



paititi INSTITUTE



EMBODYING TRUE NATURE Consciousness Transformation Retreat

In the following pages we will cover many frequently asked questions and important info we would like to share with you before joining us. PLEASE take the time to read through all the information thoroughly and email info@paititi-institute.org with any questions.

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Join us at our enchanted land where the Andes and the Amazon meet for a hero's journey into the infinite human potential. Together we'll transcend the layers of our individual and collective conditioning in order to know and trust our eternally brilliant and indestructible true nature. In this process, we immerse into the magnificent realm of Mother Nature through the native foundational practices of remembrance, indigenous initiation rites and sacred plant ceremonies, establishing intercultural bridges and experiencing the emergence of awakened consciousness in all beings everywhere.

Our purpose is to create a space where all participants, including ourselves, can continually discover and implement a life of greatest purpose, joyful fulfillment and deepest meaning.

Ancestral cultures are powerful reminders of the human capacity to transcend personal conditioning and limitations. The ego is helped to step beyond its comfort zones and illusory sense of control. The spiritual practice was specifically designed by the ancestors to transform the ego from a capricious master into a humble servant of the inherent true nature in all of us. Instead of distorting the natural quality of the human organism to individual quirks of likes and dislikes, the ego is humbled so it can begin expressing the inherent universal qualities of our organism, and serve the divine intelligence that created us in the first place.

This retreat brings about a profound consciousness transformation and involves a serious self-realization process. It includes physical, mental, spiritual and emotional re-configuration. In the wilderness, we immerse into the intuitive universal structure of the nature of existence through the inner, direct and non-conceptual experience mirrored by indigenous ancestral wisdom.

Tools

The primary facilitator of this retreat will be Roman Hanis ([view bio](#)) supported by a team of apprentices and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity. All practices relate to the process of unraveling the infinite potential of innate enlightened essence while healing our whole existence for the benefit of all beings.

At the start of the retreat, there will be a number of talks to introduce you to the lineages and practices that we'll be using. We've found that understanding the fundamentals of these tools is essential to receiving the most benefit from them. It's good to have a notebook and be prepared to listen so you have some context on these traditions.

Indigenous sacred ceremonies of Ayahuasca and San Pedro take place every few days for unraveling the divine intelligence of nature in one's being, for healing and spiritual insight. The schedule will depend on the individual process of each participant. The days around the ceremonies will be dedicated towards creating a deeper understanding of Mother Nature's language with the help of different modalities such as:

- **Remembering foundation* (release of personal history)** – an energetic remembering, dissolution of subconscious limitation and letting go of emotional tensions held in one's past.
- **Primordial breathwork foundation*** – Amazonian tribal activation of cellular memory and a Tibetan modality based on the Heart Drops of Dharmakaya practices that bring about a cathartic release of deeply seated emotional obscurations.
- **Individual and collective transpersonal dreamwork foundation*** – working with the Ashuar shamanic and Jungian transpersonal approach towards recognizing the universal, associative and symbolic communication of human sub-consciousness relating to the spiritual evolution of one's being.
- **Symptomatic dance foundation*** – Communication with the symptomatic language of the organism for the recognition and resolution of the origin of dis-ease.
- **Sacred geometry foundation*** – Allows us to deepen our archetypal relationship with Nature and the universal flow of energy.
- **Individual plant medicine diets** – The participants will be given specific medicinal plants that help to cultivate essential natural qualities.
- **Sharing circles** – Relating to the universal process of consciousness transformation expressing itself uniquely through each participant.
- **Qigong, yoga, and eastern meditation practices** – Activating deeper vitality and a realignment of energetic channels of the organism.
- **Traditional Chinese Medicine** – Complementary support for the deeper realignment of energetic meridians and healing on all levels.
- **Permaculture introduction** – Balancing inner and outer landscapes by connecting to nature through meditative gardening and introduction to Permaculture principles.
- **Processing, reflecting and integrating** – getting to know one's self through the process of solitary meditation in nature.

The development of the retreat is specifically intended for the participants to face and challenge themselves in the most direct and harmonious way as observed in many ancient cultures and indigenous spiritual traditions around the world. This approach helps to become a human being in a human body while recognizing and letting go of stale concepts, habitual patterns, repressed emotions, inhibitions, fears, traumas and all other energetic limitations on the way to becoming a totally free luminous being overflowing with universal love and compassion.

Preparing Yourself Mentally & Emotionally

The retreat is a serious process that is potentially life-changing, profoundly transformative and awakening on many levels. In order to get the most benefit from the retreat, it's essential to prepare for it beforehand in terms of intention setting, beginning to develop a practice of presence, and the ability to work with different life afflictions and disturbing emotions without being dominated by these phenomena.

