

12 Day Ayahuasca Retreat Schedule

Included:

Five Ceremonies (2 Ayahuasca, 1 Sweat Lodge with both medicines, 2 San Pedro)

Optional Extra Ayahuasca Ceremonies: Day 8 (Sat) and Day 12 (Wed) - \$185 each

Day 1 – (Sat) Arrival and Shamanic Cleansing

Shamanic Cleansings (Limpias) are scheduled Friday - Monday. Find out when your turn is when you get here, we schedule people based on arrival times.

Hike to the Waterfall: 10:30 am

Arrival: Registration and settling in - 12:00 pm – 5:00 pm

Lunch: 12:30 pm

Tour of the Grounds: 2:00 pm

Orientation Meeting: 5:00 pm

Meeting About the Medicines: Back garden bonfire (weather permitting) - 7:30 pm – 9:00 pm

Day 2 – (Sun) – Ayahuasca Ceremony

Yoga - 8:00 am

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Hike to the Waterfall: 10:30 am

Workshop: 11:00 am

Lunch: 12:30 pm

Family Meeting: 2:00 pm - 4:00 pm - Meet and share about why you are here, and discuss the first ayahuasca ceremony

Guided Meditation: 4:00 pm – 5:00 pm - Sound Healing Meditation

Free Time: 5:00 - pm - 6:00 pm

Ayahuasca Ceremony: 6:00 pm ([Ayahuasca Ceremony](#))

Day 3 – (Mon) – Day of Rest Between Ceremonies

Here is why a [Day of Rest](#) between Shamanic Ceremonies is important

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Guided Meditation: 12:00 pm

Lunch: 12:30 pm

Family Meeting: 2:00 pm – 4:00 pm - Meet and share about your ayahuasca journey, and learn more about the first San Pedro ceremony

Yoga: 4:00 pm

Dinner: 6:30 pm

Workshop: 7:30 pm

Day 4 – (Tues) - San Pedro Ceremony

San Pedro Ceremony: 6:00 am (No breakfast, snacks in afternoon ([San Pedro Ceremony](#)))

Dinner: At end of ceremony

Day 5 – (Wed) Day of Rest Between Ceremonies

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Guided Meditation: 12:00 pm

Lunch: 12:30 pm

Family Meeting: 2:00 pm – 4:00 pm - Meet and share about your San Pedro journey, and learn more about the sweat lodge ceremony

Yoga: 4:00 pm

Dinner: 6:30 pm

Workshop: 7:30 pm

Day 6 – (Thurs) Sweat Lodge Ceremony

Yoga - 8:00 am

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise. We suggest no food after 10:00 am.

Guided Meditation: 10:00 am

Third Shamanic Ceremony: 12:00 pm the Sweat Lodge begins

Dinner and Celebration at the Sacred Fire: After sweat lodge ceremony ends

Day 7 – (Fri) Day of Rest Between Ceremonies

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Guided Meditation: 12:00 pm

Lunch: 12:30 pm

Family Meeting: 2:00 pm – 4:00 pm - Meet and share about your Sweat Lodge journey, and learn more about the day off in Cuenca and your next ayahuasca ceremony. Sign up opens for the extra ayahuasca ceremony on Saturday night.

Yoga: 4:00 pm

Dinner: 6:30 pm

Workshop: 7:30 pm

Day 8 – (Sat) – Day Off and Extra Ayahuasca Ceremony

Breakfast, Lunch, and Dinner - On your own (Our staff and volunteers have the day off, but we are happy to help you with meals, just ask!)

Free Time/Activities: Choose from different excursions in and around Cuenca - like a visit to the spa, Incan ruins, hiking, or shopping and exploring the city. Or just spend the day quietly relaxing at the center.

Extra Ayahuasca Ceremony: 6:00 pm ([Ayahuasca Ceremony](#))

Day 9 – (Sun) – Ayahuasca Ceremony

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Yoga: 11:00 am

Lunch: 12:30 pm

Workshop: 2:00 pm

Guided Meditation: 4:00 pm – 5:00 pm

Free Time: 5:00 - pm - 6:00 pm

Ayahuasca Ceremony: 6:00 pm ([Ayahuasca Ceremony](#))

Day 10 – (Mon) – Day of Rest Between Ceremonies

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Workshop: 11:30 pm

Lunch: 12:30 pm

Family Meeting: 2:00 pm – 4:00 pm - Meet and share about your ayahuasca journey, and learn more about the last San Pedro ceremony. Sign up opens for second extra ayahuasca ceremony on the last Wednesday of the retreat.

Yoga: 4:00 pm

Dinner: 6:30 pm

Workshop: 7:30 pm

Day 11 – (Tues) - San Pedro Walk of Power Ceremony

San Pedro Ceremony: 8:00 am (No breakfast, snacks in afternoon ([San Pedro Ceremony](#)))

Dinner: At end of ceremony

Day 12 – (Wed) – Last Day of the Retreat and Extra Ayahuasca Ceremony

Breakfast: 8:00 am - 10:00 am – Buffet with cereal, made to order eggs, fruit, and other breakfast foods - Help yourself when you are ready to arise.

Final Family Meeting: 10:00 pm – 12:00 pm - Meet and share about your final San Pedro journey, and discuss integration and tips on how to continue your healing at home.

Lunch: 12:00 pm

Extra Ayahuasca Ceremony: 6:00 pm

Buen Viaje!