



paititi INSTITUTE

Intercultural Healing Exchange

INFORMATION & PREPARATION PACKAGE



Healers who are involved in natural healing modalities from around the globe, with great diversity of natural medicine & therapy practices are wholeheartedly invited to join us for the Intercultural Healing Exchange with the Paititi Institute in the Sacred Valley of Peru.

This retreat is a powerful opportunity for healers to more deeply awaken their path of service, while at the same time enhancing their practice, be they a student or a long-time practitioner. In this process healers have the opportunity to learn from and experience Andean and Amazonian healing traditions, as well as offer their gifts as a healer to local Peruvian communities.

In the following pages we will cover many frequently asked questions and important info we would like to share with you as you consider if this program is for you. Please take the time to read through all the information carefully and contact us with any questions.

dates:

**February 22 –
March 9, 2017**

location:

The Sacred 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 as well as embrace the healing ancestral wisdom of essential reciprocity inherent in nature. Intercultural exchange is a core value of Paititi Institute and we are inspired to create this container in order for healers to both learn and share – to heal and offer healing.

As an essential part of the Intercultural Healing Exchange Program, participants experience firsthand Andean and Amazonian indigenous medicine and transformation practices, a learning process that accounts for roughly 50% of their stay. These healing traditions have the ability to greatly amplify the individual healing capacity of the natural medicine practitioners, 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. 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 the timeless planetary wisdom of humanity.

During the second half of the retreat participants time will be dedicated to offering service in a natural medicine clinic which will be set up in a rural mountain village. This can involve treating hundreds of local people from a wide range of health conditions.

Additional cultural activities will be included throughout the retreat. Activities may include the opportunity to learn about medicinal plants from Peru, hike in the mountains of the Sacred Valley, visit ruins, learn about traditional weaving, experience traditional dances and connect with local healers.



Clinics

Clinics will be held in a small village in the region near the Sacred Valley where access to both natural and allopathic health care support is limited.

The core of the clinic is based on Traditional Chinese Medicine however we welcome healers from a wide range of natural medicine modalities to participate. Common modalities incorporated include Physical Therapy, Chiropractic treatments, Craniosacral Therapy, Massage Therapy, Reiki, Homeopathy and Nutrition. Additional modalities are welcomed and depending on the skills and modalities of the practitioners present, the clinic format will be adjusted. Various skill levels from beginner to advanced are also welcomed. The variety of roles in clinics are adjusted to match the participant's level and experience. Regardless of your experience level, we work to find a role where each participant can be most engaged.

The healing clinics are overseen by a local MD doctor, Traditional Chinese Medicine doctors, and Andean or Amazonian medicine men/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 and oversight will vary depending on each participants level of experience.

Clinic days can vary. Some days are quieter with down time and other clinic days will keep you on your feet with long lines of patients. Be prepared to work hard and be on your feet all day.

REGARDING CLINIC SUPPLIES: We will be seeking 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 a very 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 many generations in the rainforest stretching for thousands of miles in all directions, recognized this immense cohesive organism to be imbued with divine intelligence that is aware in and of it's self. 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 were able to establish a profound relationship with the divine intelligence surrounding them and could recognize 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.

A healing process 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 just having a human body does not mean you are a human being and relate the process of healing as a way of becoming a human being in a human body.

The medicinal plants of the rainforest and Andean mountains are recognized in these cultures as keys that can unlock the inherent potential in the human organism for evolutionary healing. Each plant medicine is considered to be a messenger of the divine intelligence and has its own spirit, with specific personality aspects that support the maturation and development of individual human consciousness towards the remembrance of its transcendental existence. The process of 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.

People who heal with us for extended periods of time are guided with specific medicinal plant diets based on their conditions. The plant diets involve prolonged periods of being with one or several plant medicines in isolated dieta huts in the midst of nature and developing a relationship with oneself through the healing powers of these medicinal plants. During this program while participants will not have the time or setting to do plant dietas, will still have the opportunity to get an introductory and experiential glimpse into that journey of self realization as well as learn a number of local medicinal plants and their ethnic use.