Some examples of practices that can be very supportive and helpful to prepare beforehand include mindfulness, Vipassana and ZaZen meditations, non-violent communication, Native American sweat lodges and tipi ceremonies, Tibetan Vajrayana introduction practices, Yoga, pranayama breathwork, Qigong, and deeper immersion in a natural setting. These practices can help in terms of greater grounding, inner harmony and well-being, emotional stability, openness, receptivity and activation of creative potential. With greater degree of presence and self-realization and a more developed intention of further growth and awakening, the Embody True Nature retreat will prove to be more profound and skillful, amplifying the connection with the inherent true nature in all of us and beaconing our infinite luminous potential for the benefit of all beings.

Meeting our Edges

It is essential that all participants are willing and ready to meet their edges. Most participants of this retreat will find themselves either somewhat, or at times, greatly challenged one way or another during the retreat process. It is essential to enter the retreat ready to meet unexpected challenges with an attitude of perseverance and presence. In the process of healing the obscurations come to the surface in order to be understood, accepted and transformed. During this a breakdown often precedes a breakthrough and it is an essential part of the process where it is important not to give up in these moments of disturbance. We will discuss the process of the healing crisis in much more detail during the retreat.



Indigenous Ceremony Overview

As an integral part of the transformation process, participants will partake in ancient Amazonian indigenous ceremonies of Ayahuasca and traditional Andean ceremonies of San Pedro and Coca. Transformation may be supported by Amazonian, Quechua and Qéro healers at different stages of this retreat, as well as healers and guides who serve as intercultural bridges of the timeless planetary wisdom of humanity.

These healing traditions we work with are uninterrupted and live transmission lineages going back to times immemorial. They carry illuminated reminders from the period of humanity when our ancestors were fully immersed in the primordial enlightened essence of divine intelligence. Plants are 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 for millennia to reconnect people with Mother Nature, heal from ailments and clear confusions, doubts and obscurations of consciousness. We encourage our participants to connect with Nature from the 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 participants against reading too much online about these practices as we have found there is a lot of misunderstanding and misuse of these traditions. For more background on the sacred shamanic traditions of Peru we ask that you watch a lecture given by Roman Hanis titled “Knowledge of the Amazon” [HERE](#). In addition, we encourage all participants to watch the documentary “The Sacred Science” [HERE](#) which was filmed at the Paititi Institute (at our previous center in the jungle) in order to gain some insight around our perspective and approach.

Recommended Reading

To start there are a number of articles published on our blog which we recommend reading. You can visit our blog here: <http://paititi-institute.org/blog/>

The following books will support your process in the transformation retreat and we recommend reading as much as possible **prior to your arrival** - during the retreat it is advised not to have any reading material in order to support a full immersion experience.

- Carlos Castaneda books: start with book 3 and read in order up to *The Active Side of Infinity*
- *Man & His Symbols*, by Carl Jung
- *The Psychology of Kundalini Yoga*, by C. G. Jung
- *Stories of the Tibetan Masters* (Tilopa, Naropa, Marpa, Milarepa, Gampopa, Karmapa)
- *The Cosmic Serpent*, by Jeremy Narby
- *The Way Things Are*, by Lama Ole Nydahl
- *The Dharma that Illuminates All Beings Impartially like the Light of the Moon and the Sun*, by Kalu Rinpoche
- *Dream Body*, by Arnold Mindell
- *The Shaman's Body*, by Arnold Mindell
- Books by Paulo Coelho
- *Repeating the Words of a Buddha*, by Tulku Ugyen Rinpoche

Preparing Yourself Physically

Embody True Nature retreats take place at our mountain sanctuary. It's quite magically enchanted and also wild. We have minimal and simple infrastructure so if you wish to join us, get ready to be comfortable with simple accommodations. Even with the minimal infrastructure we do have in place, the temple / communal building and the weather in this high mountain forest sub-tropical region is much more benevolent than at our previous center at the lower Amazon basin. Here there are minimal bugs (compared to the old center), and much less heat or humidity, so tents are actually quite comfortable to be in.

Most participants will be staying in **personal tents** (which you will bring for yourself) for the full month and showers are taken in the nearby creek which is cold and refreshing. At times there are biting gnats that come out on hot sunny days which can be greatly reduced by wearing appropriate clothing (lightweight long pants, long sleeves, scarf and socks). We ask that anyone signing up for this retreat be prepared to face new and unexpected challenges and we're specifically seeking participants who are inspired to approach these situations with a positive solutions-based attitude. All of these factors can be a powerful aid in deepening the transformation process. However, it's up to each participant to embrace.

