

Unlocking the Power of Your Voice/ communicate, create! - A Shamanic Women's Retreat

From the 1st till the 8th of September

At the retreat center, 'Casa de campo' Urubamba, Sacred valley, Peru.

Immerse yourself in the beautiful nature of the secret valley of the incas, activate your throat chakra with vocal yoga find your singing voice, take part in a deep transformative ceremonies with Shamanic plants.



Under the retreat program you will find information about the voice workshops, Shamanic ceremonies and team of healers.

Retreat's program

Day 1

9 am pick up from Cusco

10.30 check in & relocation to rooms

12 Lunch & Introductions

2pm A traditional Andean offering ceremony connecting to the spirits of the land.

4pm Preparing and purifying body, mind, heart and spirit with Mayan Temazcal

8pm Dinner

Day 2

9am Breakfast

10 am Sound healing, bringing balance to your energy centers

1 pm Lunch
3pm Introduction to the sacred healing plants Mapacho & Ayahuasca
7pm Setting the ceremonial space, meditation.
7.45 Mapacho ceremony

Day 3

9 am Breakfast
10am Sharing circle and integration work
1pm Lunch
4pm Meditation in nature, ground, connect
7pm Dinner

Day 4

9am Breakfast
10am Voice yoga, vocal you heart & voices
1pm Lunch
3pm Drum circle, expressing and releasing through rhythm
7pm Dinner

Day 5

9am Breakfast
10 am Personal talks with the healers
1pm Lunch
4pm Meditation in nature, womb ceremony
7pm Setting the ceremonial space, meditation
7.45 Ayahuasca ceremony

Day 6

9am Breakfast
10am Sharing circle, integration work
1pm Lunch
3pm Integrative work- Expressive Mandalas painting
7pm Setting the ceremonial space, meditation
7.45 Ayahuasca ceremony

Day 7

9am Breakfast
10am Sharing circle & integration work
1pm Lunch
2pm Spa

7pm Dinner
8pm Fire celebration

Day 8
9am Breakfast
10am Farewell & Closing Prayers
11.30 Departure (Bus to Cusco/Airport)

The Sound Healing Work

During this week you will learn how to access and balance your energetic body through sound and vibration.

- * Learning ancient Nada Yoga (vocal yoga) techniques; chanting seed syllables and mantras with accompanying mudras (hand postures) and affirmations.
- * Learning relaxed breathing techniques and vocal sound production to access and free your creative self and find your authentic voice.
- * Directly experiencing your vibrational nature through sound baths using crystal singing bowls and other sacred and sonorous instruments.
- * Releasing deeply held emotional patterns stored in the body through rhythm, movement and drumming.

By discovering sound as a healing tool you empower yourself to release and balance, purify and align. This is an invitation to truly open your heart to yourself and others.



Shamanic ceremonies

Andean offering ceremony, give thanks to Mother Earth (or the Pachamama) with the guidance of a Shaman, an Andean priest. The Pachamama Offering ceremony is part of a system of reciprocity between the material world and the spiritual world. According to Andean beliefs, it helps establish balance in our lives.

The ceremony itself is an offering of small amounts of native Andean seeds, grains, and fruits, together with coca leaves. During the ceremony, the Apus, or sacred mountain deities, and the four elements: Earth, Water, Air and Fire are invoked. In addition, the three levels of life (hanan pacha: the world above, kay pacha: this world, and ukhu pacha: the underworld) are represented by the components of the offering. Finally, a ritual toast (challa) is made with chicha de jora (native corn beer). The final step of the ceremony is the burning of the offerings so that they can return to their origins, rising into the sky while the remaining ashes are buried in the earth to complete the cycle.

Temazcal ceremony is a beautiful and powerful moment in our lives, an opportunity to reconcile with ourselves, a unique experience of purification and re-connection with our inner source of wisdom and unconditional love. Closing a cycle and opening a new one in our lives, we release attachments, negative thoughts, fears and mental conditioning, delivering them to the heat of the stones Mama Willka Rumicuna grandmothers of the Earth.



Womb Blessing Ceremony This blessing is intended not only to bring healing and connection to your own womb and femininity, it is also designed to anchor

the Divine Feminine blessing into your Land to help the goddess energies awaken in all people and to bring loving, caring and creative energy into the world to inspire a new direction for humankind.



A Tobacco ceremony is a powerful physical and energetic cleanse. Participants in a Tobacco ceremony drink an infusion made from the plant's leaves (it is not obligatory to smoke). This type of Tobacco is called *Nicotiana Rustica*, and it grows in the jungle. It is not the same Tobacco that is used in commercial cigarettes - It's rather wild and potent, with no chemicals or additives.

During a Tobacco ceremony participants often experience a sense of presence in their body. This plant works to bring us back to our body, and connect us to our heart, intuition and higher self. It is a grounding plant. Tobacco is not a psychedelic and does not promote visions. It does work in the dream world, inducing lucid dreaming. These dreams are different from everyday dreams - They may illustrate teachings, and the way that the plant is currently working in our bodies.

