

BIODANZA
EXPLORE THE DEPTHS OF YOUR BEING
3 DAY RETREAT



SACRED MEDICINE RETREAT
CALIFORNIA

CONTACT INFO: RETREATS@SACREDPACHAMAMA.ORG / 669.258.7054

THE Q'ERO LINEAGE

Who are the Q'ero?

The Q'ero people are the guardians of the Andes mountains in Peru. Their Community lives in region of Q'eros which is composed of bajo, medio and alto Q'ero.

The Q'ero were designated by the Inka (The Enlightened One) as the high priests or priestesses of the whole empire. The Inka himself followed the tradition of choosing the Q'ero High priests as spiritual counselors.

Out of all the different regions from the Inca empire, the Q'ero were considered to be the ones holding the highest spiritual truth, carrying humanity's origin story and wisdom for over 8000 years. This wisdom has been the means for humanity to fulfill the prophecy of the Eagle and the Condor.

We have the joy of carrying this Lineage's Wisdom and the honor of sharing this world of real magic with everyone ready to fulfill this prophecy in their lives.

You will experience authentic reverence for Mother Earth and every one of her elements.

This retreat offers you multiple initiations both into a personal relationship with Mother earth, Nina Taita (grandfather fire), and the Q'ero lineage itself through a Karpay Ceremony.



Pachamama
WISDOM & TRADITION



CALIFORNIA

WHAT YOU WILL RECEIVE:

COMMUNION WITH MEDICINE ALLIES

- 1 Kambo Ceremony
- 1 Padre Sapito Ceremony

TRADITIONAL PERUVIAN Q'ERO RITUALS

- Ceremonial Ofrenda Creation
- Burning / Burying of Ofrenda
- Despacho Ceremony

SUPPORTIVE HEALING MODALITIES

- Biodanza
- Satsang
- Shamnic Somatic Trauma Healing

RELAXATION & COMFORT

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

NOT INCLUDED

- Private Consultation (ask for more info)
- Optional Kambo Session (additional \$100)

AYNI (Reciprocity): \$1,111

*We require a \$333 deposit to hold your spot

*Please bring the remaining balance in cash



SCHEDULE OF EVENTS (SUBJECT TO CHANGE)

FRIDAY	ACTIVITY	COMMENTS
2:00 PM	EARLY ARRIVAL FOR OPTIONAL KAMBO	
5:00 PM	ARRIVAL TO THE PROPERTY/SETTING UP YOUR SPACE	REGISTRATION/SETTING UP PERSONAL SPACE FOR CEREMONY
7:00 PM	INTRODUCTION	ANNOUNCEMENTS
8:00 PM	PADRE SAPITO	ICAROS, MANTRAS, AND MUSIC

SATURDAY	ACTIVITY	COMMENTS
7:00 AM	LIGHT BREAKFAST	REPLENISH & NOURISH
8:00 AM	SHARING CIRCLE	INTEGRATION
9:00 AM	BIODANZA	COMMUNION WITH SILENCE
1:00 PM	DESPACHO	TRADITIONAL ANDEAN TANGIBLE PRAYER
2:00 PM	LUNCH	REPLENISH & NOURISH
6:00 PM	BIODANZA	
7:00 PM	BREATHWORK	PRANAYAMA, BHASTRIKA, PRATISMARATI SACRED KRIYA
8:00 PM	SAPITO CEREMONY	REPLENISH & NOURISH

SUNDAY	ACTIVITY	COMMENTS
7:00 AM	JUICING + BREAKFAST	REPLENISH & NOURISH
8:00 AM	CLOSING CEREMONY	INTEGRATION AND SHARING CIRCLE
9:00 AM	CLEANING	RESTORING THE SPACE
12:00 PM	DEPARTURE	EXTENDED CONNECTIONS, ADDITIONAL SUPPORT INTEGRATION OFFERINGS AVAILABLE



Pachamama
SACRED PATHS

WHY CHOOSE PACHAMAMA

- 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.

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 IS SAPITO

The word Sapito comes from the word Sapo which means Toad. Sapito is an endearing term that means little toad. The Sapito medicine comes from the toad Bufo Alvarius which is a Toad that lives in the Sonoran desert in the northern part of Mexico. The toad's gland secretion is extracted and smoked for immediate experience which lasts anywhere between 15 and 25 min. The main compound is 5MEO-DMT. Sapito medicine deals directly with the 7th (Sahasrara) chakra, unlike Ayahuasca which deals with your 6th (Ajna) Chakra. This is an experience of the subtle reality world which gives a clear understanding of who and what we are. It facilitates a transpersonal state that is very powerful and has the potential to show the participant a real and personal understanding of what resonates and what doesn't resonate with them. Many people who have tried this medicine, describe the experience as utterly sublime, a true meeting of Self and cosmic unity. What is sure of everyone who experiences this medicine, is that what is experienced brings new vistas of clarity, potential, empowerment and strength to bring about the highly inspired visions received with this healing medicine.

Furthermore, there is an energetic alignment that takes place, giving way to possible purge which then brings about lightness in the participants personality.



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)
- If you want to camp: 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.

DIETA AND HEALTH PRECAUTIONS

THE DIETA IS A NECESSARY ELEMENT OF THE AYAHUASCA EXPERIENCE.