It's also important to be aware that participants will have to hike into and out of the land which takes 2-6 hour each way depending on fitness and experience. The hike is steep in parts and you'll need to carry your own pack on your back. Elders or people who have physical challenges (please let us know ahead of time) may be able to pack personal belongings on mules. Although challenging, it's good to know that we have had elders with hip replacements who were able to accomplish the hike – it just took longer. Please get a good pair of hiking boots and **BREAKING THEM IN** before you come. Hiking/trekking poles can be helpful. Given the current circumstances we can only accept participants in stable and good health.

Healing Physical Conditions

This particular Transformation Retreat is designed for those who are physically healthy and are seeking transformation and deepening on their spiritual path. During the retreat we will of course work with the physical body as it's fully interconnected to the emotional and spiritual bodies. This work will be aided through the practices outlined previously, the different medicinal plants available to us in our environment, as well as other energy healing modalities such as breathwork, meditation and Traditional Chinese Medicine (TCM).

For those with more serious & chronic physical and/or emotional conditions we may require you to participate as a Distance Healing participant as a prerequisite. If you're not sure if you qualify as a participant in this retreat please email us and we'll be happy to discuss your personal situation in order to determine the appropriate steps for you. To read more about healing more serious physical and mental health conditions, click [HERE](#).

Our **Distance Healing Program** includes a nutritional program, Jungian Transpersonal dreamwork and one-on-one coaching. During this process we can take the initial steps in the healing process, establish a personal connection, and determine if and when a deeper healing immersion in Peru will be appropriate. Read more about our distance healing program [HERE](#). *The Distance Healing Program is also available for those who do not wish to visit us in Peru.*

Medications and Vaccinations

For your well being, all pharmaceuticals, supplements and health conditions MUST be reported to us. If you start any medications or supplements after you register, it's important to let us know right away. Taking ANY pharmaceutical medication will affect your ability to partake in medicinal plant work. Many pharmaceuticals are contraindicated with the Amazonian and Andean 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's 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 at the time of writing this document. 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. Some countries may require Yellow Fever vaccinations when traveling from Peru. Please do some research before you travel. Should you decide to take any medications or vaccines, it is important for you to let us know.

At this time we are not aware of any reported cases of Dengue, Malaria or Yellow Fever in the region where our mountain land is located.

Substance Policy

At Paititi alcohol and substance abuse is prohibited. Alcohol and drugs are not permitted on site nor are participants permitted to return to the property intoxicated.

If facilitators suspect alcohol or drug use, we reserve the right to ask participants to leave with no refund.

As a community we work with sacred plants for physical healing, spiritual growth and transformation, as well as community council. Plants can be powerful tools in healing and transformation within the proper context and understanding, but these tools are easily misused and misunderstood. We work with plants and plant spirits within a container of intention, guided by the ancient transmission lineages of the Amazon, Andes, and Tibet, under the supervision of qualified medicine men and women approved by the institute.

Tobacco: Social smoking is not permitted. If you wish to smoke you may do so by yourself and away from community areas. We encourage mindful and prayerful smoking. If you are a smoker please bring your own tobacco as we will not be supplying tobacco or picking up tobacco for participants during supply runs.

Cannabis: We agree that cannabis is a medicine however it is NOT legal in Peru and is therefore not permitted on our property. Possession, growing and intake of cannabis is not permitted.

Please be mindful and aware that many people work with us to heal from substance abuse and we hold a container that can support this process.

Food, Dietas & Supplements

As a community we eat a whole foods-based natural diet. All meals are vegan with the addition of local animal protein at times for those in need. Below is a common sample menu:

Breakfast: oatmeal or amaranth w/ superfood toppings & seasonal local fruit

Lunch/Dinner: fresh raw salad, veggie stir fry or soup and grains

Our kitchen is not gluten free but we are happy to offer gluten free options if there is a need. If you have a very serious sensitivity to gluten please be aware that gluten dust and crumb contamination is a possibility in our kitchen environment. Please write us to discuss if we will be able to safely accommodate your needs.

As we are 6 hours travel from a market and all food which is not grown on site has to be carried in on mules, you will not find the same food selection you may be used to in your modern life. Food is simple, nourishing and prepared with love. **If you require a special diet be sure to communicate and discuss your restrictions with us clearly prior to your registration so we can determine if it will be possible to accommodate.**

CEREMONY DIET PREPARATION

In preparation for ceremonies there is a specific diet that must be maintained 3 days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods. In addition to ceremonies, some participants may work with individual medicinal plant dietas depending on your specific situation. Each plant has specific diet requirements.

