



paititi INSTITUTE

Intercultural Healing Exchange

INFORMATION & PREPARATION PACKAGE



Practitioners of natural healing modalities are invited to join The Paititi Institute for the Intercultural Healing Exchange.

This retreat is a powerful opportunity for you to more deeply awaken your path of service, simultaneously enhancing your practice, be it as a student or long-time practitioner. This process offers you an opportunity learn from and experience Andean and Amazonian healing traditions while offering your gifts as a healer to local Peruvian communities.

In the following pages you'll find frequently asked questions and important info to help you determine if this program is right for you. Please take the time to read through the information carefully and contact us with any questions.

dates:

**June 2 – 16
2018**

locations:

**The Sacred Valley
& Mapacho Valley, Peru**
closest airport is Cusco

contact:

**info@paititi-institute.org
www.Paititi-Institute.org**

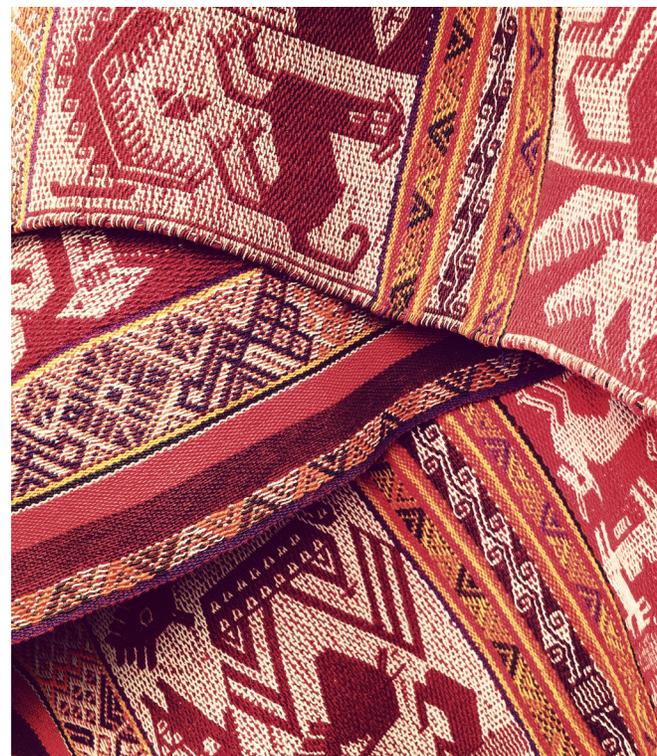
Program Overview

This program is designed for healers to deepen their personal healing experience and embrace the healing ancestral wisdom of essential reciprocity inherent in nature. Intercultural exchange is a core value of the Paititi Institute and we're inspired to create this container for you to both learn and share – to heal and offer healing.

As an essential part of the Intercultural Healing Exchange program, participants experience Andean and Amazonian indigenous medicine and transformation practices, a learning process that accounts for roughly half of your stay. These healing traditions can greatly amplify your individual healing capacity as a natural medicine practitioner, which can then be experienced in the second half of our journey together. The retreat includes at least one Ayahuasca ceremony and one San Pedro ceremony facilitated by Roman Hanis. Transformation is facilitated by experienced Amazonian and Andean medicine men and/or women as well as healers and guides who serve as intercultural bridges of humanity's timeless planetary wisdom.

During the second half of the retreat, we'll travel together to a remote area of the Andes, where we set up a natural medicine clinic in a small mountain village. This can involve treating hundreds of local people from a wide range of health conditions.

Additional cultural activities happen throughout the retreat and may include the opportunity to learn about medicinal plants from Peru, hike in the incredible Andean mountains, visit ruins, learn about traditional weaving, and connect with local healers.



Clinics

The clinic is held in a small village in the Paucartambo region (about 4-5 hours travel from the Sacred Valley) where access to both natural and occidental health care support is limited.