Tobacco juice is a strong purgative. It works to collect and clear toxins from our physical, emotional and mental bodies. The process can be challenging at times, as the body is releasing held tension, blocked emotion and material toxins. It often involves vomiting, defecating, sweating, alternating between feeling hot and cold. Afterwards our body feels clean, light and energized, and our mind relaxed and clear.

The best way to be in a ceremony is to surrender to the medicine and let it do its work. The more we trust in the medicine and in the process and just allow things to be, the deeper the healing and connection we will experience. When we give up control, life happens. It's the same when we come to ceremony. Surrender

allows us to listen deeper to our hearts, get a better understanding of our needs, be kinder to ourselves, and give comfort and care to parts of us that are hurt and afraid. From this place healing occurs. Behavioral patterns can be released, answers to questions become clear, wounds clear, if we just allow.



Ayahuasca is a traditional, psychedelic plant spirit medicine of the Amazon. Used for thousands of years to cure physical, emotional and spiritual problems, it's beautiful healing qualities have recently been spreading throughout the world.

Ayahuasca has the potential to assist with problems ranging from diabetes, autoimmune diseases, infertility; to long standing depression, anxiety, addiction, PTSD and other deep psychological issues.

Ayahuasca can also bring amazing philosophical and spiritual insights and can connect the drinker to deeper levels of creativity and heart centered living.

As with other profoundly transformative therapies, the benefits are only available through a safe and secure space, held by trained and caring facilitators; and through the commitment of the participant.

We hold deep and personal ceremonies lead by an absolutely ethical, female, Western Shamans, trained in both indigenous practices and Western healing modalities. We hold thorough pre-ceremony preparation sessions and deep integration circles post- ceremony. We also offer continued support via an integration website long after the ceremonies end.

Ayahuasca is NOT for everyone however. Certain medical conditions, pharmaceuticals and recreational drugs can have adverse effects in combination with Ayahuasca so it is very important to provide us with 100% honest information for your safety and wellbeing. All information will be held in strict medical confidentiality.

The team of healers

Alexandra Zachary is an Australian Ayahuascera, Naturopath and Sound Healer working in Peru as an Integration Specialist. She holds degrees in Music Performance and has a classical training of an opera singer. Alexandra plays numerous music instruments such as: violin, piano, flute, hand drums, crystal singing bowls and other instruments.

Alexandra has developed her Sound Healing techniques over many years, utilizing them both within plant medicine ceremonies and in separate workshops. Alexandra holds a degree in Naturopathy (specializing in Herbal Medicine) and Osteopathy and has trained in Transpersonal Psychology for several years.

Alexandra has been working with Ayahuasca in Peru for the past five years. She will be serving Ayahuasca and leading the voice workshop program as well as taking part in the integration work.



Janneke Boeiakaloa is working for the last four year as the manager and facilitator in her own Ayahuasca & San pedro retreat in the Sacred valley in Peru. She specializes in Coaching, Shamanic work ,Meditation, Reiki ,Certified Inner-Child workshop facilitator, Munay Ki Rites & 13th rite of the Womb, Shamanic Journeying and Energetic Healing.

Janneke will pot all these practices and experience to a good use as part of our integration team. On this retreat she will lead meditation and ceremonies in nature. To know more about Janneke you are invited to visit her site:
Ayahuasca-spirit.com



Merav Artzi is a healer with a wide experience in Amazonian plant medicine. She has years experience leading retreats in Peru and around the world. Merav lived for over seven years in the Amazon jungle, where she did her apprenticeship and specialized working with the master plat Tobacco. In this retreat she will serve Tobacco, offer preparation and integration work and help to hold a loving and safe space for the group.

To know more about merav you are invited to visit her site,
tobaccoplantmedicine.com



About the location.

'Casa De Campo' retreat center is located in Urubamba at the heart of the Sacred Vally it is central yet far from the tourists rout. The retreat has beautiful secluded gardens with private corners where you can sit, reflect and relax. There are old water canals that go trough the gardens and even the ceremonial space, the sounds of the water are healing, they also supports an energetic cleaning downing our time in the retreat. The rooms are esthetic, comfortable, with a privet bathroom, with big windows and lots of sun light.

The cost of the retreat is \$1800 and it includes

- Transport from Cusco center to the retreat and back on the first and last days of the retreat
- all workshops: voice, sound healing, integration and meditation
all ceremonies, Andean offering ceremony, Temazcal, Womb ceremony, Mapacho ceremony, Two Ayahuasca ceremonies
- Spa day in a 5 stars hotel & transport to the Spa and back
- accommodations at Casa de campo, a privet room with a privet bathroom
- Three vegan organic meal daily that are computable with the dietary restrictions of Ayahuasca (except for the days when we have Mapacho and Ayahuasca ceremonies at night then we have no dinner)

How do i sign in?

The payment is done via Paypal

You can pay in 3 installments till the end of June or in two installments by the end of July. You can pay the full amount and get a discount of \$100.

I you have any questions please call directly on WhatsApp +51931154425

Or write us at, meravartzi777@gmail.com