



PATH OF THE ROSE PRESENTS

PURA MEDICINA

12 DAY AYAHUASCA & MASTER PLANT RETREAT
APRIL 15 - 26TH - TARAPOTO, PERU.



Marcus Drassl

INFORMATION PACK

ABOUT THIS RETREAT

Ayahuasca has gained a lot of publicity in the last decade, however this psychedelic medicine brewed from two plants, banisteriopsis caapi and psychotria viridis (ayahuasca and chacruna) is actually just one medicine in an entire system of shamanic healing from the Amazon region.

In Peru, this system varies but it is fundamentally a form shamanic herbalism that works with hundreds of plants, in many ways, including but not limited to Ayahuasca ceremonies.

A core part of this is this healing system is "master plant dieta" .

Dieta is a very personal journey following specific food and behavioural requirements including keeping to oneself, in relative solitude while communing deeply with specific healer plants prescribed to the patient or student by the Curandero/Shaman/Vegetalista. The role of the Curandero is to not only prepare and administer the medicines but also to facilitate the energetic connection between plant and person.

This process will be supported by english speaking facilitators who have not only undergone multiple dietas themselves but are also trauma informed. More on that further in the document. Staff are on hand to act as intermediaries, guides and translators.

The process of dieta creates a very deep and personal relationship contract between people and plants. It allows for the medicines to penetrate the mind, body and spirit for the purpose of transformational healing and teaching. It is a lifelong connection and should be respected as such. Dieta is a very sensitive, serious and sacred process requiring commitment from the participant to complete safely and to good effect. The healing potential is, however, also very deep.

The guest expectations for this process are outlined at the end of this document please read them in detail. as this is crucial for you to get the best of the retreat.

