

**EXPLORE THE DEPTHS OF YOUR BEING**  
3 DAY INTEGRATION RETREAT



**BIODANZA INTEGRATION  
RETREAT**



*Pachamama*  
SACRED PATHS

**INFO:RETREATS@SACREDPACHAMAMA.ORG / 669.258.7054**



# BIODANZA

## WHAT IS BIODANZA?

Biodanza originated in the 1960s in Chile, created by Rolando Toro Araneda, a Chilean psychologist and anthropologist. Its roots can be traced back to Toro's studies of human behavior, emotional expression, and the integration of mind and body. He sought a method to promote personal growth, emotional well-being, and a sense of connection with others through music, movement, and group interaction.

Toro drew inspiration from a range of disciplines, including psychology, anthropology, and his observations of indigenous cultures' communal dances and rituals. He believed that structured, rhythmic movement combined with emotionally evocative music could help individuals reconnect with their instincts, express their emotions authentically, and develop a deeper sense of vitality and joy in life.

Over time, Biodanza evolved into a structured system that blends expressive dance, guided exercises, and group dynamics. The practice emphasizes the importance of nonverbal communication, connection to others, and living in the moment, making it a unique blend of art, science, and holistic personal development.





# BIODANZA RETREATS

## WHAT YOU'LL RECEIVE

### SUPPORTIVE HEALING MODALITIES

- 4- Biodanza Sessions
- 4- Integration Sessions
- Sound bath
- Integration Rituals

### RELAXATION & COMFORT

- Family style vegan lunches & dinners
- Daily Integration Circles
- Many miles of hiking trails

### OPTIONAL (not Included)

- 1 on 1 Private Consultation

### AYNI (Reciprocity):

- \*We require an Ayni deposit to hold your spot
- \*Please bring the remaining balance in cash
- \*Please DO NOT send any deposits until you've spoken to us





# REFUND POLICY

We understand that plans can change, and we aim to provide clarity regarding our refund policy for cancellations. Please review the details below:

**Cancellations 60 days or more before the event:**

A 75% refund of the total amount paid will be issued.

**Cancellations between 45 and 60 days before the event:**

A 50% refund of the total amount paid will be issued.

**Cancellations within 45 days of the event:**

No refunds will be provided. This is due to the preparation and resources already allocated to your participation.

**Important Notes:**

Refund requests must be submitted in writing via email to [retreats@sacredpachamama.org](mailto:retreats@sacredpachamama.org).

Refunds will be processed within 7-business days of the approved request.

Any non-refundable deposit or processing fees will not be included in the refunded amount. (i.e. Paypal fees)

Transfers of your spot to another participant may be possible. Please contact us to discuss options.

Thank you for your understanding. We value your participation and are committed to delivering a meaningful experience. If you have any questions about this policy, feel free to reach out!





# PACHAMAMA INTEGRATION MEMBERSHIP

To deepen your journey and ensure sustained growth, we have established an integration membership structure designed to provide 40 hours of Integration Support every month—a comprehensive system rooted in Andean Cosmology, somatic healing, and sacred practices.

## **The Pachamama Membership Includes:**

- 4 Satsang meetings (4 hrs/month)
- 2 Yoga Sessions per week (8 hrs/month)
- Micro-dosing Assisted therapy (2 hrs/month)
- 2 Integration Sessions per month (2 hrs/month)
- 2 Ho'opono pono Sessions per week (8 hrs/month)
- 2 Rose Healing Meditations per week (8 hrs/month)
- 1 IPOC Somatic Healing Session per week (4 hrs/month)
- 1 Ritual & Healing Magic Session per week (4 hrs/month)

**(Total: 40 hrs/month of Integration & Support)**

**For those initiated in Pratismarati Sacred Breath**, this expands to include an additional:

(Total: 30 hrs/month of Breathwork Practice)

**For those initiated in Andean Healing Arts**, this expands to include an additional:

(Total: 7.5hrs/month of Energy Cleaning)

## **Additionally, you will receive:**

- The Rite of the Womb (women only) 4 times per year (March-June-September-December).
- November 2nd, Aya Despacho: Liberation ritual for the our Ancestors and the Deceased.
- Seedbed Ritual: Giving Prosperity to your Abundance.
- 1 Shamanic Alignment & Counseling
  
