



paititi INSTITUTE



Shamanic Permaculture Immersive Practice Course

September 25 - October 12, 2014

Join us for the first steps of our journey at the Paititi Institute's new home in Peru, a pristine and enchanted 4000-acre land that backs up against the Manu National Reserve in the Machu Picchu region at the last frontiers of the known world. This is a very special opportunity to deepen your permaculture skills through immersive practice as we approach this very special and majestic sanctuary to co-create a new way of living in deep harmony with the earth while growing a culture of healing for all sentient beings.

Our time will focus on deep observation, master planning, and pioneering infrastructure. We will be meditating and making offerings, hiking and exploring, drawing and mapping, visioning and designing. During the course we will also engage with indigenous ceremonies to help explore and deepen our relationship to nature and the landscapes inside and out.

This a perfect opportunity for those of you who have taken a PDC to put all you have learned into guided practice in a very unique and diverse ecosystem which provides an inspiring and expansive canvas. 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 3500 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.

In the following pages we will cover many FAQs and important info regarding preparation. Please take the time to read through all the information carefully.

Areas of Focus

We will be exploring the land together with a dear friend and renowned permaculture teacher, Andrew Jones. In the process we will learn how to observe energy flows and identify resources as we initiate the master planing, in addition to acquiring and practicing valuable permaculture and design tools that can be applied on a vast array of scales. Master planning is an essential step in bringing any dream into flesh. It helps us to both envision our highest ideal and then meet this ideal with the reality we face, identifying the tools and practical steps that can make our visions manifest.

The true nature of Paititi's intent is to support the expression of an enlightened realm all across the globe for all beings. Therefore we have been inspired to open our creative process to our extended community as an opportunity for others to gain the invaluable experience of approaching a large-scale design. We also recognize the value this collective focus and wisdom can bring to the design we are undertaking. Everyone present will have the opportunity to have a real impact in the directions we take, sharing in this birthing, and weaving their unique spirit and perspective into the land and all we do within it.

As an essential and core part of this process we will be exploring deeply what it means to be stewards in general, and specifically to be stewards of this land. A large portion of our time will be dedicated to developing the invaluable skills of observation and deepening our relationship with nature. The ancestral indigenous wisdom and sacred plant ceremonies will help unlock in each one of us the unique ability to channel the universal love of the Mother Earth and Father Sun as a union of Compassion and Wisdom.

- **How do we embrace this role in a humble and beneficial way?**
- **How do we listen to our inner guidance, as well as the insight of others, both human and non-human?**
- **How do we live in the highest integrity and see from a perspective where we can bring the greatest benefit to the greatest number of beings in every moment?**

Additional core elements of the course will include but are not limited to:

- **WATER:** Earthworks, water flow & storage, water infrastructure, and alternative energy solutions
- **SANITATION:** Composting toilets, humanure systems and WET/methane digestion treatment systems
- **SURVEY:** Deep observation, listening, nature connection and the art of asking permission from the land
- **DESIGN:** Schematic Design, on-site mock up, and design process
- **INDIGENOUS POLYCULTURE:** identifying and cultivating appropriate traditional crops
- **WILDERNESS SKILLS:** Throughout the course we will be weaving in wilderness skill breakout sessions, learning tools for surviving and thriving in rugged environments

The primary facilitators of this retreat will be Andrew Jones, Cynthia Robinson and Roman Hanis. Bios are available on the Paititi Institute website.

Please note that this is not a Permaculture Design Certificate Course.

General Course Flow:

As we are immersing in a live design process we are intentionally keeping the format of this course flexible in order to be present and fully engaged in the design process. We will be meeting in Pisac, Peru (about 30-40 min outside of Cusco) on the morning of Sept 25 to begin our orientation process. On Sept 26th we will travel together to the site.

Throughout the course we will be camping and moving around the land. This will give us the flexibility to get to know and work on different areas of the land.

Plan to arrive in Cusco anytime on September 24 and to depart from Cusco no earlier than midday on October 13th.