Sacred Plants & Indigenous Ceremony

As an integral part of the Intercultural Healing Exchange, healers will partake in ancient Amazonian indigenous ceremonies of Ayahuasca and Andean culture of San Pedro. Transformation is facilitated by medicine men/women who serve as guides and intercultural bridges of the timeless planetary wisdom of humanity.

This healing tradition is considered to be an uninterrupted live transmission lineage going back to times immemorial carrying illuminated reminders from the period of humanity when the ancestors were more 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 very supportive in connecting to deep subtle energies of the body and the interwoven reality surrounding it.

The ceremonies associated with these sacred plants have been known to reconnect people with the inherent natural wisdom of the organism, help heal from many ailments and clear many types of uncertainty and obscuration of consciousness. We encourage our participants to connect with Nature inside out. These lineages have been passed on to us through many generations of accumulated wisdom and offer a very beneficial way to tap into the source of life in the universe as we know it.

We caution people against reading too much online about these practices as we have found there is a lot of misunderstanding and misconceptions of these traditions in this age and time. 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" at the following link and we would be happy to answer any specific questions you may have. Participants who join this retreat are encouraged to fully participate to experience the most benefit.

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 is important to 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 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 to travel in Peru. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations **at the following website**. 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. The region near Cusco where this program will take place is known to be a safe and epidemic free zone. The vaccinations may affect the participant's ability to participate in some of the sacred plant medicine work so be sure to inform us on your decisions so we can ensure everyone's safety and see 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.

1	Wed, February 22	<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	Thur, February 23	<ul style="list-style-type: none"> • Community agreements • Despacho offering ceremony with Q'ero nation Paqo (Healer/Spirit guide)
3	Fri, February 24	<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	Sat, February 25	<ul style="list-style-type: none"> • Group Integration Process / Sharing Circle
5	Sun, February 26	<ul style="list-style-type: none"> • Andean rite of passage - Huachuma Ceremony
6	Mon, February 27	<ul style="list-style-type: none"> • Personal rest and integration day, creative projects, nature time • potentially Reiki 1 or other energy healing attunement
7	Tues, February 28	<ul style="list-style-type: none"> • Andean medicinal plant class & hike
8	Wed, March 1	<ul style="list-style-type: none"> • Clinic preparation day • Group moves to Pisac, Peru
9	Thru, March 2	<ul style="list-style-type: none"> • Clinic day 1
10	Fri, March 3	<ul style="list-style-type: none"> • Clinic day 2
11	Sat, March 4	<ul style="list-style-type: none"> • Clinic day 3
12	Sun, March 5	<ul style="list-style-type: none"> • Clinic day 4
13	Mon, March 6	<ul style="list-style-type: none"> • Clinic day 5 (half day)
14	Tues, March 7	<ul style="list-style-type: none"> • Amazonian/Tibetan Primordial Breathwork Journey • Integration & clinic reflections
15	Wed, March 8	<ul style="list-style-type: none"> • Pisac market time • Completion Coca leaf traditional circle / celebration
16	Wed, March 9	<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

[Susannah Neal](#), Clinic Supervisor

Click name to read facilitator bios.

Additional Healers for the Andes and/or Amazon will be joining us at different periods of the retreat.

Food & Dietas

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

In preparation for ceremonies there is a specific diet that must be maintained three days prior to the ceremony. During the ceremony times themselves we will facilitate a more strict diet and will only be serving the appropriate foods which generally include a bland diet of quinoa, grilled green plantains, and yuca (cassava).

During some days participants will have the options to eat out on their own at their own expense.

Detox

It is important to be aware that you may go through a detox process during your time. There are a number of factors which can contribute to this. Being in the mountains, eating a clean diet and ceremonies all can 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 is not uncommon to feel weak and tired during this process of detox. In addition, since our physical body is not separate from our emotional and spiritual body, the physical detox can bring to the surface deeply suppressed emotions and tensions in order to be faced and cleared.

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

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.

Contribution & Refund Policy

All participants are required to stay for the full program.

Retreat Contribution: \$1500 USD

Early Bird Contribution: \$1400 USD (if registered by December 1st)

Registered Students: \$1250 (proof of registration required)

Some additional scholarships are 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 as well as Flights are not included. In addition, any meals out at restaurants are not be included.

