



paititi INSTITUTE

Cultural Healing Exchange

December 20, 2015 - January 4, 2016



DETAILS & PREPARATION PACKAGE

Healers who are involved in natural healing modalities from around the globe, with great diversity of natural medicine & therapy practices are wholeheartedly invited to join us for the Cultural Healing exchange program at the Paititi Institute in the Sacred Valley of Peru.

This retreat is a powerful opportunity for healers to more deeply awaken their path of service, while at the same time deepening their practice, be they a new student or a long-time practitioner. In this process healers have the opportunity to learn from and experience the Ando-Amazonian healing traditions, as well as offer their gifts as a healer to local Peruvian communities.

In the following pages we will cover many frequently asked questions and important info we would like to share with you as you consider if this program is for you. Please take the time to read through all the information carefully and email info@paititi-institute.org with any questions.

Program Overview

This program is designed for healers to deepen their personal healing experience as well as embrace the essential reciprocity inherent in nature. Intercultural exchange is a core value of Paititi Institute and we are inspired to create this container in order for healers to both learn and share - heal and offer healing.

As an essential part of the Cultural Healing Exchange Program, participants experience first-hand the Ando-Amazonian indigenous medicine and transformation practices, a learning process that accounts for roughly 50% of their stay. These healing traditions have the ability to greatly amplify the individual healing capacity of the natural medicine practitioners. The retreat includes at least one Ayahuasca ceremony and one San Pedro ceremony. Transformation is facilitated by Amazonian medicine men as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity.

During the second half of the retreat participants' time will be dedicated offering service in a natural medicine clinic which will be set up in a small mountain village. This can involve treating hundreds of local people from a wide range of health conditions.

Additional cultural activities will be included throughout the retreat including the opportunity to learn about medicinal plants from Peru, hike in the mountains of the sacred valley, visit ruins, learn about weaving, experience traditional dances and connect with local healers.



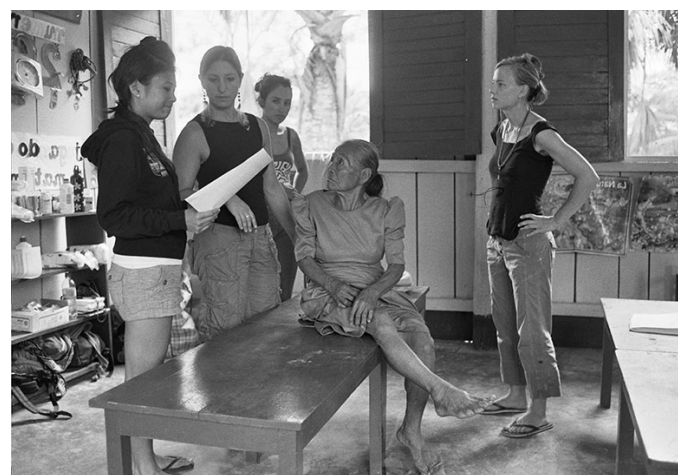
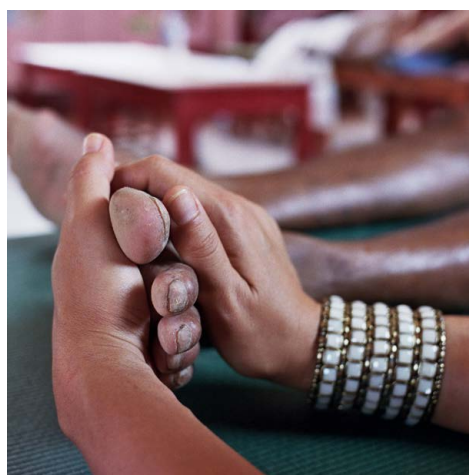
Clinics

Clinics will be held in a small village in the region near the Sacred Valley where access to both natural and occidental health care is limited.

The majority of participants will be offering Traditional Chinese Medicine, however we welcome healers from a wide range of natural medicine modalities to participate. Common modalities incorporated include physical therapy, chiropractic work, massage therapy, Reiki and nutrition. Additional modalities are welcomed and depending on the skills and modalities of the practitioners present, the clinic format will be adjusted. Various skill levels are also welcomed. Participants' roles in clinics are adjusted to match the participant's level and experience. Regardless of your experience level, we work to find a role where each participant can be most useful..