Educational Preparation

Ideally you have already participated in a Permaculture Design Certification Course (PDC). We are willing to consider participants who have not completed a PDC on a case-by-case basis depending on your level of comfort in nature, background in design, and other equivalent experiences. Please contact us if you have not completed a PDC and would like to be considered for this course.

For those who have not yet completed a PDC and are approved to participate in this course we ask that you do some study before the course starts. There are a number of online PDC courses available these days and we recommend the following [link here](#) as a good starting place to consider online course options.

If you are able to find a PDC to participate in prior to the course this is ideal. However if this is not possible, the following are some resources to explore:

- **Gaia's Garden** by Toby Hemenway is a nice accessible introduction to permaculture. If you have not taken a PDC please [read this book >>](#)
- The **IDEP Manual** gives a simple and complete introduction as well. You can [download the manual here >>](#)
- **The Permaculture Handbook** by Peter Bane also comes [recommended >>](#)
- **Geoff Lawton has a great collection of educational videos** you can access [here >>](#)

Preparing Yourself Physically

This will be the first course on our new mountain land. The land is quite magically enchanted and also quite wild. During this course we will have minimal infrastructure in place since we are coming together to initiate the design process. If you are not comfortable with very simple and rustic accommodations then it may be best to wait for a future retreat.

All participants will be staying in personal tents for the full period which you will bring for yourself and will most likely have cold showers in the nearby waterfall. We ask that anyone signing up for this retreat be prepared to face new and unexpected challenges and we are specifically seeking participants at this time who are inspired to approach these situations with a positive solutions-based attitude.

Please be aware that we will be hiking in the mountains daily, at times for many hours. During the course will be setting up 2-3 different base camps throughout our time together so all participants should be prepared to carry all their personal belongings while hiking. The hiking can be steep and has been known to even challenge those in good shape with backpacking experience. Be prepared to be challenged. We recommend getting a good pair of hiking boots and **BREAKING THEM IN** before you come.

Given the circumstances for this first retreat we can only accept participants who are in stable and good health.

Indigenous Ceremony Overview

Throughout the course we will work with a number of shamanic practices from Peru including sacred plant medicine ceremonies of Coca, San Pedro and Ayahuasca as well as Despacho/ offering ceremonies in order to support us in our exploration of the interconnection between our inner and outer landscapes. Additional practices such as meditation, breathwork and qigong will support us in bringing deeper states of presence into our process.

These healing traditions we work with are uninterrupted and live transmission lineages going back to times immemorial that carry illuminated reminders from the period of humanity when the 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.

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 have also found that working with the plants is a powerful way to internalize the permaculture teachings on an intuitive cellular level. There will be at least three ceremonies during the course (minimum of one ceremony of Ayahuasca, one ceremony of San Pedro and one ceremony of Coca.) Additional ceremonies may be incorporated as appropriate for our healing and exploration process, determined by the facilitators.

Indigenous Ceremony Overview (continued)

We caution people 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” at the link listed below. In addition, we encourage all participants to view the documentary “The Sacred Science” which was filmed at the Paititi Institute and shares more on the way we work with these traditions.

Watch the Lecture [here >>](#)

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 is important to let us know right away. Taking any pharmaceutical medication (including malaria pills) 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 is **IMPORTANT** that you contact us as soon as possible so that we can research your specific situation. We do not recommend that anyone quit medications without the guidance of their overseeing physician.

There are no required shots for travel in Peru. The Center for Disease Control and Prevention makes some recommendations [here](#). 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. Please note that some countries may require Yellow Fever vaccinations when traveling directly from Peru. Please do some research before you travel.

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.

Food, Dietas and Detox

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

- **Breakfast:** oatmeal or amaranth with fresh local fruit
- **Lunch:** a grain, fresh raw salad and vegetable dish or fish
- **Dinner:** a grain, fresh raw salad and soup

If you require a special diet be sure to communicate and discuss your restrictions with us clearly prior to your arrival.

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.

It is important to be prepared to potentially go through a detox during the course. There are a number of factors which can contribute to this. Being in the pristine environment alone raises our vibration and speeds up our metabolism. In addition ceremonies along with a clean non-processed vegan diet will deepen the cleansing process.