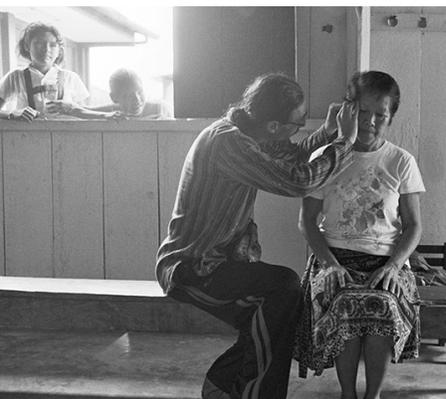
The clinic's core is based on Traditional Chinese Medicine. However, we welcome healers from a wide range of natural medicine modalities. Common examples include Physical Therapy, Chiropractic treatments, Craniosacral Therapy, Massage Therapy, Reiki, Homeopathy and Nutrition. Additional modalities are welcomed and, depending on the skills and experience of the practitioners present, the clinic format will be adjusted. Feel free to write us if your healing modality isn't listed here to see if it's appropriate for the clinic setting.

Various skill levels from beginner to advanced attend the program. The variety of roles in clinics are adjusted to match the participant's level and experience. Regardless of your experience, we work to ensure you're fully engaged.

The healing clinics are overseen by a local MD doctor, Traditional Chinese Medicine doctors, and Andean or Amazonian medicine men and/or women. All patients go through an intake process with a designated team and a recommended treatment is prepared for healers to follow as a guideline. The level of guidance varies depending on each participant's level of experience and students are welcome.

Clinic days tend to vary. Some days are quieter with a little downtime and other clinic days keep you on your toes with long lines of patients. Be prepared to work hard and be on your feet all day.

REGARDING CLINIC SUPPLIES: We seek donations for Traditional Chinese Medicine supplies and herbs. We also welcome the engaged support from participants in reaching out for donations through your channels and connections.



Ando-Amazonian Healing Tradition

The Andean mountains and Amazonian rainforest have ancient and powerful healing traditions that approach the healing process in a holistic way, integrating all aspects of one's life. People of the Amazon, immersed for generations in the vast rainforest, recognized this immense cohesive organism as imbued with both divine intelligence and self-awareness. Indigenous traditions regard this organism as their teacher and treat her with great reverence and respect, personifying Mother Nature, and identifying with her universal enlightened qualities and characteristics. In this way, the ancestral people established a profound relationship with the divine intelligence surrounding them, recognizing her as a mirror reflection of the human organism with the infinite latent potential of consciousness for regeneration, well-being and inter-connectedness to the universe at large, present within each of us.

Healing in the Ando-Amazonian traditions consequently allows one to become conscious of the universal life force and direct it by cultivating essential human qualities that relate to the characteristics of the divine intelligence in nature. Thus many Amazonian and Andean elders state that having a human body does not mean you're a human being, and relate the process of healing as a way of becoming a human being in a human body.

The rainforest's medical plants and Andean mountains are recognized in these cultures as keys that can unlock inherent potential in the human organism for evolutionary healing. Each plant medicine is considered a messenger of the divine intelligence with its own spirit with specific personality aspects that support maturation and development in human consciousness, sparking the remembrance of its transcendental existence. Developing a relationship with the plant spirits also involves weaving awareness, life force, sound and breath together through the sacred ceremonial songs, thereby magnifying the workings of medicinal plants in the human organism.



Sacred Plants & Indigenous Ceremony

As an integral part of the Intercultural Healing Exchange, you'll partake in the ancient Amazonian ceremony of Ayahuasca and the Andean culture's San Pedro and Coca ceremonies. This healing tradition is considered an uninterrupted live transmission lineage dating 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 when approached skillfully and the spirit of these plants can be deeply supportive in connecting to the body's deep, subtle energies and the interwoven reality surrounding it.