The healing clinics are overseen by a local MD doctor, Traditional Chinese Medicine doctors, and Andean or Amazonian medicine men/women. All patients go through an intake process with this team and at this time a recommended treatment is prepared for healers to follow as a guideline. The level of guidance and oversight will vary depending on each participants level of experience.

Clinic days can vary. Some days are quieter with down time and other clinic days will keep you on your feet with long lines of patients. Be prepared to work hard and be on your feet all day.



Ando-Amazonian Healing Tradition

The Andean mountains and Amazonian rainforest has a very ancient and powerful tradition that approaches the healing process in a holistic way from many aspects of our life. People of the Amazon, immersed for many generations in the rainforest stretching for thousands of miles in all directions, recognized this immense cohesive organism to be ruled by divine intelligence that is aware of it's self. They approached this organism as their teacher and treated it with great reverence and respect, personifying Mother Nature, and identifying with her universal enlightened qualities and characteristics. In this way the indigenous people were able to establish profound relationship bonds with the divine intelligence surrounding them and could recognize it as a mirror reflection of the human organism and the infinite potential of human consciousness for healing, well-being and inter-connectedness to the universe at large.

A healing process in the Amazonian tradition consequently allows one to become conscious of the universal life force and direct it by assimilating essential human qualities that relate to the characteristics of the divine intelligence in nature. Thus many Amazonian shamans state that just having a human body does not mean you are a human being and relate to the process of healing as becoming a human being in a human body.

The medicinal plants of the rainforest were recognized as keys that could unlock the inherent potential in the human organism for healing and rejuvenation. Each plant medicine is considered to be a messenger of the divine intelligence and has its own spirit, with specific personality aspects that can support the maturation and development of individual human consciousness towards the universal consciousness. The process of developing a relationship with the plant spirits involves a process of weaving life force vocally through the sacred ceremonial songs that greatly enhance the workings of medicinal plants in the human organism.

Patients who work with us for extended healing programs are often given specific medicinal plant diets based on their condition. The plant diets involve prolonged periods of time of being with one or several plant medicines in isolated dieta huts in the middle of the rainforest and developing a relationship with the healing powers of these medicinal plants. During this program participants will not be working directly with plant dietas but will have the opportunity to learn about a number of local medicinal plants.



Sacred Plants & Indigenous Ceremony

As an integral part of the cultural healing exchange, healers will partake in ancient Amazonian indigenous ceremonies of Ayahuasca and Andean culture of San Pedro. Transformation is facilitated by medicine men/women who serve as guides and intercultural bridges of the timeless planetary wisdom of humanity.

This healing tradition is considered to be an uninterrupted live transmission lineage going back to times immemorial carrying illuminated reminders from the period of humanity when the ancestors were fully immersed in the primordial enlightened essence of humanity's true nature. These Sacred Plants are known as teachers and the spirit of these plants can support us in connecting to deep subtle energies of our body and the interwoven reality surrounding us.

The ceremonies associated with many sacred plants have been known to reconnect people with the inherent natural wisdom of the organism, heal from many ailments and clear all types of confusions, doubts and obscurations of consciousness. We encourage our participants to connect with Nature inside out and this is a very beneficial way to tap into the source of life in the universe as we know it.

We caution people against reading too much online about these practices as we have found there is a lot of misunderstanding and misconceptions of these traditions. For more background on the sacred shamanic traditions of Peru we ask that you watch this lecture given by Roman Hanis titled "Knowledge of the Amazon" at the following link and we would be happy to answer any specific questions you may have. Participant who join this retreat are encouraged to fully participant.

<https://www.youtube.com/watch?v=UgkdjM2flYQ>



General Schedule

This is an **estimated schedule** which is subject to transform. Schedule updates will be sent as the trip approaches.

