



paititi INSTITUTE



SHAMANIC PERMACULTURE work study service program

WELCOME FRIENDS!

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.

As a work-study service participant at the Paititi Institute you will be coming to be a part of our community. Paititi is a labor of love and grows through the contribution of its residents, short and long term. 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 where the individual happiness and welfare of all are considered with the wish that all beings will be free from suffering.

Our center is off the grid and designed for simplicity. It gives us what we need and not always what we want. Many of the luxuries found in the modern world you will not find here. The reality is that as a global collective 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 at Paititi in a basic way, learning to cultivate a deep peace and joy in living within our means with each other. We are here drawing together diverse ideas, skills and ways of living, ancient and modern, in order to empower each other to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth. In this way it is our wish that those who stay with us in service depart with hands on experience and deeper understanding of the Permaculture and Transformation practices we are working with, but even more importantly with a renewed trust in nature and a deeper understanding of what it means to take true responsibility for our lives.

Being at our center allows you to become more in tune with nature inside and out. This environment can stimulate inner growth and this mean you may feel ups and downs more strongly and at times it can become uncomfortable. We often use the distractions of the modern world to avoid looking at ourselves. This is not a place to escape reality but rather a place to face ourselves with a heart centered perspective.

The Work

Our time will focus on deep observation, master planning, and pioneering infrastructure. We will be meditating, making offerings, cooking, planting, hiking, exploring, drawing, mapping, visioning, designing, building, invoking deep creativity, transforming and healing landscapes inside and out.

As a work-study service participant at the Paititi Institute you will be joining us as part of our community and will be involved in the day to day functioning including preparing community meals, participating in community meetings (both relating and strategy), planning, hands on project work, personal transformation work and more. As a community we work to harmonize with the natural cycles of the day, the land and the seasons. We make an effort to share in daily practice and daily check in meetings. The kitchen and gardens are always busy places and the service group will rotate through these areas, and other work projects.

We will focus on a number of community projects during the time together - many of which will be planned together with the service group in our strategy meetings. Our project focus will vary from month to month depending on seasonal changes and priorities of our community. Some key elements we may focus on include planting and maintaining vegetable gardens and trees, working on water flow designs for the property and implementing portions of the designs, emergency training and planning, natural building projects (working with stone and adobe), remodeling/refinishing existing structures and overall master planning design processes. Participants will have the opportunity to immerse into the natural cycles while learning to collaborate with a community though uniting in shared heart and vision.

Be prepared to have your comfort zone challenged. Work can be hard, sweaty, dirty but enjoyable and a great way to gain knowledge and a deeper connection to the inherent true nature within us all. [View a testimonial from a recent participant >>](#)

What is Shamanic Permaculture

Shamanic Permaculture in its essence is the intention to unravel what it truly means to be a human in service for the benefit of all life and the path to this service is through knowing one's own true nature. Please read the following blog article which shares a bit more about the meaning of Shamanic Permaculture [HERE >>](#)

As an essential and core part of this process we will be exploring deeply what it means to be stewards of nature, and starting with this enchanted land where for thousands of years the ancestors of humanity cultivated the same intention.



Preparing Yourself Physically

The Paititi Institute sanctuary is about a 4 hour drive from the Sacred Valley of Peru, followed by a 2-8 hour advanced hike in (the length of the hike depends on ones experience level and preparation). The land is quite magical and also wild. Due to the physical demands of participating in this program all accepted participants are strongly encouraged to go for some hiking trips carrying a pack with weigh in order to prepare for the journey.

Be prepared for simple and rustic accommodations. All participants will be staying in **personal tents** for the full program which you will bring for yourself. Showers are taken in the nearby creek which is cold and refreshing. The biting gnats, which come out at times on hot sunny days, can be largely avoided by wearing light weight long sleeves and pants as well as a light weight scarf. We ask that anyone signing up for this program be prepared to face new and unexpected challenges and we are specifically seeking participants who are inspired to approach these situations with a positive solution-based attitude. All of these factors can be a powerful aid in deepening the transformation process however it is up to each participant to embrace the challenges and make the best of them.

It is also important to be aware that participants will have to carry their personal belongings when hiking into the center so please PACK LIGHT. We recommend getting a good pair of high-top hiking boots and BREAKING THEM IN before you come. Given the circumstances we can only accept participants who are in a stable and good health. More details on packing can be found towards the end of this document.

