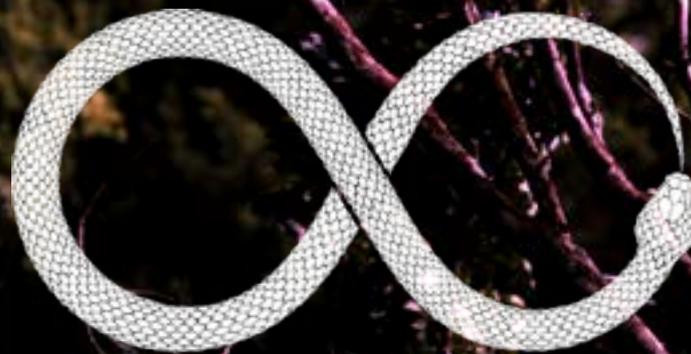


**Deep Journey Retreat**  
**San Roque de Cumbaza - Peru**

**September 13th - 19th 2021**



**AMARU**

*Inner Growth Alliance*

# Summary

## **Facilitators**

Javier Zavala - Ayahuasquero  
Mauricio Gil - Breathing and meditation coach  
Ruy Hinojosa - Healing Sound Circle guide

## **Dates**

September 13th - 19th (six nights)

## **Location**

Chirapamanta Lodge - San Roque de Cumbaza (Peru)

## **Food**

Vegan

## **Activities**

Ayahuasca ceremonies, Plant Master's diet, conscious breathing and meditation sessions, healing sound circle, Tobacco purge, flowering bath, ride to Pishurayacu cascades.

## **Experience**

All levels of experience are welcome.

## **Investment**

- \$2300 | Private suite (price per room - 2 persons max.).
- \$1200 | Single room.
- \$750 | Double room (price per person).
- \$ 600 | Shared room (3 people max., price per person).

## **Language**

Spanish | English.

## **Important:**

Participants must take the test to rule out Covid-19, days before the trip. So all participants, facilitators and staff members will have the test to rule out any contagion.

The lodge has and complies with all the necessary health protocols.



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# Schedule

(This is just as a sample and can be modified)

## Day 1 (Monday):

11 am – 12pm: Check in  
12pm: Group meeting and welcome talk.  
1pm: Tobacco purge.  
2:30pm: Lunch.  
5pm: Flowering bath.  
6pm: Dinner.  
8pm: Conscious breathing and meditation.

## Day 2 (Tuesday)>

7:30am - 8am: Energetic smoothie and light breakfast.  
8am – 12pm: Trekking Añakiwi  
(difficulty: beginner - intermediate). Meditation.  
1pm: Lunch.  
4pm: Conscious breathing and meditation.  
6pm: Dinner.  
8pm: Expansive breathing: Your Inner Light.

## Day 3 (Wednesday)>

First day of Master Plants diet (morning and evening).  
8am: Conscious breathing activation and meditation.  
9:30: Breakfast.  
11am: River meditation.  
1pm: Lunch.  
4pm: Breathing session and meditation.  
5pm: Light dinner.  
8pm: First Ayahuasca ceremony.



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# Schedule

(This is just as a sample and can be modified)

## Day 4 (Thursday):

Second day of Master Plants Diet (morning and evening).

8am – 10am: Breakfast available.

10am: Conscious breathing (full breath) and meditation.

11am - 2pm: Individual orientation meeting with the shaman (20min each person).

2pm: Lunch.

6pm: Healing Sounds Circle.

8pm: Dinner.

## Day 5 (Friday):

8am: Conscious breathing and meditation.

10am: Breakfast.

12pm: Walking through: Cosmovision of medicine plants.

2pm: Lunch.

5pm: Light dinner.

8pm: Second Ayahuasca Ceremony.

## Day 6 (Saturday):

8am – 10am: Available breakfast.

10am – 2pm: Individual orientation meeting with the shaman (20min each person).

4pm: Group gathering – sharing experience.

8pm: Expansive breathing: Journey into the Heart.

## Day 7 (Sunday):

7:30am: Breakfast.

Check out.