We suggest the following:

Avoid for 1 week before the first Ayahuasca-Corazon ceremony:

1. Any food containing spices, spicy peppers, fats, oil, salts and sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like: soy sauce, soy beans, paste/curd, beer, vermouth wine, aged-mouldy cheese.

Drink plenty of water during the dieta until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

**Remember that whatever food you may take on the day of the ceremony will most certainly come out of your body what is known as La Purga. This doesn't necessarily have to happen as each body is different but it is a common occurrence.*

These are the brief guidelines and health reminders we provide. We suggest following the required dietary recommendations before, during, and after taking the plant medicine. We always endorse and support safety and responsibility when it comes to journeying with the shamanic vine of the soul.

**We remind you that the responsibility of taking accurate and timely health precautions – along with seeking professional medical advice – is entirely at your discretion.*

- People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Sacred Medicine.
- People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Welbutrin (bupropion), or similar medications can take Sacred Medicine only once their treatment has been safely suspended or ended under medical supervision.
- Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, cold & flu medications, asthma inhalers, drugs with high caffeine content, and phenylalanine. In general, it is best to go into your ceremony with no prescription or non-prescription medications in your system.

- Other medications that are not compatible with Sacred Medicine include: diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics like Meperidine, anti-Parkinson drugs (medicines used to reduce the symptoms of Parkinson's disease) like Levopoda, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (a drug that eliminates seizures), and sympathomimetic drugs (substances that mimic the effects of the hormones (adrenaline and noradrenaline), amphetamine and tyrosine. Amphetamine salts-based medication (brand name: Adderall, Ritalin, Vyvanse, Dexedrine) commonly used in the US & Canada to treat attention deficit hyperactivity disorder and narcolepsy are equally not compatible with plant medicine.
- Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex), may weaken or completely antagonize or neutralize the visionary dimension of the Sacred Medicine healing experience. These are benzodiazepine drugs prescribed to treat seizures and panic disorder, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties,
- People affected by Addison's Disease must not take Sacred Medicine (or any other medication/medicine that would alter their hydro-electrolytic balance).
- If you consume any substance like cocaine, heroin, crack, or Phenethylamines (homologs of amphetamines), you must inform us. Most of these substances are, to various degrees, incompatible with Sacred Medicines.
- People affected by Chron's Disease or stomach/intestinal ulcers, may not take Sacred Medicines.
- Plants (taken in any form, including fresh, or as dry/liquid extract) like St. John's Wort (*Hypericum Perforatum*), Yohimbe (*Pausinystalia Yohimbe*), Ginseng, Sinicuici (*HeimiaSalicifolia*), Kava (*Piper methysticum*), Yerba Mate' (*Ilex Paraguariensis*) and Ephedra (*Ephedrasinica / Ephedra Vulgaris*, and generally all varieties of it), are not compatible with a safe Sacred Medicine experience.
- Pregnant women must not take the Sacred Medicine from their seventh month onwards. Doing so could result in miscarriage. Pregnant women at the initial stages of pregnancy and up until their sixth month might still join our retreat.
- Women on their menstrual cycle normally have no problem with taking the Sacred Medicine.

If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO Inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether or not it would advisable or not for you to take Sacred Medicine.

Any disclosure of your health status will be kept in the strictest confidentiality. We are just looking after you and want you to have a safe experience.

THE OFRENDA

The “Ofrenda” is a metaphysical offering that is built at the Sacred Medicine ceremonies. It is a powerful symbolic ally which participants can use to set their intention during ceremonies.

In the tradition the Ofrenda is used to have a communication with the subconscious-unconscious realm. To trade, offer to Pachamama to receive what you Love, Wish and Value. These are just examples of what you can bring, each one of them has a symbolic meaning you can use in your favor depending on your purpose of what you want to achieve in ceremony:

1. Flowers.- Perfection, Softness, Sacred Geometry, Golden Ratio.
2. Tobacco.- Cleanse, Knowledge, Relaxation, Contact with subtle realms.
3. Feathers.- Freedom, Independence, Sovereignty, Link dense and subtle realms.
4. Crystals-Rocks.- Information, Transmit, Store, Transmute Energy.
5. Candy.- Sweetness, Joy, Playfulness.
6. Chocolate.- Heart, Sentiment, Love, Purity.
7. Incense.- Spirit, Cleanse, Enchantment.
8. Animal Totems.- Depending the animal (characteristics you want).
9. Seeds-Grains.- Growth in your Path, Integration, Abundance, Fertility.
10. Fruits.-Gratitude, Abundance, Health, Productivity.
11. Alcohol-Liquor.- (Wine, Tequila, Cognac, Whiskey) Celebration, Laughter, Relaxation, Friendship.
12. Leafs.- (Olive, Bay Leaves).- Health, Fruitfulness, Productivity.
13. Candles.- Bridge, Channel, Transmutation.
14. Paintings.- Depending the painting (characteristics)
15. Personal Objects.- Charge those objects with qualities you want for them.

*This is just a brief example of options, you can bring anything that resonates with you.
Most Importantly: use your creativity.*

THE OFRENDA / DESPACHOS / COMMUNITY