RECOMMENDED SUPPLEMENTS

The following are a few supplements that we recommend which we have found can be a great support through the retreat process. These supplements can be taken on ceremony days so long as they are taken first thing early in the morning...

- **Spirulina/Clorella:** Premixed in tablet form are good for travel. Tablets must be chewed or soaked in order to be effective.
- **Vitamin C** - Ester C is a good option
- **Vit B12 (Methylcobalamin):** can help repel bugs, especially if you start to take it in advance of your arrival.

Detox

It's important to be prepared to potentially go through a strong detox process while on retreat. There are a number of factors which contribute to this. Being in the pristine mountain environment alone raises our vibration and speeds up our metabolism. In addition, frequent plant diets and ceremonies along with a clean non-processed vegan diet deepens the cleansing process.

It's not uncommon to feel weak and tired during this process of detox and you may even experience cold or flu symptoms, or other physical conditions from your past. In addition, since the physical body is not separate from the emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions in order to be faced and resolved.

When going through a detox, it's best to rest and spend time with yourself. We will be available to help guide participants through this process. There's no blessing without a purification first and in this way, even the purification becomes a blessing.

Contribution & Refund Policy

For this retreat, all participants are required to join for the full retreat duration of 33 days.

The Contribution is \$3,700 USD

Available Discounts:

- \$200 early bird discount if deposit is paid by deadline (date listed on the website event listing)
- Couples and group discounts are available. Contact us for more info.

CONTRIBUTION INCLUDES:

- Food: We supply 2-3 meals a day (which service participants are involved in preparing)
- Camping (in personal tents)
- Basic Supplies: toilet paper, candles, hand sanitizer, filtered spring water, etc
- Introduction & guidance in transformation practices & ceremonies as outlined in this document.
- Instruction & practices listed on page 2 as well as guidance, integration & personal support
- Ceremonies, plant medicines
- Bus transportation from the Sacred Valley to our center and back
- Hotel: First night of the program we will stay at a specified location in the Sacred Valley (details to be shared one month prior to program start)

CONTRIBUTION DOES NOT INCLUDE:

- Airfare
- Trips to the city: If participants decide to go the city for personal needs they must cover their own transportation and any personal spending in the city. If you are traveling to the city for a Paititi Institute project your transportation, lodging and food will be covered based on previous authorization and review from core members
- Personal food outside of what we offer on site
- Biodegradable and natural personal hygiene products such as toothpaste and shampoo, laundry soap, etc
- All expenses and costs caused by or associated with illness or injury including, but not limited to, medical expenses, hospital bills, medications and emergency transportation and/or evacuation

Terms & Refund Policy

- We accept deposits via credit card which are made during the online application process. If you are not accepted to join for the program, your payment will be fully refunded.
- Your remaining balance is to be submitted in cash (USD) on the first day of the program. Please bring CRISP, UNCREASED dollar bills as we cannot use old or damaged bills here in Peru.
- Your deposit is non-refundable but if you cancel within 2 months of the program start date, we can transfer your deposit to a future program minus a 10% admin fee.
- For cancellations within 2 months of the start date, payments are non-refundable and will only be transferable to a future program if we can fill your place in the retreat. We will try our best to do so.
- The contribution is non-refundable and non-transferable once the program begins.
- We reserve the right to cancel this retreat if our minimum number of participants is not met 6 weeks prior to the start date. All payments will be fully refunded if the program is canceled.
- Additional terms are outlined in our “**Terms, Conditions, Release Of Liability & Assumption Of Risk**” document which each participants agrees to by submitting an application.

IMPORTANT Travel Info

Please do **NOT** book any travel until your registration for this retreat is complete and you have received confirmation from us that your application has been accepted and your deposit has been received.

We will meet Pisac, Peru (about 45 minutes from Cusco) **in the late morning on the FIRST DAY of this retreat** for orientation and Coca Initiation. It is important that all are present for this. Early morning on the 2nd day will all travel from Pisac to the center together. The journey involves a 4-5 hour drive from the Sacred Valley, Peru, followed by a 2-6 hour hike in. Meeting details and directions will be sent a few weeks before our journey begins.

IMPORTANT INFO REGARDING BOOKING FLIGHTS

Please plan to **arrive in Cusco, Peru no latter than TWO DAYS BEFORE the program starts.** This will offer extra time to acclimate and also give time for any potential travel or baggage delays As for departure, you should plan to **fly home no earlier than midday on THE DAY AFTER your program ends.**

You will need to book your flight all the way to Cusco, Peru. We have found it best to book your international ticket all the way to Cusco with the same ticket. This way the airlines will cover any missed flights or baggage.