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# DEEP JOURNEY

This document will give you the necessary information and help you answer the most frequently asked questions about our 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. For more information, you can write to us to [info@amaruexperience.com](mailto:info@amaruexperience.com) or visit our website [www.amaruexperience.com](http://www.amaruexperience.com)

## LENGHT

The Deep Journey retreat lasts 6 nights, 7 days (from Monday, September 13th to Sunday, September 19th, 2021).

## INTRODUCTION

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.

Thus, under the principles with which Amaru Inner Growth Alliance was created, the retreat welcomes all beliefs that are based on love towards oneself, towards other living beings and nature. 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. At Amaru Inner Growth Alliance, 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



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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.

We invite you to join us in this adventure of rediscovering and releasing negative or outdated patterns. We invite you to start a Deep Journey into your own inner being.



Different views of Ayahuasca.

Ayahuasca comes from Ayawaska in native Quechua: Aya (soul, spirit) y Waska (rope).



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## 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 (optional): facilitated by Javier Zavala, ayahuasquero. 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, ayahuasquero. During the retreat there will be two ceremonies of Ayahuasca, always with the guidance of the ayahuasquero Javier Zavala. You can learn more about Javier and Ayahuasca in this link: <https://es.amaruexperience.com/blog>

Also, watch the video "El propósito del Ayahuasca" (The Ayahuasca Purpose) made by Diego Oliver for Amaru Inner Growth Alliance.

- Diet with Master Plants: facilitated by Javier Zavala, ayahuasquero. 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. [Click here to know more about the Master Plants.](#)

- Conscious breathing and expansive breathwork: 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.

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 Ruy Hinostroza.

In the Sounds Circle, different instruments from different cultures will be used (such as quena, Tibetan bowls, didyeridoo, guitar, 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.

## EMOTIONAL PREPARATION AND 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, and for reasons of the pandemic.

Also, 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



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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 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.



Javier Zavala, ayahuasquero with more than 25 years of experience working with Ayahuasca, He will be the one who will guide the rituals, the purge of Tobacco, and the diet with Master Plants.



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- ~ The Cosmic Serpent, Jeremy Narby.
- ~ The Ayahuasca Sessions, Rak Razam.
- ~ Just Breathe, Dan Brule.
- ~ Supernatural, Joe Dispenza.
- ~ Awakening Kundalini, Edward Lawrence.
- ~ The Power of Intention, Wayne Dyer.
- ~ The Tibetan Book of Living and Dying, Sogyal Rimpoche.

## HEALTH DISCLAIMER

In order to be part of the retreat, days before the start of it, each person must take the Covid19 test (molecular or antigen): this to give peace of mind to all participants. However, they will be aware of the progress made against the virus and health policies in this regard, so this measure could change. Because each person will assume a responsible attitude to go to the retreat and thinking of others, they will make sure to take the necessary measures to prevent the risk of contagion of Covid-19 before the retreat. If you test positive, there will be no refunds, but your quota will be saved for a later date or you will have a free month of personalized mindful breathing and meditation classes with Mauricio Gil, founder of Amaru Inner Growth Alliance.

In addition, a confidential document must be filled out with information about your mental and physical health, which will only be read by the ayahuasquero. 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 do the retreat.

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. Amaru Inner Growth Alliance does 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.

## FOOD

From the arrival at Chirapamanta Lodge, all food (with local supplies) will be covered by Amaru Inner Growth Alliance and prepared by Chirapamanta Lodge. Due to the nature of the retreat, the food will be vegan, healthy and delicious. In this way we ensure that the body is more open to receive the effect of the Master Plants. The diet will be based on oats (pancakes, oatmeal bowl), fruit, salad, quinoa, muesli and others. It is important to know that the food is recommended



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by the shaman and will be served three times a day.

## ACCOMODATIONS

As mentioned above, 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. It has single and double rooms with private bathrooms (as well as a private suite), shared rooms with shared bathroom (for up to three people) and common areas.

Chirapamanta 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, 30 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.

The lodge also has electricity and hot water. Internet is available. In itself, it is



Some of the plants used in the diet..  
Shapilloja (left), Ajo Sacha (center), Huayusa (right)



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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 duration of 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.