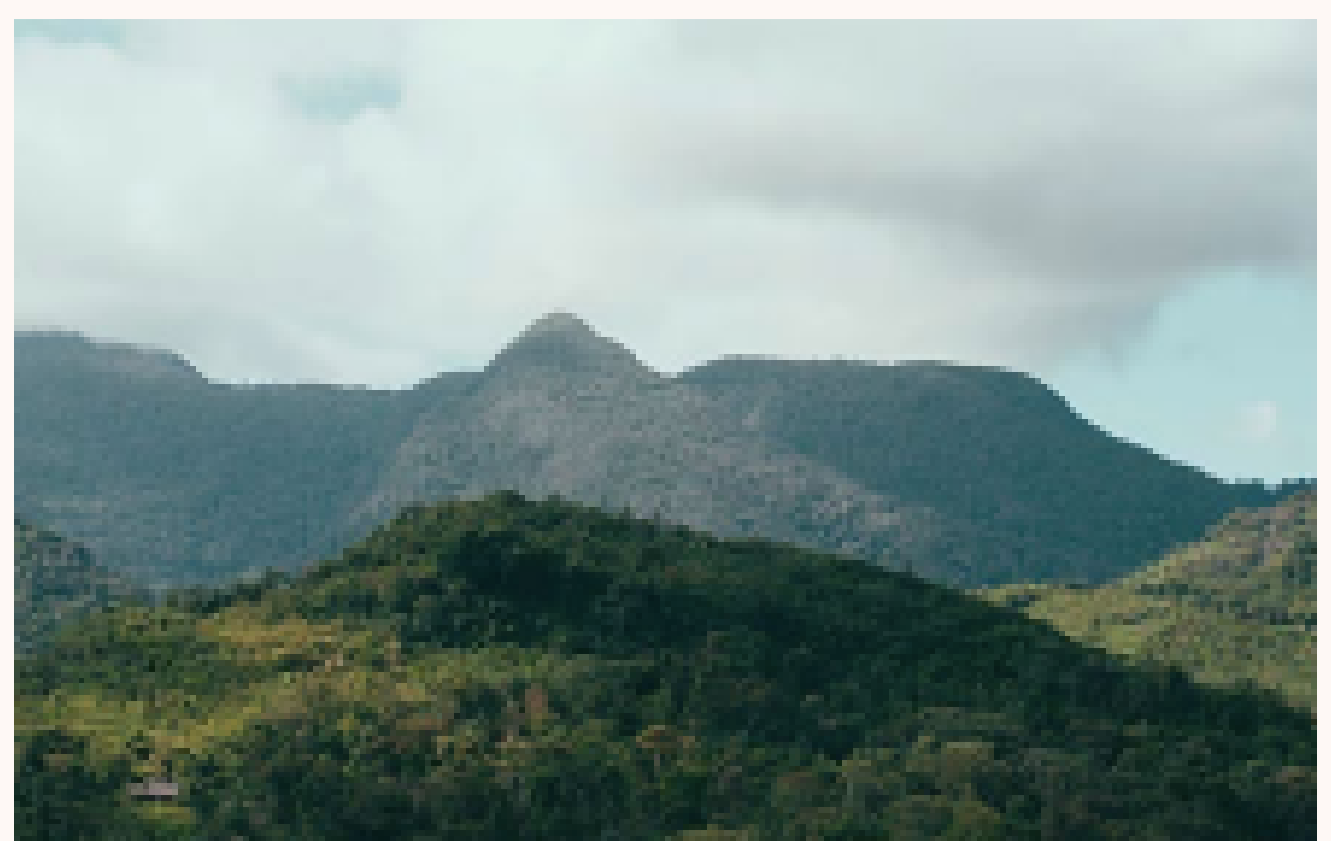
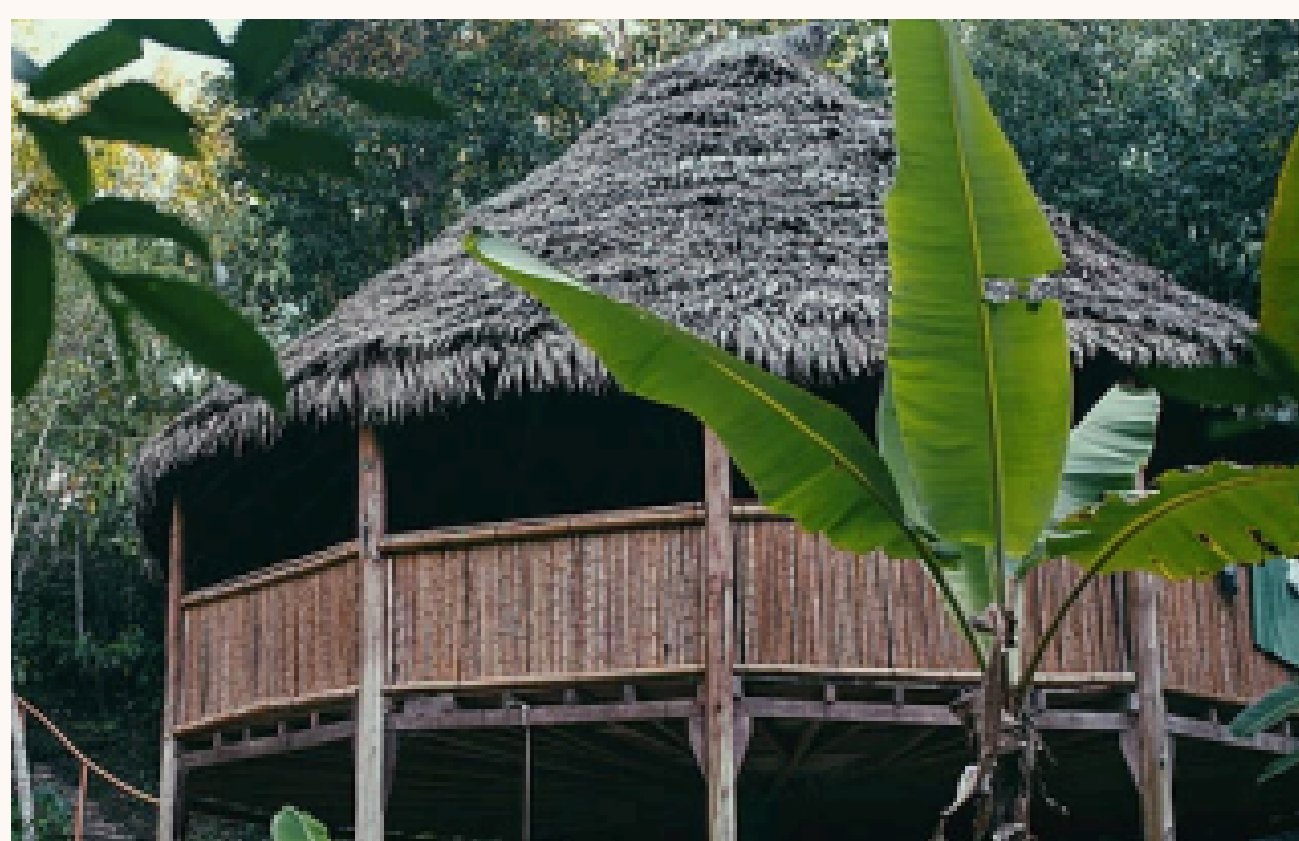
WHAT TO EXPECT

The retreat will be held at The Garden of Peace. A purpose built plant medicine retreat located in a lush green valley where the Andes meet the Amazon in North West Peru approximately 2 hours from the city of Tarapoto.