TRAVELING FROM CUSCO TO THE SACRED VALLEY

The Sacred Valley is about 30-60 minutes drive from Cusco and you can either take a taxi directly from the airport (around 50 to 60 soles – not dollars: watch out for taxi hustlers at the airport) or take a colectivo (shared taxi/minivan) for much less from a bus station in Cusco. We will share more specific details regarding the meeting location along with detailed directions a couple weeks prior to the start date.

COMING EARLY AND STAYING LATE

If you have the flexibility we recommend arriving a week or more before the program begins, in order to acclimate to the altitude and recover from travel fatigue before we begin. It is recommended to be well rested for initiation of our journey. We also recommend to give yourself at least a few days of personal integration time after the program is complete.

For those who wish to stay at the center after the retreat this is an option and personal retreat or volunteer work study service opportunities are available for this purpose. Please note that the work study service contributions are based on the following price scale for those who have participated in a retreat:

- During the **first and second month of service the contribution is \$20 a day.**
- During the **third month of service the contribution is \$15 a day.**
- After 3 months potential scholarship sponsorship (non-paying roles) may be available upon review. In some cases scholarship may be possible sooner than 3 months.

Passport and Visas

A valid passport is required to enter and depart Peru. **Please be sure to check the expiration date on your passport well in advance of your travel!** You would be surprised how many people realize their passport is expired on the way to the airport! If it expires less than 6 months after your travel date you may be denied entry and you should renew prior to your travel.

In Peru a tourist visa is automatically granted for citizens of many countries for a stay up to 180 days per year (6 months) when entering the country. **If you would like to get the full 180 day visa you have to request this when going through customs** or else they often stamp it for 60 or 90 days. It is advisable NOT to say you will be working or volunteering during your stay as these activities are not permitted on a tourist visa. You can share that you are a tourist or that you will participate in “turismo vivencial”. Please do your own research for the most current visa information and details on visa requirements. Laws are always being updated.

Please note that most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for the necessary stamps upon arrival and departure. It's recommend that you have at least two free pages in the Visas section of your passport before any international travel.

Meals While Traveling

If you end up eating out in restaurants while en route to the center please be aware that many restaurants use MSG (Mono Sodium Glutamate) in Peru (especially in Lima). Here MSG is called Ajinomoto. When you go to a restaurant you should tell them you are very allergic to Ajinomoto and they will leave it out. If you don't tell them your are severely allergic and could go the hospital, many places may not tell you the truth about using it from our experience.

Changing Money

There are many places to change money but the best rates can be found in Cusco on and near Avenida Del Sol. If you do not wish to go into Cusco you can also change at the airport or in Pisac at Sofies Market at a slightly lower rate. Changing US Dollars and Euros is easy to find. If you have a different currency you may wish to change it to US Dollars or Euros before you depart your home country. Most ATMs in Peru will also give US Dollars, but be aware that many banks will have a daily withdrawal limit of around \$200 USD.



Required Travel Insurance

We require all participants to have travel insurance with emergency evacuation/ambulance coverage. Please confirm that your coverage would cover for an emergency helicopter airlift from the center to a hospital in Cusco. Accidents can happen anywhere and the closest (basic) health post to us is a 3+ hour hike up and down a mountain (likely much longer if injured). We hope that we will never use this but we ask everyone to take appropriate precautions.

There are lots of good travel insurance options out there. The important thing for us is that the insurance covers **emergency evacuation for medical, or other situations**. We require a minimum of \$100,000 USD of emergency evacuation/ambulance coverage. This should cover worst case scenario things like a helicopter evacuation and medically equipped planes. Most normal medical insurance plans do not cover this. Also if someone does not have a regular medical insurance plan in their home country it is a good idea to get a travel plan that covers medical expenses. It is also nice to get a policy that has 24/7 live assistance and collect call access.

Some trip insurance that you can buy when purchasing your plane ticket covers emergency evacuation, but not all do and they are probably more stringent. If you go this route you must buy the trip protection insurance for a round trip ticket. Generally any medical portion of the coverage is void after a short time (often around 2 weeks), so it is good to check on this as well. Also with round trips many of these trip protection ticket add-ons only cover you for a max of 30 days.