- 11% Ayni Gift on all Courses (Except Shamanic Initiations)
- 22% Ayni Gift on Biodanza Retreats
- 33% Gift on Pratismarati Sacred Kriya
- 33% Ayni Gift on 1-1 Coaching Sessions
- 33% Ayni Gift on 1-1 Integration Sessions
- 33% Ayni Gift on Andean Healing Arts Initiation



# SCHEDULE OF EVENTS

(Subject to Change)

FRIDAY	<p>ACTIVITY</p> <ul style="list-style-type: none"><li>• ARRIVAL IN TEHACHAPI</li><li>• WELCOME CIRCLE</li><li>• 1ST BIODANZA SESSION</li><li>• FAMILY STYLE DINNER</li></ul>	<p>COMMENTS</p> <ul style="list-style-type: none"><li>• GUESTS ARRIVE, SETTLE AND GET FAMILIAR WITH THE SPACES</li><li>• MEET MANUEL AND THE FACILITATION TEAM, GET TO KNOW PACHAMAMA</li><li>• RECOGNIZE OURSELVES, LOOSEN AND GET FAMILIAR WITH THE PROCESS</li><li>• NOURISHING MEALS TO FLOW WITH THE PROCESSES.</li></ul>
SATURDAY	<p>ACTIVITY</p> <ul style="list-style-type: none"><li>• BREAKFAST</li><li>• INTEGRATION TALKS</li> <li>• 2 BIODANZA SESSIONS</li></ul>	<p>COMMENTS</p> <ul style="list-style-type: none"><li>• FAMILY STYLE MEALS</li><li>• UNDERSTANDING THE MEANING OF INTEGRATION ITSELF</li><li>• RECOGNIZING OUR SHADOW DANCE INTEGRATING OUR SHADOW DANCE</li></ul>
SUNDAY	<p>ACTIVITY</p> <ul style="list-style-type: none"><li>• BREAKFAST</li><li>• INTEGRATION TEACHINGS</li><li>• CLOSING BIODANZA</li><li>• DEPARTURE</li></ul>	<p>COMMENTS</p> <ul style="list-style-type: none"><li>• FAMILY STYLE BREAKFAST &amp; SHARING CIRCLE</li><li>• ORGANIZING DAY-2 INTO OUR EVERYDAY LIFE</li><li>• INTEGRATION OF OUR DIVINITY</li><li>• LEAVING AT 11:11</li></ul>



*Pachamama*  
S A C R E D P A T H S



# WHY CHOOSE PACHAMAMA

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- We don't promise enlightenment, but we will help you understand yourself by holding space and by standing with you throughout your own initiation into Sacred Plant medicines.
- We understand that everyone's Anya (truth) is different and everyone has a unique timing for awakening.
- We know one size does not fit all when it comes to realization, yet we meet everyone equally with an approach of non-interference.
- We understand and believe in the value of natural Transformation through sacred plant medicines.
- We have over 9 years of experience working with groups of people: guiding, assisting and growing with the community, witnessing the changes that participants go through, from deep physical healing to growing more abundance, prosperity and consistent well being.
- We do not offer ideas or concepts designed to confuse you.
- We believe that the way out of the labyrinth is through the same door we walked into it. The only way out is to know ourselves, to connect with ourselves, and to understand ourselves.
- You will be provided with a Safe space for true and rich introspection which allows for a deeper understanding of who you are as you relax in knowing that you will be looked after and assisted at all times.
- Our Shamans and facilitators do not have super powers. They are normal people just like you, however they do have years of experience and devotion to the different sacred medicines and to the path of transformation that is offered.
- We don't worship any person or structure of belief. We believe you are the healer, the guru and the knower (shaman) of your life.
- You will enjoy the beauty of mother earth's natural medicines and being part of community of like-minded individuals



# WHAT IS BIODANZA

Biodanza, also known as "Biological Dance" or "Dance of Life," is a system of human development that combines music, movement, and authentic self-expression to promote personal growth, emotional healing, and connection with others. Created by Chilean psychologist Rolando Toro Araneda in the 1960s, Biodanza aims to enhance well-being by engaging participants in various forms of dance and movement within a supportive and nurturing environment.