This “high jungle” has a fairly moderate climate ranging between 15 and 35 degrees and the air truly pulses with the raw energy of this ancient landscape. This purpose built home and healing centre is a sanctuary for deep plant medicine work.

The Garden is a sanctuary adjacent to vast areas of untouched jungle and blessed with abundant tropical fruits, medicinal plants, wild flowers, large established trees, hundreds of birds, butterflies and other creatures, crystal clear spring water and a magical clean river.

Without compromising on safety or comfort most of the structures are built by hand using the most natural materials practical. This is an incredibly unique place intentionally designed to cultivate deep connection with nature and transformative healing.



WHAT TO EXPECT

Accommodation.

You will have a private "Tambo" which is basically a hut of about 3 x 3 meters. There is a single bed with mosquito net and three walls, the huts are open at the front with a hammock. The huts are not powered but we provide candles, drinking water and ask you to bring a flashlight and spare batteries. Linen is provided. The toilets are composting "longdrop" style and we bathe in the river. This retreat will be hosted at The Garden of Peace retreat centre outside of Tarapoto in the high jungle of Peru.

Food

Dieta food is simple. Grains, legumes, vegetables and sometimes egg, dish or chicken. No salt, oil, fruit or spices are used. The food is designed to create a lot of energetic space for the medicine to work while providing your body a basic source of energy. It's normal to feel tired or even a little hungry at first. We can cater to most serious dietary requirements so please mention this on your application.

Ayahuasca Ceremonies & Medicines

We will have 4 ceremonies in the 12 days. There may also be additional treatments such as medicinal plant baths and the plants you are prescribed after diagnosis from the Maestra. Ayahuasca ceremonies are held at night, in the dark, in our temple space called a Maloka. We gather together for this.

Other Activities

We will open and close with a sharing circle and sometimes have circles after ceremony, depending on the need of the moment. However facilitators will check in with every patient daily, this is not for the purpose of in depth chats, unless that is what is needed. We will also offer some gentle yoga practices to support integration during the weeks. On the last day we will have a communal meal and gentle celebration.

Safety

This is an outdoor environment. We will give a complete packing list below and also a safety briefing when you arrive. Common sense and basic precautions are advised, and we do our best to keep you safe should any issues arrive.

Process

Strong emotions can come up as well as physical weakness or boredom. This is part of the process. We are here to support you yet we also advise that this is not a vacation, rather a transformative experience rooted in very ancient and sacred ways of being. It requires your dedication and willingness.

YOUR GUIDES

Reyna Luz - Maestra Curandera

Born in the Ucayali region of the Peruvian Amazon, Reyna has spent over 30 years working with plant medicines after healing herself naturally from cancer.

She is considered a “palera” specialising in the medicine of trees alongside Ayahuasca. Her Icaros (medicine songs) hold ceremony with incredible resilience, warmth and devotion guiding participants with the utmost care in their journey with the spirits.

She raised 7 children and approaches her work with both the fierce love of a mother and good humour of an old friend.



SANCYA - Lead Facilitator

Lara spent 5 years in full time training with traditional shamanic plant medicines in the Peruvian Amazon completing over 200 days of isolated dieta. She has continued her studies with annual visits and will complete 10 years on this path in 2024. She cofounded a retreat centre and supported hundreds of guests in their healing.

She is also a practicing astrologer, yogini, trauma informed mentor and writer. Lara is mindful of integrating cross-cultural frameworks of wellbeing and respecting the unique nature of each persons journey and sovereign experience.



WHAT IS TRAUMA INFORMED CARE?