Some companies you can check out are:
Travel Guard, AIG, Seven Corners, World Nomads, Allianz Travel

OF COURSE YOU MUST NOT TAKE OUR WORD FOR ANY OF THIS AND DO YOUR OWN RESEARCH. Once you have your insurance please send us digital copies of your policy so that we can keep them available and on file. We must receive this one week before the retreat starts. Make sure the document you send us includes the following details:

- 1) Full name
- 2) Company Name and Policy Number
- 3) Amount covered for Emergency Evacuation. If it is not specifically stated on your policy please contact your insurance to confirm your coverage for this and forward us their response.
- 4) Phone number/s to call in case of an emergency
- 5) Dates of coverage period



About the Accommodations

The *Paititi Institute* land is located on a magical 4000 acres in the Mapacho Valley of the Peruvian Andes bordering the Manu National Reserve. This land, located in the Machu Picchu region, has been a cradle of Incan and pre-Incan civilizations for thousands of years and is known in the area as the historical location of the Incan trail (Capagñan) into Paititi (the enlightened realm). The Apu's (mountain's) ancient name is Larapata Hatunpata meaning -Lara (Noble) Pata (Elevated) Hatun (Great) Pata (Elevated.) At its base is the sacred Rio Mapacho, at 1800 meters elevation; at the land's peak we border one of the largest reserves of South America, Manu, at an altitude of around 3800 meters. Through its unique position on the edge of the Andes Mountains and the Amazon Rainforest there exist three distinct ecological climate zones allowing for an incredible variety of food. There is fresh and pristine spring water, old growth forest, over 20 waterfalls, majestic peaks, rich fertile soil, ancient ruins nearby and infinite magic yet to be discovered. **You can read an article about the new land [HERE >>](#)**

We have recently moved our activities to this land and there will be simple infrastructure. These conditions can serve as a powerful catalyst for deepening our personal growth and connection to nature. If you are not ready to surrender into a wilderness experience we recommend that you consider waiting for a future opportunity when we are more established.

Through this simplicity and immersion in a pristine environment you will become more in-tune with nature inside and out. This environment can stimulate inner growth and this means you may feel ups and downs more strongly and at times it can be uncomfortable. We often use the distractions of the modern world to avoid looking at ourselves. This is not a place to escape but rather a place to face ourselves and ground in truth. For some used to modern luxury, it can take a little time to adjust.

Personal Space: In time we will be building personal huts and dormitories for all visitors however these will not be complete at this time. Until then all participants should bring their own tent that can handle rain. We recommend that you bring a tent that is large enough for you to sit up in for more comfort. At this time, there are a few huts completed. We reserve these first for any elders who may be participating in the program.

Communal Space: We have beautiful open community space where we will gather often with the retreat group. In addition we have a couple other smaller community spaces available for retreat participants to utilize for personal time.

Water: There is delicious mountain spring water for drinking which we filter for extra protection. A bathing area is set up in a small creek which is refreshingly cold and quite awakening! Passive solar hot showers are available during optimal weather conditions and on rotation.

Solar Electricity: We have a small solar system with a charge station. Devices with USB charging work best. **Please note that the system is small so we ask everyone to limit their charging needs to one device one time a week.** Most participants these days bring their own personal USB solar chargers which are available at affordable prices.

Laundry: There will be bins available for you to wash your own laundry by hand. One advantage of packing light is that you will have less to wash :) Please bring your own biodegradable soap. Pure castile soap works well.

Bathrooms: We use composting toilets as part of our Permaculture program.

Weather & Packing

The temperature at the center can be very warm during the day if the sun is out and chilly at night. The wet season is December through March and the Dry Season is June through September, the other months are transition periods. In general, quick dry, lightweight long sleeves and long pants are best to protect against the intense sun as well as the small gnats that come out at times. On the next page you will find a packing list of important items to remember.

It is very important to PACK LIGHT. The hike into the land is NOT a tourist trail and you will need to carry your belongings into the center. It is an advanced hike and is pretty steep at points. The hike into the land is mostly down hill and takes experienced hikers in good shape about 1-2 hours however it can take inexperienced hikers 4-6 hours. Many who do consider themselves in good shape and relatively experienced are challenged by this hike. With that said, it is a beautiful journey and everyone has been able to make it with a wide range of fitness and age levels taking it slow.

Your pack will feel a lot heavier hiking down the mountain so it is a good idea to take a 2 hour hike with your pack on and fully packed prior to our journey (preferably in the mountains at high elevation). This will help you prioritize and figure out what is really essential! We recommend keeping your pack weight around 10 - 20 kilos (22-45 lbs). If you are less experienced we suggest staying on the lower end of this scale!

For those of you who do not have experience backpacking, it is worth noting that there is a difference between camping gear and backpacking gear. What you want for this journey is **light weight backpacking gear**. Also please have proper high-top hiking boots and **break them in before you arrive**. Ankle high running or day hike shoes will not cut it here.