It is 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 our physical body is not separate from our emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions in order to be faced and cleaned. When going through a detox we will be available to help guide participants through this process. There is no blessings without a purification first and in this way even the purification becomes a blessing.

Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is automatically granted for citizens of the United States for a stay up to 180 days (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 will usually stamp it for 90 days or less.**

Visit the Embassy of Peru Website [HERE>>](#) for the most current visa information and details on visa requirement for citizens of other countries. Laws are always being updated and we recommend doing some research prior to your travel. 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 recommend that you have at least two free pages in the Visas section of your passport before any international travel. For more passport information and resources visit [HERE >>](#)

Contribution & Refund Policy

For this course all participants are required to join for the full time period, starting September 25th and ending October 12th. **The Contribution is \$2000.**

This contribution covers transportation to and from Pisac (sacred valley near Cusco) in the beginning and end of the retreat, all the accommodations, food, course work, practices and ceremonies. It does not cover any other travel expenses nor does it cover any western medical expenses you may have at any given time. We recommend getting a traveler's medical insurance for your trip.

Available Discounts: Please note that each participant can utilize only one discount.

- \$200 early bird discount if registered in full (deposit paid) by August 15th, 2014
- 10% student discount (early bird discount does not apply)
- Couples discounts are available inquire for more information

Deposit: A non-refundable/non-transferable deposit of 30% is due at the time of registration in order to hold space in the retreat and can be paid via check, credit card or wire transfer. Direction on how to send this contribution will be provided when we **receive and accept** your application form. The remaining amount should be brought to Peru and is due on the first day of the retreat. The retreat fee is non-refundable once the retreat begins. We may consider an exception in extreme cases.

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 deposit has been received.

We will be holding the upcoming Shamanic Permaculture Immersive Practice Course at our new mountain land which is about a 4.5-hour drive from Pisac, Peru, followed by a 2+ hour hike in. We will meet in Pisac, Peru on September 25th for orientation and Coca Initiation and it is important that all are present for this. Early on September 26th we will all travel from Pisac to the land together.

BOOKING FLIGHTS

Please plan to **arrive in Cusco by September 24th** in order to meet up with the group on the 25th. As for departure, you should **plan to fly out no earlier than midday on October 13th**. For those of you wishing to do some personal travel in the mountains it is great to do this before the course in order to have some time to acclimate to the altitude before we meet.

When booking your flights it is often cheaper to book your international flight to Lima and then book your local flight from Lima to Cusco separately. When booking local Peruvian flights it is most often cheaper to buy direct from the airline. Local flights in Peru are a lot more expensive on the discount travel sites. **Once your travel is booked please email us your itinerary.**

TRAVELING FROM CUSCO TO PISAC

Pisac is about 30-40 minutes drive from Cusco. Either take a taxi directly from the airport and bargain to no more than 50 soles or take a colectivo (shared taxi). To catch the colectivo, take a taxi from the airport to Calle Puputi (Puputi street) for about 7 soles and say "Paradero Pisac" (Pisac bus stop). There are several mini-bus companies that wait to fill up with passengers on that street and will take you to Pisac for about 4 soles per person. Generally, these colectivos do not run later than 9pm.

Details about our meeting time and location in Pisac will be provided at a later date.

What to Bring

The temperature at the mountain center can be very warm during the day and chilly in the night. This retreat will fall in the end of the dry season and so there may be some rain. We recommend having some nice quick drying clothes. In general, 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.

Please include the following items on your packing list (this is not a complete packing list but some important items that should be included). Please pack as light as possible and keep in mind that you will have to carry in your belongings in your personal pack.

A lightweight sleeping bag and tent are great to have. Good lightweight gear can get expensive so if you do not own these items you may want to ask friends what you may be able to borrow.