Sancya undertook a Trauma Informed Plant Medicine Facilitation Training in 2020 and these are the principals of that specific work as described on the website of the course providers. You can read more about trauma in this context here <https://ayahealingretreats.com/trauma-informed-principles-plant-medicine/>

- We assume that anyone walking into the plant medicine space may have experienced trauma, and we treat them with the care, attunement, sensitivity, and therapeutic presence that is needed.
- We recognize participants as experts on their bodies and experiences and refrain from giving unsolicited advice which may belittle their experiences and feelings.
- We aim to create a safe, comfortable space that is empowering for all participants, and provide them support structures systems before, during and after the PM experience.
- We strive to offer options and modifications for being in the ceremonial event where the person's comfort, ease and safety is of utmost importance.
- We use trauma-sensitive language that is attuned, strength-based, acknowledging and empathic of the participant's experience while listening for resources as it comes up in the person's body language or experience.
- We refrain from rigid, dismissive, "spiritual bypassing" analysis & "spiritualizing" statements and advice; instead, we listen more than we speak, using the language of inquiry, empathy and reflection.
- We are aware of our professional role as an authority figure in PM work, and uphold professional boundaries with our participants. We understand the importance of safety, consent, boundaries and refrain from "hands-on assists" or apply them cautiously if we do use them.
- We may share ways to self-regulate and clearly explain the guidelines of support that can facilitate calmness and stabilization for our participants before, during and after the PM experience.
- We ALWAYS give participants a choice and promote their sense of agency and inner wisdom and knowing. We support our participants to uphold healthy boundaries with us as facilitators and the community around them, and we do not, in any way, force an experience on them. (e.g. pressure them to drink a big cup of medicine when seeing the tentativeness in their body language).

LOGISTICS, COST AND AGREEMENTS

Travel

Participants are responsible for their own travel arrangements. We will collect the group from a central point in Tarapoto, Peru on April 15th to travel together to the Retreat Centre. Guests will be dropped back to this point on the 26th of April around midday. Please do not schedule your flight to arrive on the day of pickup or drop off as this may create disturbances.

We recommend these hotels to stay in before and after. Please be aware that post retreat there are dietary restrictions and choosing somewhere with a kitchen can support you to have optimal integration.

<https://www.lapatarashca.com/blank> - good for pre retreat.

[Yacumamman Ecolodge](#) - great for post retreat

[Los Huingos Lodge](#) - also great for post retreat

To reach Tarapoto you take a domestic flight from Lima, Peru. LATAM is the most reliable airline,

Cost & Payment

The cost of this retreat is \$1800USD per person until March 7th 2024 and \$2000USD thereafter. A 50% deposit is required to secure a place the other 50% must be paid 14 days before the retreats commencement. We can accept payments via credit card on stripe, paypal or bank transfer. This is a non-refundable retreat however in some cases a transferred date is possible.

Disclosure and Cooperation

Guests are required to fully disclose their medical history during the application process. Also, during the retreat, administration of all plant medicines is at the curanderos discretion.

For the wellbeing of all involved we ask that guests commit to follow the rules of only consuming that which is given to them by the staff and adhering to the rules of solitude in dieta unless given express permission from staff to do otherwise. We are committed to trauma informed care and will endeavour to meet your needs, but as a baseline we need this commitment to the process. This is also a celibate process, no self pleasure is allowed during the dieta and the consequences of breaking the "rules" can be dangerous to your wellbeing and that of others around you. Also most guests will be required to complete a post-dieta which is crucial for integration, this will be outlined further along in the document.

WHAT TO BRING

A good attitude. Being respectful, open minded and prepared to engage with the process is hugely important. This is a journey that reveals itself over time. Reflecting on your own personal intentions, questions or healing goals is also beneficial.

Toiletries IMPORTANT! During Master Plant Dieta, toiletries and cosmetics that are not 100% plant based cannot be used as they are incompatible with these medicines and can be dangerous. This includes soap, toothpaste, moisturizer, makeup, deodorant, bug repellent, shampoos, sunscreen, etc. Many products marketed as "natural" in fact contain minerals or salts that are not compatible with this work, so please read the ingredient list. We recommend brushing your teeth and moisturizing with organic coconut oil and releasing the need for all other toiletries during this time unless you can find totally plant based products. Dr Bronners natural soap is ok but avoid the stronger smelling or citrusy ones. Generally you can swim in the river every day (you will survive we promise!)

Small flashlight or head torch - required in Ayhuasca ceremonies, which are conducted in pitch darkness within our Maloka. Also used for walking around the property at night. Bring spare batteries.