When packing make sure all your belongings can fit into one bag. We will not allow participants to hike with a smaller bag on your front. It is quite difficult and dangerous to hike in this way where you can not see your feet and the ground. Also in order to keep good balance you should have your hand free.

It is also important to make sure your backpack fits properly. You should be able to tighten the waist snug. Shoulder straps should be able to rest on your shoulders but with minimal pressure. Here's an article and video about fitting your pack:

<http://www.rei.com/learn/expert-advice/backpacks-adjusting-fit.html>

https://www.youtube.com/watch?v=pnLCM_3RjuA

Some camping gear is available to rent from the institute. Write us to inquire.



Packing List

- **Hiking Backpack:** When buying a pack be sure to try them on with weight. A good camping store should have a sales person who can fit you properly. A pack that fits right can make your journey a LOT more pleasant!
- **Sleeping Bag and Sleeping Pad:** Nights can get into the 50s F (40s F in extreme cases)
- **Rain-proof Tent:** This will be your home for the month so we recommend a tent that you can sit up in (rather than those tiny one person sleeping tents).
- **A good pair of water proof HIGH-TOP Hiking Boots:** High-top is best in order to protect your toes going downhill. It is worth investing in a good pair and break them in before you arrive!
- **Head Lamp** with red light option and batteries. Rechargeable batteries are best. We have a small solar system that can charge batteries. You may wish to have your own solar charger.
- **Loose fitting long pants** (at least one pair of quick dry pants that do not require a belt are good to have for days when you are hiking with your pack on).
- **Loose fitting long sleeve shirts**
- **Comfortable outfit for ceremonies, yoga and QiGong sessions**
- **Flip-flops or slip-on shoes** are nice to have
- **Journal and/or notebook** and **pens/pencils**
- **Water bottle** (at least 1 liter water bottle, stainless steel recommended)
- **Personal simple trail hiking first-aid kit** (we provide a more extensive first aid kit on the land)
- **Towel or travel towel**
- **Bathing Suit** (optional)
- **Biodegradable laundry soap & Shampoo**
- **Rain coat/pants or poncho**
- **Sun hat:** Sun can be very intense in the mountains so please get a sun hat that covers the ears (not baseball hat). In Pisac you can find hats if you wish to buy one when you arrive.
- **Sweater and/or Poncho:** You can also find lots of nice sweaters and ponchos in Pisac.
- **Crisp new bills:** It is difficult to change money that is ripped, folded and worn looking.
- **Yoga mat:** We have some available however there may not be enough for everyone. If you bring one, we happily accept donations after the retreat ;)
- **Smaller day bag or waist pack** (pack this in your pack when hiking so your hands are free).
- **Water proof cover for your backpack.** This way if we end up hiking in the rain you can keep your belongings dry.
- **Water proof stuff sacks** (the kind that you roll down and clip). Great for packing things you don't want to get wet like your sleeping bag, cloths and electronics.
- **Light weight scarf** to protect yourself from gnats and sun.
- **Solar Luci Light:** for light in tents (no candles allowed in tents!) <https://www.mpowerd.com/>
- **Lip balm & natural sun screen**
- **NATURAL Insect Repellent** (NO DEET) Essential oil based bug sprays work well.
- **Work Gloves**
- **Time Keeping Device** with Alarm (phone or watch)
- **Hiking Poles** (optional)
- **Handkerchief/s** (for blowing your nose)
- Ladies- **pee rags/handkerchiefs** are also great. Bring a couple and they can be washed and re-used. This greatly cuts down on toilet paper use. (optional)

Phone, Internet & Emergency Contact

It's important to set yourself up ahead of time so you do NOT need to use the phone and the internet while you're on retreat. It's very beneficial to stay on site for the full retreat and abstain from interaction with the outside world as much as possible. Trips into the city will mean missing a minimum of 3 days of the retreat, breaking the continuity of the process for yourself and others in our group.

Internet: We have a satellite internet at the center which will be available to participants for emergency use only. Parents of young children will be permitted to use the internet to check in occasionally. Please be aware that the internet is slow and will mainly function for checking email.

Cell Phone Service: There's spotty cell service on site through the provider Moviestar. If you have a need to be reached more regularly it is possible to get a personal phone once you arrive in Peru. Bring an unlocked phone, pick up a Moviestar SIM card and add prepaid minutes.

Emergency Contact Info: You are welcome to share the following phone numbers of our service coordinators with your close family and friends:

+51 968 940 999 (Anthony) and +51 975 308 552 (Elton).

Please let your loved ones know to send a text message if they are not able to reach anyone as there are some spots at the center where service is spotty.

