with ourselves and the world around us.

**\* Healing Sounds Circle:** facilitated by Javier Quintana and Claudia.

In the Sounds Circle, different instruments from different cultures will be used (such as quena, Tibetan bowls, didyridoo, among others). Each instrument vibrates at a different frequency and connects with the different energy centers of the body. Supported by cymatics (the way that vibration acts on matter), the Sounds Circle allows you to enter a state of deep relaxation (alpha state), having a greater mental and emotional openness and a deep experience in a meditative state.

**\* Flowering Bath.**

Use of different flowers and medicinal plants to energize the body and mind through subtle aromas and healing properties.

**\* Trekking to Añakiwi ravine (subject to changes).**

An one hour and a half trekking to Añakiwi ravine through the mountain in the high jungle, to connect with nature and appreciate our contact with it. Also, will be a way to renew our awe to Mother Nature. We will stop at the river Cumbaza, inside a very intimate ravine to meditate. (Difficulty: Easy - Intermediate)

**\* Cacao Exfoliation.**

We will use the sacred Cacao fruit to cleanse our body in a smooth exfoliation by the Cumbaza river beach, enhancing our senses with its texture.

# LOCATION



The Retreat will be held at Chirapamanta Lodge, which has everything necessary for the retreat activities to be carried out, and will be for the exclusive use of Deep Journey retreat. The lodge is eco friendly and, as part of its permaculture-based philosophy, all toilets are dry.

That is, they do not use water, but sawdust and are subsequently handled for transformation into compost.

Chirapamanta Lodge is located in San Roque de Cumbaza, 40 minutes by car from the city of Tarapoto, in the upper part of the Cumbaza River and in the buffer zone of the Cordillera Escalera Regional Conservation Area, so the lodge is surrounded by pure nature, which is very beneficial to perform the practices in a better way and to place yourself in a mental state of recollection. Keep in mind that to access the main room where the sessions will take place, as well as the shared room for three people, it is necessary to climb a dirt path, approximately 10 minutes, so there will be a bit of physical demand.

The lodge also has electricity and hot water. Internet is available. In itself, it is best to disconnect from all electronic devices so that the body and mind do not have unnecessary distractions during the work that is done in the retreat. Thus, it is also a great opportunity to reduce the anxiety that these devices can generate, to get away from the outside world and from the routine to which we are accustomed.

During the retreat, it is recommended not to leave Chirapamanta facilities and go to town, due to the energy exchange that can occur with other people. The diet with the Master Plants requires solitude and introspection and must be carried out with due respect. In case someone needs something essential from the city, they can coordinate with the hostel to make the order.

You can see more of Chirapamanta and the accommodations on the [website](#).

# FOOD



From the arrival at Chirapamanta Lodge, all food (with local supplies) will be covered by us and prepared by Chirapamanta Lodge. Due to the nature of the retreat, the food will be vegan, healthy and delicious: there will be a specialized cheff in vegan food. In this way we ensure that the body is more open to receive the effect of the Master Plants and all the inner growth activities involved. It is important to know that the food has been supervised by the shaman and will be served three times a day.

# EMOTIONAL PREPARATION & MINDSET

It is necessary to know that the retreat is designed for people who are in good health, and is not intended to replace any kind of treatment that they may be undergoing. Because it is a retreat of much inner contemplation and suspension from the daily routine, it is ideal to put yourself in the right mindset. That is, knowing that there will be a change in diet during the days of the retreat, and that it recommends not leaving Chirapamanta (except for emergencies and when the trip to Pishurayacu is made) to protect the purpose of solitude that the retreat requires.

Also, the purge and the Master Plant diet can sometimes be uncomfortable, as it can bring old negative patterns of the body and mind to consciousness. This is because it is a detoxification of the physical body, but also of the subtle body. Thus, it is recommended to be alone during the days that it lasts the retreat, and only share with the rest of the participants in group workshops or at times when experiences are shared.

Once the acceptance and registration in the retreat, it is necessary to start with the traditional diet that requires Ayahuasca, at least 7 days before arrival in Tarapoto. That is, try not to consume processed sugar (present in almost all the foods that one finds in the supermarket), do not eat animals, do not have sex, do not consume alcohol (and any other drug) and avoid any type of medicine that is not natural. All these points are recommendations, for the sake of a more complete and profound experience. The cleaner the body and the energy, the less blockages to receive the teachings of the Master Plants, and connect more deeply with the practices.

We recommend eliminating any preconceived idea that you may have about Ayahuasca and only inquire about it from guarantee sources, and not from the much lack of depth information that abounds on the Internet. Although there is currently more information on Master Plants, there is still much that is biased, with a stigmatized look and little research. Thus, we recommend a little literature for a better understanding of Ayahuasca, and other readings related to a change of consciousness.

- ~ The Cosmic Serpent, Jeremy Narby.
- ~ The Immortality Key, Brian C. Muraresku.
  - ~ Just Breathe, Dan Brule.
- ~ Becoming Supernatural, Joe Dispenza.
- ~ Awakening Kundalini, Edward Lawrence.
  - ~ The Power of Intention, Wayne Dyer.
- ~ The Tibetan Book of Living and Dying, Sogyal Rimpoche.



# TRAVEL RECOMMENDATIONS

\* San Roque de Cumbaza has a pleasant weather. The temperature ranges, usually, between 65 degrees (at night/morning) and 90 degrees Celsius (during the day). Although, when it rains or the "friaje" (cold wave) starts, the temperature can go down a bit more.