These sacred plant ceremonies often reconnect people with the organism's inherent wisdom, help heal ailments and clear obscurations of consciousness. We encourage our participants to connect with Nature inside and out. These lineages have been passed on to us through many generations of accumulated wisdom and offer a deeply beneficial way to tap the source of life in the universe as we know it.

We caution people against reading too much online about these practices as there's currently a lot of misunderstanding 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" and we would be happy to answer any questions.

LECTURE: <http://www.youtube.com/watch?v=UgkdjM2fIYQ>

DOCUMENTARY: www.thesacredscience.com

Regarding 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 you let us know right away. Taking ANY pharmaceutical medication will affect your ability to partake in medicinal plant work. Many pharmaceuticals are contra-indicated with the Amazonian and Andean plant medicines and must be avoided 3 days to 6 weeks prior (or more) depending on the drug and the duration of use. Every situation is unique and it is IMPORTANT that you contact us as soon as possible so 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 to travel in Peru. It's up to you and your health care provider to do your own research and determine the best steps for you. All participants are responsible for their own health decisions and travel at their own risk. The regions where this program takes place are known to be safe and epidemic-free zones. The vaccinations may affect the participant's ability to participate in some sacred plant medicine work, so be sure to inform us on your decisions so we can ensure everyone's safety and that there are no contra-indications.

General Schedule

This is an **estimated schedule** which is subject to transform. Schedule updates will be sent as the trip approaches. Since we are collaborating with local governments to organize this program schedule and location changes are possible.

1	Sun, June 2	<ul style="list-style-type: none"> • Meet at the guest house in Lamay, Peru by 11:00 am • Andean tradition of Coca leaf initiation & intention circle • Group welcome dinner
2	Mon, June 3	<ul style="list-style-type: none"> • Community agreements • Despacho offering ceremony with Q'ero nation Paqo (Healer/Spirit guide)
3	Tues, June 4	<ul style="list-style-type: none"> • Introduction to Andean and Amazonian Healing Traditions (Talk and Q&A) • Amazonian rite of passage tradition - Ayahuasca Ceremony
4	Wed, June 5	<ul style="list-style-type: none"> • Group Integration Process / Sharing Circle
5	Thur, June 6	<ul style="list-style-type: none"> • Andean rite of passage - Huachuma Ceremony
6	Fri, June 7	<ul style="list-style-type: none"> • Personal rest and integration day, creative projects, nature time • potentially Reiki 1 or other energy healing attunement
7	Sat, June 8	<ul style="list-style-type: none"> • Andean medicinal plant class & hike
8	Sun, June 9	<ul style="list-style-type: none"> • Travel to the clinic site (4-5 hour bus ride) • Camp and clinic set up
9	Mon, June 10	<ul style="list-style-type: none"> • Clinic day 1
10	Tues, June 11	<ul style="list-style-type: none"> • Clinic day 2
11	Wed, June 12	<ul style="list-style-type: none"> • Clinic day 3
12	Thur, June 13	<ul style="list-style-type: none"> • Clinic day 4
13	Fri, June 14	<ul style="list-style-type: none"> • Clinic day 5 (half day) • Travel back to the Sacred Valley
14	Sat, June 15	<ul style="list-style-type: none"> • Amazonian/Tibetan Primordial Breathwork Journey • Integration & clinic reflections
15	Sun, June 16	<ul style="list-style-type: none"> • Cultural Activity TBD • Completion Coca leaf traditional circle / celebration
16	Mon, June 17	<ul style="list-style-type: none"> • Departure day (anytime)

Retreat Facilitators

[Roman Hanis](#), Ando-Amazonian Medicine Man & Guide, Clinic Coordinator

[Cynthia Robinson](#), Retreat Support and Coordination

Additional facilitators will be added in the coming weeks and guest Healers from the Andes and/or Amazon will be joining us at different periods of the retreat. Click name to read facilitator bios.

Food & Dietas

During the retreat we will prepare and serve a healthy wholefood diet. Meals are dairy free with the exception of ghee (Ayurvedic clarified butter). Local fish or meat options may be available during some meals.