You are also welcome to give your loved ones the following email where they can write in case of emergency as it will be checked every 1-2 days: info@paititi-institute.org

In case cell service and internet go down, the satellite phone on site can also receive text messages from those who wish to reach you with an urgent message. This option should only be utilized if they cannot get a message through via email or on the cell numbers provided first. Feel free to share the following directions for sending a text message to this phone.

Sending a Text Message:

- Go to this website:
<http://connect.inmarsat.com/Services/Land/IsatPhone/SMS/sms.html>
- Enter this phone # (behind the prefix 87077) **6407631**
- Enter your message. There is a 160 character max length.
- Press "send"

Leaving Site

If you do determine that you need to leave the site before the retreat is over for some reason, please note that we cannot guarantee that an Institute vehicle will be able to drive you. There is a bus on most days from a nearby village returning to Calca in the Sacred Valley. Transportation must be coordinated in advance as the bus schedule can shift week to week. **In the case of a medical emergency, helicopter transportation may be required. The cost of emergency transport will be covered by the participant and/or their insurance.**

Trash

Being off the grid means we do not have services such as trash collection. As a community we consider this a blessing because it forces us to become accountable for the waste that we consume and produce. We ask that as a guest of our community, you help us to keep our waste to a bare minimum.

Together we practice a Leave No Trace ethic. It's very simple: leave the place you visit the same or better than you found it; leave no trace of your having been there, so that others – both human and animal – can enjoy the land. The following are some guidelines that we ask you to follow:

1) Leave all packaging at home.

If you're bringing new products of any sort, please take them out of the package before you pack your bag. Beyond that, consider the amount of packaging when making your purchases.

2) Carry out the waste you produce.

If you do bring in plastic or other waste please do not leave it with us when you leave. (For example, if your flashlight breaks and you decide to throw it out, please do not throw it out in our trash.) We also welcome everyone to help carry out additional waste that we find.

3) Please do not bring packaged food.

If you do decide to buy packaged food please dispose of the wrappers in the city before coming to our center or carry them out with you.

4) Use a reusable water bottle.

If possible do not buy bottled water in the city. Instead you can bring a reusable bottle and fill it up with our spring water. If you bring any plastic bottles with you, please carry them out.

5) Bring a cloth shopping bag to use instead of plastic bags.

6) Ladies, please bring 100% biodegradable feminine products.

We ask that you bring products that can be composted such as 100% cotton tampons and pads. Health food stores should have these. Even better, you can also look for cloth pads which can be washed and reused and/or a Diva Cup.

7) Please take used batteries home with you to recycle.

Please do not throw them in the trash (ours or yours) as they are very corrosive and toxic. It's important to recycle them. We recommend solar battery chargers and rechargeable batteries.

Community Consciousness

Paititi is a labor of love and grows through the contribution of its residents and volunteers. Here, our work is our prayer and as a community we practice presence, compassion, selfless service and hard work for the benefit of all beings. We work together to cultivate the highest view – a perspective from which we strive to see the greatest benefit for everyone, in all situations, under all circumstances – wishing that all beings may be free from suffering.

During the retreat a powerful sangha (spiritual community) is formed. Below are some helpful guidelines we have learned through our experience which help to create a harmonious space of transformation. Also you can read the blog about our [Paititi Community Agreements HERE >>](#)

- **Clean up after yourself.**
- **If you see a problem, be part of the solution.**
- **Consider others as much as you consider yourself...** Even better, consider others more.
- **Look at yourself first.** If something is not working, take 100% responsibility and look at how you contributed to the situation first before pointing fingers at others or blaming personal disturbance on outside circumstances.
- **Own your experience.** Make 'I' statements and share your own feelings and observations and abstain from projections and blaming.
- **Practice transparency.** If something triggers you, bothers you, is not clear or does not make sense, practice confronting it from a grounded place unclouded by disturbed emotions. Often the stories we create about what we experience are interpretations based on our personal filters. Take some time to see if the situation brings up any personal disturbing feelings and emotions and once you release the identification with them bring it up with the people involved directly in a calm and balanced way.
- **Don't gossip, go to the source.** If challenges and confrontations do arise in the space, it's important to handle them responsibly and go directly to the source of the challenge rather than pulling others into it. Venting to others does not solve anything and instead only creates a larger drama.
- **Practice the art of listening and beginner's mind.** True listening is listening without filters and interpretations. Practice listening to everything with fresh ears as if you are hearing everything for the first time. True listening requires a receptive and attentive mind without preparing a response ahead of time.
- **It is up to you how much you want to gain from being here.**

Please feel free to contact us if you have any questions or would like to clarify any information found here.

Thank you for your inspiration to face yourself and heal for the benefit of all beings.

Email: info@paititi-institute.org