- **Passport**
- **Hiking Backpack:** If you don't have a pack we recommend going to a store like REI where you can try them on packed 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 40s but no lower than that.
- **Personal Tent:** This will be your home so we recommend a tent that you can sit up in (rather than those tiny one person sleeping tents), but it is up to you.
- **A good pair of Hiking Boots** (high-top is best in order to protect your toes going downhill). It is worth it to invest in a good pair and to break them in before you arrive!
- **Head Lamp** and batteries: Rechargeable batteries are best. We have a couple small solar panels that can charge batteries. You may wish to have your own solar charger. GoalZero and Brunton make nice portable panels.
- **Loose fitting long pants** (at least one pair of quick dry pants that do not require a belt are good to have for days that we are hiking with your pack on).
- **Loose fitting long sleeve shirts**
- **Comfortable outfit** for ceremonies and movement sessions
- **Flip-flops** are nice to have
- **Journal and/or notebook** and **pens/pencils**
- **Water bottle**
- **Small first-aid kit**
- **Towel** or travel towel
- **Bathing Suit**
- **Biodegradable soap** and 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.
- **Smaller day bag or waist pack** (it is good to pack this away in your pack when hiking in so you only have one bag to carry and your hands are free)

About the Accommodations

The new Paititi Institute land is located on a pristine 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). **You can read an article about the new land [HERE >>](#)**

As mentioned earlier, this is the first course on the new land and there will not be very much infrastructure in place. If you are not ready to surrender into a wilderness experience we strongly recommend that you consider waiting for a future course when we are more established.

Most of the luxuries found in the modern world you will not find here (especially right now). The reality is that through fulfilling our needs and wants, we have caused great destruction and imbalance to the environment and our communities. Instead we choose to live here in a basic way, learning to cultivate a deep peace and joy in living within our means and empowering us to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth.

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.

Please note that we will be working on master planning and initial infrastructure starting in August 2014. We will have more clarity on conditions and accommodations as the course approaches and will send updates before you travel. The following is some basic information:

Personal Space: All participants should bring their own tent. As mentioned in the packing list, we recommend a light weight tent that is large enough for you to sit up in for more comfort. Don't forget you will have to carry it :)

Water: There is delicious mountain spring water for drinking. At this time we are not sure what the shower system will look like but we will update everyone as the course comes closer. Be prepared for cold water.

Electricity: We do not have electricity at this time. While we are in the process of planning and installing alternative energy in some areas we do not expect this to be in place by September.

Laundry: There will be soap and bins available for you to wash your own laundry by hand. One advantage of packing light is that you will have less to wash :)

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

Phone, Internet and Emergencies

It is important to set yourself up in a way where you will not need to use the phone and especially the internet while you are on retreat. It is very beneficial to stay on site for the full course. Trips into the city will mean missing a minimum of 3 days of the course and breaking the continuity of the process for yourself and the others in our group.

Phone Service: We have a special phone that can be used for local calls and can receive calls from your loved ones if necessary. You are welcome to share the following phone number with your close family and friends. Paititi institute: +51-974-898-634

The satellite phone on site can also receive text messages from those who wish to reach you with an important message. Feel free to share the following direction for sending a text message to this phone and let them know that sometimes there is a delay of up to 24 hours for messages to come through to us.

Sending a Text Message:

- Go to this website: <http://www.isatphonelive.com/>
- Then you click on the link on the top right: "send a free message to IsatPhonePro"
- Enter this phone # (behind the prefix 87077) **6407631**
- Enter your message. There is a 160 character max length.
- Press "send"

Internet: We do intend to install a satellite internet at the land however it is likely not going to be up and running by the time of this course. There will be no internet access available during the retreat and there is no internet available in the local villages.

If you to determine that you need to leave the site before the course is over for some reason please note that we can not guarantee that an Institute vehicle will be able to drive you. There is bus service 2 days a week from a nearby village (Friday and Tuesday).

In the case of a medical emergency helicopter transportation may be required. The cost of emergency helicopter transport will be covered by the participant.

Trash

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

Together we practice a Leave No Trace Ethic. It is 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 are 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 reusable cloth pads which can be washed and reused.

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 is important to recycle them and most cities in the states have battery recycling as part of their recycle programs. We recommend solar battery chargers and using 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 and under all circumstances the wishing that all beings may be free from suffering.

During the retreat a powerful sangha (spiritual community) is formed. The following are some helpful guidelines we have learned through our experience which help to create a harmonious space of transformation.

- **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 it 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 is 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: Robyn@paititi-institute.org