In preparation for ceremonies, there's a specific diet that must be maintained three days prior to the ceremonies and during those times, only the appropriate foods will be served. Typically, this includes a bland diet of quinoa, grilled green plantains, and yucca (cassava).

Detox

It is important to know that you may go through a detox process. There are a number of factors that can contribute to this. Being in the mountains, eating a clean diet and ceremonies can all deepen the purification process. Another factor to consider is the adaptation of your organism to the different digestive bacteria prevalent in this region of the world.

It's not uncommon to feel weak and tired during the detox process. Additionally, since our physical body isn't separate from our emotional and spiritual body, the physical detox can surface deeply suppressed emotions and tensions to be faced and cleansed.

Our team members who have many years' experience doing this work will be available to help guide participants when challenges arise.

Meals While Traveling

If you eat out in restaurants while en route, please be aware that many restaurants use MSG (Mono Sodium Glutamate) in Peru (especially in Lima). Here MSG is called Ajinomoto (note the J is pronounced as an H). When you visit restaurants, if you tell them you're very allergic to Ajinomoto, they'll leave it out. If you don't tell them you're severely allergic and could go to the hospital, places may not tell you the truth about using it.

Contribution & Refund Policy

Participants are required to stay for the full program.

Retreat Contribution: \$1300 – 1500 USD

Early Bird Contribution: \$1200 – 1500 USD (if registered by March 1st)

Registered Students: \$1100 – 1500 (proof of registration required)

Past IHE Participants: \$925 (at cost)

Additional scholarships may be available for those in financial need.

Please inquire directly by at info@paititi-institute.org

The contribution includes food, ceremonies, classes, lodging, clinics, local transportation to and from events and group activities, Peruvian MD doctor supervision and involvement, US-based OMD supervising physician travel expenses, local municipality administrative fees for approval as well as securing the venue for the communal clinic. Any emergency or medical expenses or flights are NOT included. In addition, any meals out at restaurants are not included.

A deposit of 30% is due at registration to reserve your space in the program and can be paid via credit card. The remaining contribution is due by April 21st.

CONTRIBUTION SCHEDULE:

- 30% due upon registration
- 100% due by Sat, April 21st (6 weeks)

TERMS & REFUND POLICY:

- A 30% deposit is required to register via credit card which is made during the online application process. If you are not accepted into this program, your payment will be fully refunded.
- Your balance must be paid in full at least 6 weeks prior to the start of the program (April 21) to guarantee your reservation. We'll charge your credit card on file automatically on this date. If you wish to use a different card, it is your responsibility to contact us.
- Your deposit is non-refundable but if you cancel within 6 weeks of the program start date, we can transfer your deposit to a future program minus a 10% admin fee.
- For cancellations within 6 weeks 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. In case of cancelation, Paititi does not assume responsibility for any travel expenses previously arranged.
- Additional terms are outlined in our "Terms, Conditions, Release Of Liability & Assumption Of Risk" document which each participants agrees to by submitting an application. (link to this document is available on the event listing and registration form.

Please Note: For your personal spending money please bring new bills as most places in Peru will not except American dollars which really worn or torn.

Flights, Arrival & Meeting

ARRIVAL:

Participants are responsible to book their own flights. Please plan to **arrive in Cusco, Peru THE DAY BEFORE the program begins (JUNE 1st)**. If you have the flexibility we recommend arriving a little early so that you can acclimate to the altitude and recover from travel fatigue before we begin our journey together. We have found that 4-7 days early works well for most people. Please be aware that you are responsible for your own hotel and travel arrangement for any days before or after the program. We recommend staying in Pisac or Urabamba when arriving early in order to acclimate as these towns are in the Sacred Valley which is over 500 meters lower than Cusco.