**\* This is a small list of what you could take as luggage:**

Summer and spring clothing, a light jacket and pants, diving pants, swimwear, sandals, high-top shoes or trekking boots, sunglasses, visor, sunscreen, insect repellent (in the jungle mosquitoes are more persistent than in other areas), a small flashlight, raincoat, a notebook so you can write down your thoughts and discoveries, aqua shoes.

\* **Travel light.** Since this is not a traditional tourism trip, you don't need to bring a lot of things - a small suitcase should be enough. Bring comfortable clothes (for activities and the stay, the best option is cotton clothes), including bathing suits.

\* If possible, we recommend to bring your own Yoga mat for the breathing sessions.

## TRAVEL INSURANCE

It is recommended that you have health insurance for any emergency, since we will not be responsible for any health or accident problems during the retreat. Tarapoto is a city that has everything you need in case of a major emergency.

During the Ayahuasca sessions there will be a nurse at Chirapamanta Lodge, if any assistance is necessary. However, keep in mind that the sessions and all the activities of the retreat are safe and we ensure that the work with the Master Plants is carried out properly and with the seriousness and respect they deserve.

# FLIGHT TICKETS

**USA to Lima:** We recommend you book a flight arriving to Lima (Jorge Chavez Airport) at least a day before the start of the retreat, and book your flight to Tarapoto on the same day, so you would arrive to Tarapoto that day.

**Lima to Tarapoto (retreat location):** The main airlines that fly to Tarapoto from Lima are LATAM and Star Peru (this one is cheaper and allows a full 23 kilos suitcase and a handbag for free). Try to get to Tarapoto airport on the previous day to the retreat, so you can have a better rest and get familiarized with the place. If that the case, please let me know, so I can ask the Lodge for availability. Keep in mind all the expenses prior the the start of the retreat (transportation, food and accommodation) is not included.

We will take care of you from your arrival at the Tarapoto airport and the days that the retreat lasts. If you wish to stay for more days before or after the end of the retreat, it will be at your own expenses. If you arrived one day before the retreat, please let us know and we can get you a good deal for that extra night, the food and pick up from the Tarapoto airport.

If you are planning to arrive on the first day of the retreat, please book your flight ticket to Tarapoto for the morning flight. We strongly recommend to fly on Starperu morning flight. The retreat will start in the evening of the first day. The sample of Starperu flight is below.

<b>Salida:</b> 07:10:00 hrs. <b>Llegada:</b> 08:25:00 hrs. Duración del vuelo: 01 hrs. 15 mins. Internacional Jorge Chávez Lima Cadete FAP Guillermo del Castillo Paredes Tarapoto	<b>Codigo de vuelo:</b> 3115 <b>Compañía:</b> StarPerú LIM > TPP	<input type="radio"/> <b>USD 54.00</b> Clase: M 9 últimos asientos Condiciones ▼	<input type="radio"/> <b>USD 78.00</b> Clase: X 9 últimos asientos Condiciones ▼	<input type="radio"/> <b>USD 119.00</b> Clase: L 9 últimos asientos Condiciones ▼
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# HEALTH DISCLAIMER

All participants are responsible for their own health and the decisions they make regarding it. Each person travel and decide to take the Master Plants at their own risk. We do not recommend at all to stop taking pills or any medicine that you may be taking as part of another treatment. This retreat is made for people who are in optimal health, and it will be the shaman who will give the approval of acceptance for each person who wishes to attend the retreat.

In addition, a **confidential document must be filled out with information about your mental and physical health** (*will be send out separately*), which will only be read by the shaman and the organizers. It is necessary to report if you are taking any medicine, since the drugs can interfere with the purpose of the Master Plants, except when contraindicated by the shaman. In addition, the questionnaire will also indicate what is the personal purpose of wanting to attend the retreat.

# RETREAT CANCELLATION POLICY

## RETREAT CANCELLATIONS

We understand that no one books with the intention of cancelling or postponing their retreat, but unexpected things do happen, so please purchase travel cancellation insurance once you have made your reservation.

## CANCELLATION POLICY

The cancellation policy below is designed to protect both retreat leaders and all retreat attendees (prospective and current).

### CANCELLATION | Initiated by Participant

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel your participation in the retreat for any reason, the cancellation policy below will apply, with no exceptions.

We wish we could compensate people for unforeseen circumstances, but we have incurred expenses that once paid we cannot refund. We strongly encourage you to purchase travel insurance if you have concerns.

### CANCELLATION POLICY.

Only if we are able to reassign your room to another participant will you be eligible to receive a 80% refund. Otherwise, you will also have the option to transfer your full retreat payment to another retreat available.

Finally, we will not be responsible for any expenses incurred in preparation for any cancelled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. Again, if you have any concerns please purchase travel insurance.

Please reach out directly to Mauricio for any questions.



# KNOW MORE ABOUT AYAHUASCA

[Deep Journey Retreat - Amaru Inner Growth Alliance's Website](#)

[Video: The Purpose of Ayahuasca](#)  
(with the shaman Javier Zavala)

[Video: Let's talk about Ayahuasca](#)  
(Mauricio Gil talks about their personal experience with Ayahuasca)

[Interviews with the shaman Javier Zavala and testimonials](#)

Know more about the organizer and facilitator:

[Mauricio Gil](#)

Breath Coach & founder of Amaru Inner Growth Alliance

THANK YOU AND WE LOOK FORWARD TO BEING  
PART OF YOUR INNER JOURNEY!!

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