A deposit of 30% is due at the time of registration in order to reserve your space in the program and can be paid via credit card. The remaining contribution will be due by January 11th. If you wish you are welcome to pay the full amount up front.

CONTRIBUTION SCHEDULE:

- 30% due upon registration
- 100% due by Friday, January 11th (6 weeks)

TERMS & REFUND POLICY:

- We accept payments via credit card which are 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 to guarantee your reservation. We will 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 contribution and/or deposit is refundable with 3 months advanced notice. Any refunds given (once accepted into the retreat) are subject to a 10% administration fee.
- After 3 months the 30% deposit is NOT refundable but is transferable to a future Paititi Institute program provided we receive your cancelation notice 6 weeks prior to the start date. Transferred credits are valid for up to 2 years. Any amount paid over 30% is refundable with 6 weeks notice.
- 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 program. We will try our best to do so.
- The payment is non-refundable and non-transferable once the program begins.
- **We reserve the right to cancel this program if our minimum number of 10 participants is not met 6 weeks prior to the start date. All payments will be fully refunded if the retreat is canceled.**

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 (FEBRUARY 21st)**. 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.

All participants will meet in Lamay, Peru by 11am on February 22nd. 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. The retreat will start in Lamay, Peru and will complete in Pisac, Peru.

DEPARTURE:

All participants should **depart no earlier than March 9**. We recommend avoiding very early morning flights home so that you are able to enjoy your last night with the group.

FLIGHT TIPS:

If flying from the states it is often worth searching the flight in separate legs. The cheapest flights to Peru are often found in LA, Dallas, Houston, Miami, Orlando or New York. It is often cheaper to get a flight to one of the location separately and then getting your international flight. It is also an option to fly into Lima, Peru and buy a separate local flight from Lima to Cusco. The local Peruvian Airlines which fly from Lima to Cusco are **Peruvian Airlines, Star Peru, LATAM** and **Avianca**

PASSPORT AND VISAS:

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is automatically granted for citizens of most countries 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 often stamp it for 60 or 90 days. Please visit the Consulate of Peru Website **HERE** for the most current visa information and details on visa requirements. 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.

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. 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

This retreat will be based in the Sacred Valley which is in southern Peru just outside of Cusco. In many areas modern amenities are pretty standard however in some small villages where we may find ourselves at times, be prepared for rustic conditions. Below you will find an overview of the accommodations and additional details will be provided a couple weeks prior to your arrival.

LODGING:

During this program we will stay the first week in the village of Lamay and during the second week, prior to the clinic days we will move to Pisac. Both villages are in the same general area of the Sacred Valley.

February 22 - March 1: In Lamay we will be staying at the beautiful Aldea Yanapay tucked away in the mountains a few kilometers outside of the village. During this week we will have the opportunity to immerse into the Apus (sacred mountains).

All participants are required to stay on site with the group at Aldea Yanapay in order to support the container for our ceremonial work together. Rooms will be shared and you will have the option to specify your roommate preference on the application. We will do our best to accommodate your request. If you don't have a roommate preference we will pair you with a roommate of the same gender. Room assignments will not be made till a couple weeks prior the retreat when we have our final group in place. Private room options may be available only if space allows (at an extra charge). Rooms have private bathrooms with hot water. Bedding and towels will be provided.

Alternatively you are welcome to camp in a personal tent if you would prefer. If you wish to stay in a personal tent please notify us in advance. Please note, it is possible that those on a student or scholarship rate may end up in a room with communal bathrooms.

March 1 - March 9: During the second week we will be moving to the quaint village of Pisac in order to be closer to the clinic location and will be staying together at Hospedaje Inti. Included rooms will be communal with communal bathrooms. Private rooms with private bathrooms can be requested in advance (subject to availability and an extra fee).

WATER: It is not recommended to drink the tap water. We will have filtered water available at Aldea Yanapay 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.

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. While staying in Pisac internet and cell service WILL be available. Please plan accordingly.

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

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.

- 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
- Comfortable hiking shoes (high ankle)
- Sweater & or Jacket
- Journal and/or notebook
- Water bottle
- Small personal first-aid kit
- Rain coat/pants or poncho (you can expect rain this time of year)
- 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)

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