Lightweight clothing – lightweight comfortable long sleeve pants or leggings and light long sleeve shirts are generally good to keep you cool but also protected from sun and bugs. We don't have many mosquitos but there are some sandflies that can be agitating if you don't stay covered in the evenings. .

Ceremonial clothing – You may choose to also have one set of clothes such as pants and a shirt or a scarf/wrap just for coming to ceremony, soft comfortable fabric that feels special to you. This is a suggestion only you can really wear anything.

Something warm - A warm jumper as the evenings can get chilly.

Water bottle.

Solid waterproof footwear: Shoes or boots easy to put on and off and a pair of sandals or flip-flops. Crocs are excellent for the river, ceremony and around the land

Sunhat.

Shorts and t-shirt or sundress for hotter days or travel around the towns.

Towel or Sarong

Waterproof jacket or poncho

Swimwear (optional, we think swimming naked in the river is good for your health if it feels ok to you!)

Lighter and Mapacho or organic natural tobacco if you smoke. This is the only option allowed in our center and can be purchased easily in the markets of Tarapoto or in Lamas.

Creative materials especially if you are here for Master Plant Dieta - pen, paper, paints, crafts, musical instruments, whatever you would like to channel your healing process into.

Electronics – We do not have Wi-Fi on site and electronics are not to be used during dieta. We can safely store your items while you are on retreat. Please send all last messages to friends and family before coming to the retreat.

If you need to give your loved ones an emergency contact here the email contact@thepathoftherose.com is always checked regularly.

HOW TO PREPARE YOURSELF

Medications & Health Conditions

For all of our retreats with or without Ayahuasca it is still absolutely essential that you fully disclose all past and present medical conditions and detail any pharmaceuticals you regularly take, including contraception. We also like to know about any natural supplements you are taking. We have supported many guests to taper of certain medications under the guidance of their Doctor in order to safely be able to receive treatment from us.

For Master Plant Dieta we generally ask that guests come off all medications and supplements as some medications can be potentially life threatening when combined with Ayahuasca and other Master Plants. For all SSRI or MAOI medications (which includes many common anti-depressants) you must be off them for 30 days before drinking Ayahuasca with us.

Food, Sex, Drugs & Rock n Roll

All of our retreats are focused on detoxifying the body, mind and spirit therefore in order to get the most out of your time with us and make your experience more comfortable we suggest that for 2 weeks before coming you abstain from the following as much as possible; *Red meat & pork, alcohol, dairy products, recreational drugs, processed foods, high fat and sugary foods or drinks.*

If you are struggling with drug or alcohol addiction speak to us openly about this and we can discuss options for supporting your treatment.

Rock n Roll is actually OK, but we do suggest you spend the weeks before your retreat focusing on the personal intentions you have for coming and nourishing your wellbeing as much as possible. Getting ready to enter a space of deep quiet, contemplation and in the case of master plant dieta isolation is easier if you have slowed down in the time leading up to the retreat.

POST RETREAT INTEGRATION

After you complete an Ayahuasca & Master Plant Dieta with us your entire system on physical, energetic and spiritual levels will be extremely sensitive and open.

You are now full of strong plant medicine that has been carefully aligned by the Curandero. However, now you need to give that process time to set in place properly. This is a contract with the plant spirits and yourself. Please be aware that breaking post-diet can cause serious harm to you. The post-diet is part of your treatment and you can expect to experience continued strong plant energies throughout this integration period. So please be mindful of the energetic environments you are in, try to stay relaxed, avoid confrontations or overly stimulating experiences till your dieta is in place.

Your post-dieta starts the day you close your dieta on retreat. Please expect **up to** 30 days of no pork, sex, alcohol or chilli after the retreat and for the first week there will be restrictions such as no dairy products, red meat or fried foods in addition.

It is crucial that you are prepared to follow these rules before committing to this. There is a chance the Curandero will remove some of these rules or add others depending on your particular plant dieta. But when planning your travels post retreat consider, do you speak Spanish, will you be able to cook for yourself in the first weeks?

All participants will however be entitled to a single hour long integration session after the retreat free of charge if they wish.

READY TO APPLY?

If this feels like a strong yes for you, or you have more questions, you can complete an application form. This group will be no larger than 10 people so spaces are limited. Here is the link to the **APPLICATION FORM.**

Please don't hesitate to get in touch with any questions.

Many Blessings

Sancya & Reyna