## INVESTMENT

The investment for the Deep Journey retreat is US\$ 2300 (private suite, price per room, 2 persons max.), US\$ 1200 (single room), US\$ 750 (double room, price per person) and US\$ 600 (shared room, 3 people maximum, price per person). This amount helps us to continue with the mission of Amaru Inner Growth Alliance to grow the network and, thus, bring more people closer to having this experience in Peru, and develop more activities related to personal growth. The investment includes everything described above, but not the flight tickets to Tarapoto, nor the COVID test to be part of the retreat and ensure the tranquility and health of all participants.

You can make the full payment at the time of your reservation. To make the investment, it can be done through bank transfer (contact us to receive the information), or through our website.

It is important to mention that we can also offer you payment facilities if you really need it. Get in touch with us to find the best way to help you and that you can be part of this profound experience.



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## TRAVEL RECOMMENDATIONS

- San Roque de Cumbaza has a pleasant weather. The temperature ranges, usually, between 18 degrees Celsius (at night) and 30 degrees Celsius (during the day).
- 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, a notebook so you can write down your thoughts and discoveries.
- 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 strongly recommend a sleeping bag to use after each Ayahuasca ceremony.
- We do not provide laundry during the retreat.



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# FLIGHT TICKETS

The main airlines that fly to Tarapoto from Lima are LATAM and Star Peru. Try to get to Tarapoto airport on the first flight on the first day of the retreat, so that you can have a better rest, not miss the welcome informative talk, and none of the activities we offer: keep in mind that the purge with tobacco will take place on the first day of the withdrawal (it is optional).

Amaru Inner Growth Alliance 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 after the end of the withdrawal, the expenses will be at your own expense.

If you decide to flight on the first day of the retreat, here are samples of the flights available on Latam and Starperu on Monday September 13th. Please, book your flight ticket for the morning flight. Be mindful that we are going to wait for the whole group to go to Chirapamanta Lodge (the flights are 1 hour apart).

<b>Más económico</b>			
<b>8:25 LIM</b>	Duración 1 h 27 min	<b>9:52 TPP</b>	Adulto desde <b>\$59.898</b>
<b>Directo*</b>			
<b>Más económico</b>		<b>Más rápido</b>	
<b>14:20 LIM</b>	Duración 1 h 24 min	<b>15:44 TPP</b>	Adulto desde <b>\$59.898</b>
<b>Directo*</b>			

Monday, 13 de September	SIMPLE	EXTRA	FULL	
<b>Salida: 07:10:00 hrs.</b> <b>Llegada: 08:20:00 hrs.</b> Duración del vuelo: 01 hrs. 00 min. Internacional Jorge Chávez Lima Código IATA: Guillermo del Castillo Paredes Tarapoto	Código de vuelo: 3115 Compañía: StarPeru LIM - TPP	USD 45.00 * Ver condiciones	USD 57.00 * Ver condiciones	USD 99.00 * Ver condiciones
<b>Salida: 13:00:00 hrs.</b> <b>Llegada: 14:10:00 hrs.</b> Duración del vuelo: 01 hrs. 00 min. Internacional Jorge Chávez Lima Código IATA: Guillermo del Castillo Paredes Tarapoto	Código de vuelo: 3141 Compañía: StarPeru LIM - TPP	USD 45.00 * Ver condiciones	USD 57.00 * Ver condiciones	USD 99.00 * Ver condiciones



## TRAVEL INSURANCE

It is recommended that you have health insurance for any emergency, since Amaru, Inner Growth Alliance 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 that they deserve.

## KNOW MORE ABOUT THE AYAHUASCA

A few links so that you can learn more about the retreat and what involves working with Ayahuasca.

- Video ["The Ayahuasca Purpose"](#)  
(By [Diego Oliver](#) for Amaru, Inner Growth Alliance.
- Video ["Deep Journey retreat atmosphere"](#)
- Interviews with the ayahuasquero Javier Zavala:
  - . [The origin: the Ayahuasca calling.](#)
  - . [The Icaros and the ayahuasquero diet.](#)
  - . [The knowledge of the Master Plants.](#)
- [Information about some of the Master Plants.](#)

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