## Key Elements of Biodanza:

1 - Music and Movement: Biodanza sessions involve carefully curated music that evokes different emotional states. Participants are encouraged to express themselves through spontaneous and natural movements, allowing the music to guide their dance.

2 - Authentic Expression: Biodanza promotes the freedom to express one's feelings and emotions through movement. Participants are encouraged to let go of inhibitions and connect with their true selves, fostering a sense of authenticity and self-acceptance.

3 - Connection and Interaction: Biodanza is often practiced in groups, emphasizing connection with others. Partner and group exercises facilitate meaningful interactions, nurturing a sense of belonging and community.

4 - Joy and Vitality: The practice emphasizes experiencing joy and pleasure through movement. Dancing with awareness can stimulate the release of endorphins and create a positive emotional state.

5 - Integration of Emotions: Biodanza aims to integrate and harmonize emotional experiences. The dance sequences are designed to promote emotional balance, self-awareness, and the release of blocked or suppressed emotions. Embodiment: Biodanza encourages participants to become more attuned to their bodies and sensations, enhancing the connection between mind, body, and emotions.

6 - Self-Esteem and Self-Confidence: As participants gain greater self-awareness and self-acceptance, their self-esteem and self-confidence often improve.

7 - Health and Well-Being: Regular practice of Biodanza is believed to have positive effects on physical health, reducing stress, anxiety, and tension.



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**Biodanza Sessions:** Biodanza sessions are typically led by trained facilitators who create a safe and non-judgmental space for participants to explore movement and emotions. Each session consists of carefully designed exercises, dances, and activities that encourage participants to explore various aspects of themselves and their relationships with others. The music selected for each exercise corresponds to specific themes, emotions, or qualities.

**Benefits of Biodanza:**

- Enhanced emotional well-being
  - Increased self-awareness
  - Improved body-mind connection
  - Stress reduction
  - Improved interpersonal relationships
  - Boosted self-esteem and self-confidence
  - Enhanced creativity and expression
  - Promotion of joy and vitality
- Overall, Biodanza offers a unique approach to personal development that integrates music, movement, and human connection to promote holistic well-being and a deeper understanding of oneself and others.



# WHAT TO BRING AND ADDITIONAL INFO

- You can request a carpool if you are not able to drive your own vehicle and we will do our best to connect you with other participants from your area if possible.
- You will be asked to turn off your cell phone during the ceremonies, no recording or photos allowed for safety purposes and the privacy of other participants, However we encourage pictures in between ceremonies.
- Bring a water bottle, cup for hot tea, flashlight or headlamp (extra batteries)
- For camping retreats only: A tent and light sleeping bag, sleeping pad, camping mat (whatever you feel comfortable with) and travel blanket since we are going to have the ceremonies at indoors and outdoors.
- Comfortable clothes for day and that will keep you warm at night. Sometimes ceremonies can get chilly (since the body temperature decreases) so we recommend sweatshirts, hoodies, light jackets and lightweight pants. Suitable clothes for the weather.
- You can bring a light long-sleeved shirt to help detract insect bites as well as mosquitoes repellent.
- Lightweight shirts and shorts suitable for the weather and a bathing suit or swimwear.
- Sunglasses, sun protection, hat, lip balm if you plan to be in the sun.
- If you play a musical instrument and want to bring it, you are more than welcome to do it. We encourage musicians to participate.
- Lighters and your own cigarettes if you smoke.
- Ziplock bags to protect your belongings.
- A travel towel (there are some that are microfiber quick dry).
- Basic first aid kit if you are sensitive when you travel.
- We will provide basic toiletries but please bring your personal hygiene items, including soap, shampoo, toothpaste, razors, tampons, etc.
- Earplugs for sleeping.
- Please bring a printed copy of the signed consent.
- Bring something for the “Ofrenda” which is a metaphysical construction where you will set your intention.

For example fruits, seeds, nuts, candy, chocolates, wine, other types of liquor, flowers, crystals, stones, tobacco, incense, feathers, use your imagination. (with the exception of salty and spicy stuff).

- Those of you who owe a balance please bring the remainder in cash.



# BIODANZA