Participation Requirements

- Minimum participation is one month. Participants may not have the opportunity to leave the center during this time except in the case of an emergency and should arrange their personal affairs so that it will not be necessary to leave. Each participant will have one personal day a week.
- Participants should be healthy and in good physical shape. During this program you will be on your feet all day and will do a lot of walking in the mountains. At this time, while the road is still being built, there is a 2+ hour hike into the property. In addition, most tasks on the property itself involve steep ascents and descents.
- There are many unknown elements as we embrace this early phase of establishing roots at the new land. We will be working with simple infrastructure. Those who join should be willing and able to embrace this with a positive, solutions-oriented attitude. Participants should be comfortable living in a tent, taking cold showers, living with minimal solar electricity, solving unexpected challenges, and hiking steep terrain.
- Work study service participants must be minimum 21 years old. Younger participants may be accepted with letters of recommendation. Contact us to discuss.
- Previous completion in a Permaculture Design Course (PDC) is a plus but not required. (Please note this is not a PDC).
- All work study service participants must be physically and mentally healthy and stable. If you have a chronic and or debilitating health condition this program is not appropriate for you at this time. Instead we are happy to work with you as a patient where we can offer the proper support in your healing process. [Read more about working with us as a patient >>](#)
- Travel Insurance with minimum of \$100K of emergency evacuation coverage (more details on page 11 of this document).

Indigenous Ceremony

During all Shamanic Permaculture Work Study Service sessions we will start the journey with an initiation into the Indigenous Andean tradition of Coca. Coca leaves can offer energy and nutrition while at the same time support the group to establish deeper community bonds with each other while also connecting deeper to the native Andean culture. Coca leaf ceremonies will be utilized throughout the retreat.

During specified sessions participants will have the opportunity to receive an initiation in the ancient Amazonian and Andean indigenous traditions of Ayahuasca and Huachuma (San Pedro). During these sessions a minimum of two ceremonies will be offered per month. Additional ceremonies may be possible depending on the flow of projects and interest from the group. **Please see the specific event listing at our [events page here](#) to determine which sessions will include sacred plant work.**

Transformation will be supported by Roman Hanis ([view bio](#)), his apprentices and our core team who serve as intercultural bridges of the timeless planetary wisdom of humanity. The healing traditions we work with are uninterrupted and live transmission lineages going back to times immemorial and carrying illuminated reminders from the period of humanity when the ancestors were fully immersed in the primordial enlightened essence of divine intelligence. We work with the Sacred and Medicinal Plant medicines as 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 to reconnect people with Mother Nature, heal from ailments and clear confusions, doubts and obscurations of consciousness for many millennia. We encourage our participants to connect with Nature from the inside out and this is a beneficial way to tap into the source of creative potential 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" 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's old center in the lower Amazonian basin and shares a bit about the way we work with these traditions.

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

DOCUMENTARY: www.thesacredscience.com

Ceremony Diet Preparation

In preparation for ceremonies there is a specific diet that must be maintained. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods for those participating. Diet details will be shared in future preparation materials.

Medications & 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 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 there ever being a reported case of Dengue, Malaria or Yellow Fever in the region where our center is located. **Malaria preventative pharmaceuticals are highly contra-indicated with the indigenous ceremonies and consciousness work we are involved in. Please notify us if you have been or are taking them.**

Detox

It is important to be prepared to potentially go through a detox process. There are a number of factors which may 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, mostly vegan diet will deepen the cleansing 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 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.

We will be available to help guide participants through this process. There is no blessing without a purification first and in this way even the purification becomes a blessing.

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.

Community Food

As a community we eat a whole foods based natural diet. Meals are vegan and our community is working towards providing animal based protein, which will be available to the community at times. Please do not depend on this as a source of protein. If you are in need of a high-protein diet, you may wish to bring your own supplemental protein sources. Below is a common sample menu:

- **Breakfast:** oatmeal or amaranth w/ superfood toppings & seasonal local fruit
- **Lunch/Dinner:** veggie stir fry or soup, grain, fresh raw salad

As we are 6 hours travel from a market and all food which is not grown on site has to be carried in on horses, 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/needs with us clearly prior to your registration so we can determine if it will be possible to accommodate.**

RECOMMENDED SUPPLEMENTS:

We have found the following supplements can be a great support through the retreat process. These can be taken on ceremony days so long as they are taken first thing early in the morning:

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

Energy Contribution

DAILY TIME CONTRIBUTION: Everyday is different depending on the work and the daily schedule will fluctuate based on the needs of the community. In general the work period lasts 6 to 8 hours a day, 6 days a week but essentially it is important to understand that living in our community is not like being in society where we clock in and out. Here our life, work, prayer, and play are woven together. We expect community members to be ready and willing to be in active contribution supporting each other and the work that needs to be done. Some days will require more and others will require less. Every week each participant will have one free day.

FINANCIAL CONTRIBUTION:

Please review contribution & ceremony details on the registration page at our website.

- **First month sessions without sacred plant initiations are \$600 USD**
- **First month sessions with sacred plant initiations are \$750 USD**
- Scholarships are possible for Peruvians & those from developing countries with financial challenge
- During times when ceremonies are offered, up to 2 ceremonies will be included per month. The service rate for additional ceremonies (when available) is \$50 USD per ceremony.

EXTENDED STAY:

At most times it is an option to extend your stay beyond the one month program.

- During the **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 scholarships (discounted or non-paying roles) may be available upon review. Currently there is a limited amount of scholarships available. In some cases scholarships may be possible sooner than 3 months.

