

7 Day Gaia Sagrada Ayahuasca Retreat Schedule

Included:

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

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) Last Day of the Retreat

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

Room Checkout: 12:00 pm, but you can leave the property later in the day

Lunch: 12:30 pm

Final Family Meeting: 2:00 pm – 4:00 pm - Meet and share about your Sweat Lodge journey, and discuss integration and tips on how to continue your healing at home.

Yoga: 4:00 pm

Dinner: 6:30 pm

Workshop: 7:30 pm

Buen Viaje!