- **Dec.. 20 / Arrival Day:** All participants arrive between 10am and 9pm. No activities are scheduled for this day since it will entail grounding and acclimatizing. Meal options will be shared at a later date.
- **Dec. 21 / Day 1:** Orientation and Coca ceremony, local dances
- **Dec. 22 / Day 2:** Introduction to Ando-Amazonian healing traditions talk & Grandmother ceremony
- **Dec. 23 / Day 3:** Integration day sharing circle
- **Dec. 24 / Day 4:** Grandfather ceremony all day
- **Dec. 25 / Day 5:** Personal rest and integration day, creative projects, nature time
- **Dec. 26 / Day 6:** Group activity (medicinal plant hike with locals and/or class, indigenous weaving demo)
- **Dec. 27 / Day 7:** Clinic preparation day, Quero healer visit & Despacho offering ceremony for the clinic
- **Dec. 28 / Day 8:** Clinic day 1
- **Dec. 29 / Day 9:** Clinic day 2
- **Dec. 30 / Day 10:** Clinic day 3
- **Dec. 31 / Day 11:** Clinic day 4
- **Jan 1 / Day 12:** Clinic day 5 (late start), community celebration and/or children's day
- **Jan 2 / Day 13:** Group activity (Hike, class and/or day trip)
- **Jan 3 / Day 14:** Celebration, Coca integration ceremony
- **Jan 4 / Day 15:** Departure Day

Retreat Facilitators



Roman Hanis, Ando-Amazonian Medicine Man & Guide, Clinic Coordinator

Cynthia Robinson, Retreat Support and Coordination

Susannah Neal, Clinic Supervisor

Joanne Neville, Clinic Supervisor

Additional Healers for the Andes and/or Amazon will be joining us at different periods of the retreat.

Food & Dietas

During the retreat we will prepare and serve a healthy whole foods diet. Meals will be dairy free with the exception of ghee. Animal proteins will be available during some meals.

In preparation for ceremonies there is a specific diet that must be maintained three days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods which generally include a bland diet of quinoa, grilled green plantains, yuca and/or simple, non-seasoned fish.

During some days participants will have the options to eat out on their own at their own expense.

Detox

It is important to be aware that you may go through a detox process during your time. There are a number of factors which can contribute to this. Being in the mountains, eating a clean diet and ceremonies all can deepen the purification process.

It is not uncommon to feel weak and tired during this process of detox. In addition, since our physical body is not separate from our emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions in order to be faced and cleared.

We will be available to help guide participants through this process if something comes up.

Regarding Medications and Vaccinations

ALL PHARMACEUTICALS OR SUPPLEMENTS MUST BE REPORTED TO US. If you start any medications after your registration and intake process it is important to let us know right away. Taking any pharmaceutical medication may affect the ability of the participants to partake in medicinal plant work. Many pharmaceuticals are contraindicated with the Amazonian plant medicines and must be avoided 3 days to 6 weeks prior depending on the drug and the duration of use. Every situation is unique and it is very IMPORTANT that you contact us as soon as possible so that we can research your specific situation. We do not recommend that anyone quit medications without the guidance of their overseeing physician.

There are no required shots for travel in Peru. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations at the following website. It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk. The region near Cusco where we will be is known to be a safe and epidemic free zone. The vaccinations may affect the participant's ability to participate in some of the sacred plant medicine work.

<http://wwwnc.cdc.gov/travel/destinations/peru.aspx>

Contribution & Refund Policy

All participants are required to stay for the full retreat.

Retreat Contribution:

\$1600 sliding scale for the whole time period.

Discounts:

10% for AAC Members & SWAC Alumni (\$1440)

15% for Registered Students (\$1360)

Some additional scholarships are available for those in financial need. Please inquire directly by emailing info@paititi-institute.org

This contribution includes most food, ceremonies, lodging, clinics, local transportation to and from events and group activities. Flight are not included. In addition, any meals out at restaurants will not be included.

A non-refundable deposit of 30% is due in full at the time of registration in order to hold space in the program and can be paid via credit card. The remaining contribution can be paid in installments in check or credit card. Please note that if a check is not received within 5 days of the deadline the credit card on file will be charged.

Contribution Schedule:

- 30% due upon registration
- 50% due by September 1st
- 100% due by November 20th

Refund policy:

- The 30% deposit is non-refundable once registered (exceptions may be considered for extreme circumstances).
- 70% of the full price of the retreat is refundable if canceled before December 1st.
- 50% of the full price of the retreat is refundable if canceled after December 1st
- 25% of the full price of the retreat is refundable if canceled after December 15th
- The retreat is non-refundable once the program begins on December 20th.

