

The groundbreaking
shamanic book is now a
visionary film



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AYAHUASCA AWAKENINGS ITINERARY 10-DAY RETREATS



DAY ONE 12 noon. Pick up at the airport / hotel and transportation to the Center DAS. Orientation and accommodation, Lunch and / or dinner (depending on arrival time) Introduction and Group discussion Rak Razam and Percy Garcia, aims and objectives. Lessons on holding space, ayahuasca navigation and dimensions, entities and setting personal intentions.



DAY TWO 8:00 a.m. Breakfast. 10.00 am meet at the ceremonial meeting house for conversation with Percy and Rak. Importance and properties of the ayahuasca medicine, diet and ceremony. Medical benefits Ajo Sacha (tea) to drink each day during your stay. 12.00 - 1.00 pm Lunch. Free time to rest and relax 4.00 pm ceremony Ajo Sacha flower bath to cleanse the body's energies. 7.00 pm meeting in the ceremonial house for personal meditation in preparation for first ceremony. 8.00 pm Ayahuasca Ceremony.



DAY THREE Integration day. 8:00 a.m. Breakfast 10:00 Sharing circle about your experience in the first ceremony with Rak Razam. 12.00 - 1.00 pm Lunch 2.00 pm demonstration of tayahuasca preparation. Steam bath to open our perception channels and chakras 4.30 - 5.00 pm Dinner. 700pm: Lecture by Rak Razam: Shamanism and the Western neo-shamanic resurgence.



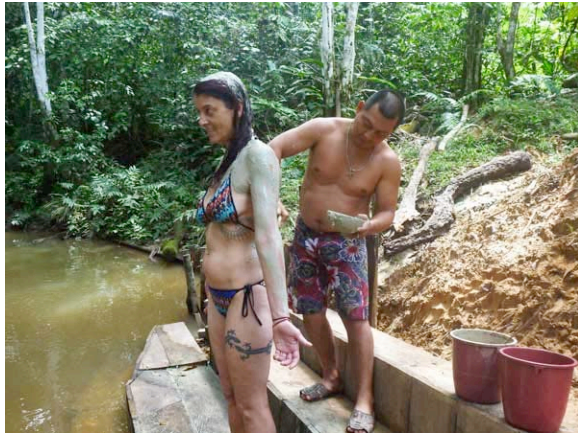
DAY FOUR 8:00 a.m. Breakfast 10.00 am. Workshop at the ceremonial meeting house for questions and answers explanation of various medicinal plants, healing properties cat's claw, sangre de grado, copaiba etc. 12.00 - 1.00 pm Lunch. Free time to rest and relax. 4.00 pm Flower bath ceremony with agua de florida water to clean energies and fortify your spiritual being. 7.00 pm Meeting in the ceremonial house for personal meditation in preparation for second ceremony. 8.00 pm 2nd Ayahuasca ceremony.



DAY FIVE Integration day. 8:00 a.m. Breakfast. 10.00 am Group discussion/dialogue with Rak Razam questions and answers about your experience in the second ceremony. 12.00 - 1.00 pm Lunch. 2.00 pm exploration walk in the jungle around the center DAS for recognition of biodiversity in its natural state and collecting carricillo for the preparation of the shacapa (instrument used by the healer to make clean energy). 4.00 pm camphor bath to cool the body and soul. 4.30 - 5.00 Dinner. 6:30: Lecture: The History of Altered States by Rak Razam



DAY SIX 8:00 a.m. Breakfast. 10.00 am teaching and demonstration of the preparation of the shacapa & its healing properties. The importance of using the shacapa. Introduction to the icaros (healing songs), and curing by Percy Garcia. 12.00 - 1.00 pm Lunch. Free time to rest and relax. 4.00 pm Flower bath ceremony to "attract good vibrations". 7.00 pm meeting in the ceremonial house for personal meditation, preparing for the third ceremony 8.00 pm 3rd ayahuasca ceremony.



DAY SEVEN Integration day.
8:00 a.m. Breakfast. 10:00 a.m. Group discussion with Rak Razam questions and answers about your experience in the third ceremony. 12.00 - 1.00 pm Lunch. 2.00 pm Flower bath ceremony: mud bath and / or clay mixed with various herbs to help to release impurities from the body and help the spiritual relaxation, rinse. 4.30 - 5.00 pm Dinner. 6:30pm: Group discussion. Workshop led by Rak Razam on Becoming a Spiritual Warrior.



DAY EIGHT 8:00 a.m. Breakfast. 10.00 am Steam bath for detoxification of the physical and spiritual body and the opening of the mind (eucalyptus, peppermint and camphor) 12.00 - 1.00 pm Lunch. Free time to rest and relax. 4.00pm Ceremony bath flowering (flowers or roses). 7.00 pm meeting in the ceremonial house for personal meditation, preparing for the fourth ceremony. 8.00 pm 4th Ayahuasca ceremony.



DAY NINE 8:00 a.m. Breakfast. 9:00 a.m. Group discussion led by Rak Razam - dialogue questions and answers about your experience in the fourth ceremony. 12.00 - 1.00 pm Lunch. 2.00 pm Rose bath. 3.00 pm Meet at the ceremonial meeting house for personal healing, massage treatments with natural oils. 4.00 pm Last ceremonial bath arcanas (spiritual protection). 7.00 pm meeting in the ceremonial house for personal meditation preparing for the fifth ceremony. 8.00 pm 5th ayahuasca ceremony.



DAY TEN 8:00 a.m. Breakfast. 10:00 a.m. Group discussion led by Rak Razam - dialogue questions and answers about your experience in the fifth ceremony 12.00 - 1.00 pm Lunch. Free time to rest and relax. 2:00pm: workshop with Matilde (Shipibo woman) Explanation and demonstration of its handicrafts (embroidery) shipibo fabrics. 4.30 - 5.00 Dinner. 6:30pm Group discussion led by Rak Razam: applying your insights from ayahuasca and integrating it into your life, preparation for return to the world.

** provisional itinerary some activities may change or be customized for enhancement*

DAY 11

8:00 a.m. Breakfast. 9:00 a.m. Farewell Outlet Center DAS and return to Iquitos.

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