All participants will meet in Lamay, Peru by 11am on June 2nd. Airport transportation is NOT included in the retreat cost. Lamay is an easy taxi or colectivo ride from Cusco. The exact meeting details and directions will be provided about one month prior to the program.

DEPARTURE:

All participants should **depart no earlier than June 17**. We recommend avoiding very early morning flights home so that you are able to enjoy your last night with the group.

FLIGHT TIPS:

Some people like to book their international flight to Lima, Peru and buy a separate local flight from Lima to Cusco. We advise against this and recommend booking your international flights all the way to Cusco in the same ticket. This way any travel delays or baggage complications will be handled by the airline all the way to your final destination.

PASSPORT AND VISAS:

A valid passport is required to enter and depart Peru. Be sure to check the expiration date of your passport well before your travel date and make sure your passport does not expire within 6 months of your return date.

In Peru a tourist visa is automatically granted for citizens of most countries for a stay up to 180 days (6 months) per year 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. Please do your own research for the most current visa information and details on visa requirements as Laws are always being updated.

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

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 Sofie's Market at a slightly lower rate. Places to change US dollars and Euros are 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 (with an additional fee).

Accommodations

The retreat will take place in two different locations:

Week 1: Sacred Valley, Peru

During the first week of the program, we'll stay in the beautiful Villa Magica tucked away in the mountains a few kilometers outside the village of Lamay. Rooms will be shared based on gender and have private bathrooms. Students or other scholarship participants may have shared bathrooms. (*Accommodation may change if requested by the municipalities we work with.*)

All participants are required to stay on site with the group at Villa Magica to support the container for our ceremonial work together. You'll have the option to specify your roommate preference on the application. We do our best to accommodate requests.

Week 2: Paucartambo, Peru

After the first week, the group travels 4-5 hours into the Andes arriving at the remote village of Hualla in the Paucartambo region. Here we rent a local community green which will act as a camping site for participants, so tents and camping gear will be necessary. Some camping gear may be available to rent for \$1 per day and on a first-come first-serve basis. The second half of the retreat will be a chance to connect with the Andes and the local culture on a deep and authentic level.

For those interested, it may be an option to spend the second half of the retreat with locals in their home. The accommodation will be very rustic, typically with dirt floors, no running water, and outhouses. Contact us for more details if you're interested.

WATER: It is not recommended to drink the tap water. We have filtered water available at Villa Magica and at the clinic location so bring a reusable bottle. At times you may be required to buy bottled water.

ELECTRICITY: Peru is on a 220 volt power grid. Please check the specs on your plugs for any electric devices. Power adaptors may be required. We can't guarantee that consistent charging plugs will be available for the second half of the retreat. Solar chargers for electronics are recommended.

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

PHONE & INTERNET: While staying in Lamay the first week there will be NO internet available however limited cell signal is possible through the Movistar network. The second half of the retreat in Hualla, no internet is available, though Movistar cell service is good.

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 60's to low 70's and the lows range in the mid 40's to 50's.

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.

- Backpacks are preferred over roller luggage as there is some uneven ground
- Your healing supplies/tools which you need in order to share your healing service
- Passport
- Flash light with extra batteries (head lamps with red light option are recommended)
- Comfortable clothing for ceremonies (yoga type clothing)
- Comfortable clothing for hiking
- Comfortable clothing for clinics (Lightweight long-sleeved t-shirts & pants + lightweight scarf)
- Comfortable hiking boots (we recommended footwear with high ankle support)
- Sweater & or Jacket
- Journal and/or notebook
- Water bottle
- Small personal first-aid kit
- Rain coat/pants or poncho
- Small day pack or waist pack
- Camera and battery charger
- Hat (the sun can be intense at the higher elevations)
- Crisp new bills (It is difficult to change money that is ripped, folded and worn looking)
- Yoga mat (not required but can be useful)
- Tent (unless renting)
- Sleeping bag and sleeping mat
- Solar charger (optional)
- Sun screen, lip balm & natural bug spray

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