Please Note: For personal spending money please bring new bills as most places in Peru will not accept American dollars which are really worn or torn. The program fee is non-refundable once the program begins. We may consider an exception in extreme cases.

Flights, Arrival & Meeting

Arrival: Participants are responsible to book their own flights and must arrive into **Cusco, Peru on or before December 20th**. Participants are welcome to arrive at any time on December 20th between 10am - 9pm. No activities will be planned on this day besides registration and basic orientation in order to give participants time to rest and acclimate to the altitude. Please note that activities will start early on December 21st.

All participants will meet in the Sacred Valley which is an easy taxi or colectivo ride from Cusco. The exact meeting details and directions will be provided about one month prior to the retreat.

Departure: All participants should **depart on or after January 4th**. We recommend avoiding very early morning flights home so that you are able to enjoy your last night with the group.

Flight Tips: If flying from the states it is often worth searching the flight in separate legs. The cheapest flights to Peru are often found in LA, Dallas, Houston, Miami, Orlando or New York. It is often cheaper to get a flight to one of the location separately and then getting your international flight. It is also an option to fly into Lima, Peru and buy a separate local flight from Lima to Cusco.

The local Peruvian Airlines which fly from Lima to Cusco are:

- [Peruvian Airlines](#)
- [Star Peru](#)
- [LAN](#)
- [Avianca](#)

Passport and Visas

A valid passport is required to enter and depart Peru. Tourists must also provide evidence of return or onward travel.

In Peru a tourist visa is not required for citizens of the United States for a stay up to 180 days. The amount of time for the visa needs to be requested at the time of entry at the Peruvian immigration check point if you wish to receive the full 6 month stamp. Visit the [Peruvian Consulate Website](#) for the most current visa information and details on visa requirement for citizens other countries. Peru does not require any immunizations for entry at this time.

Most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommend that you have at least two free pages in the Visas section of your passport before any international travel. For more passport information and resources visit:

<http://travel.state.gov/passport/>

About the Accommodations

This retreat will be based in and around the Sacred Valley which is in southern Peru just outside of Cusco. In many of the areas modern amenities are pretty standard however in some small villages where we may find ourselves be prepared for rustic conditions.

Lodging: During the retreat we will be housed in simple guest house accommodations. Room options will be sent a couple months before the retreat. Single options may be available however it is good to be prepared to share a room with one or two others. Participants will have the option to specify roommates. Bedding will be provided.

Bathrooms: Some rooms may have private baths and others will be with shared bathrooms. Hot water will be available.

Water: It is not recommended to drink the tap water.

Electricity: Peru is on a 220 volt power grid. Please check your plugs for any electric device. Power adaptors may be required.

Laundry: Laundry services are available in the local villages at your own expense.

Phone & Internet: We recommend that participants set themselves where you will not need to use the phone or the internet during the retreat as our schedule will be full and it is beneficial to fully immerse. If needed there is cell service in much of the Sacred Valley as well as internet cafe's. We can not guarantee that internet will be available at the guest house.



What to Bring

The temperature in the mountains can be warm during the day and quite chilly at night. The high temperatures average from mid 60s to low 70s and the lows range in the mid 40s to 50s.

The following is a general list of items we recommend including in your packing list. If you forget something, most things can be purchased in Cusco or Pisac, but it can be difficult and expensive to find natural soap or toothpaste there so be sure to bring enough.

- Your healing supplies/tools which you need in order to share your healing service (massage oil, acupuncture needles, cupping set, etc)
- Passport
- Flash light with extra batteries (head lamps & rechargeable batteries are recommended)
- Comfortable clothing for ceremonies (yoga type clothing)
- Comfortable clothing for hiking
- Comfortable clothing for clinics
- Comfortable hiking shoes (high ankle)
- Sweater & or Jacket
- Journal and/or notebook
- Water bottle
- Small personal first-aid kit
- Rain coat/pants or poncho (you can expect rain this time of year)
- Small day pack or waist pack
- Camera and battery charger
- Hat
- Crisp new bills (It is difficult to change money that is ripped, folded and worn looking)
- Yoga mat (not required but can be useful)

We look forward to welcoming you in Peru and sharing presence with you in the service of healing...

As you prepare for your trip feel free to contact us at any point for advice, guidance or further questions. There will be additional details shared as the dates approach.

Contact Email: info@paititi-institute.org