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.
- Project facilitation, education and miscellaneous group activities
- 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 dollar bills with NO TEARS 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.

Why a Contribution?

The daily contribution covers the basic expenses for the coordination team, food, lodging, basic maintenance, education and ceremonies. While recognizing the contribution as an essential symbol for a reciprocate energy exchange, we do not charge service participants in order to make a profit. However when there is a profit, all funds are invested into the site development of the Paititi Sanctuary for the benefit of all to share. This charge allows us to continue to have the possibility to welcome individuals into our community and support the growth of our center and the transformation of each person who enters our grounds.

It has been our experience that coming into the wilderness requires an adjustment for most and participants do go through a period of detox. Even those with the best intentions are often not able to sustain a balanced energy exchange in the beginning of their stay and sometimes longer.

Our community is made up of individuals who are coming in service to co-create a place that expresses and nurtures the true potential of human beings and Mother Nature. The work that you are contributing is going to support this space that offers profound healing to many.

We are not a farm seeking labor. We see this place as a lighthouse and its purpose is to guide humanity to it's true nature. This work in our experience is priceless and everyone who is involved in the work does not make any profit, however we are fortunate to have created a regenerative container that allows us to continue this work and grow our vision. For us we give in service to this vision and we are looking for partners who wish to devote themselves to a greater purpose, seeking not what they can get but what they can give to humanity to create the enlightened society we all dream of in our hearts. Together our potential is unlimited. This is basically the major criteria we seek in those we are able to sponsor for long term residency.

We suggest that participants read our blog and view the documentary about the Paititi Institute, “The Sacred Science” prior to your visit in order to gain a deeper perspective on some of the work we do at the institute and what your service will support. www.thesacredscience.com

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 prior to our start date, 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 should 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).

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 you are severely allergic and could go to the hospital, many places may not tell you the truth about using it from our experience.

Passport and Visas

A valid passport is required to enter and depart Peru.

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 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. It is also a good idea to **check the expiration date of your passport** as soon as possible and note that if it is within 6 months of expiration, you may be denied entry into a foreign country.



IMPORTANT Travel Info

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

We will meet in the Sacred Valley (about 30-60 minutes from Cusco) late morning on the first day of the program for introductions and a Coca Initiation Ceremony. On the second day we will depart via bus together in the morning and make the journey to the land.

IMPORTANT INFO REGARDING BOOKING FLIGHTS

Please plan to arrive in Cusco, Peru TWO DAYS BEFORE our start date (this gives time for potential travel and/or baggage delays). If you miss the orientation meeting or the bus on the second day you will not be permitted to join the program. As for departure, you should plan to fly home no earlier than midday THE DAY AFTER our ending date. For those of you wishing to do some personal travel in the mountains it is great to do this before the program in order to have some time to acclimate to the altitude.

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.

If you have the flexibility we recommend arriving a week or more before the program so that you can acclimate to the altitude and recover from travel fatigue before we begin our journey together. It is recommended to be well rested for the journey into the center.



Required Travel Insurance

We require all participants to have travel insurance with emergency evacuation coverage.

Accidents can happen anywhere and the closest (very 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 especially in these early stages 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 from our remote location and medically equipped planes. Normal medical insurance does 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.

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). Also with round trips many of these trip protection ticket add-ons only cover you for a max of 30 days.

It is also nice to get a policy that has 24/7 live assistance and collect call access.

Some companies you can check out are:

Travel Guard, 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) Your full name**
- 2) Company Name and Policy Number**
- 3) Amount covered for Emergency Evacuation/Ambulance. 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. 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.

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. We also have a couple smaller community spaces available.

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 1 device, 1 time a week.** Most participants opt 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.

Phone, Internet & Emergency Contact

It is required to set yourself up in a way where you will require minimal phone and internet while participating in this program. We ask that all participants stay on site for the full program however it is possible that some participants may support a supply run in the city at some point. Trips into the city will mean being away for a minimum of 3 days.

Internet: We have a satellite internet at the center which will be available to participants for emergency use and very occasional (once a week) check-ins with friends and family. Please be aware that the internet is slow and will mainly function for checking email.

Phone Service: There is cell service on site through the provider Movistar. Anyone interested in having a personal phone can purchase a prepaid Movistar phone or put a prepaid SIM in your unlocked phone in Cusco prior to the start date. (Take note it's much more economical NOT to do this at the airport).

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 program 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 service on most days from the local village of Huallla returning to Calca in the Sacred Valley.

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.

Weather & Packing

The temperature at the center can be very warm during the day 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 item 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 2-3 hours however it can take inexperienced hikers 4-8 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. Many people find that hiking poles are helpful while carrying a heavy pack, especially on the steep downhill sections.

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 13 - 20 kilos (30-45 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 (unless you wish for black & blue toenails that may or may not fall off)!

When packing make sure all your belongings can fit into one bag. We DO NOT allow participants to have 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.

It is also important to make sure your pack 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



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)

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 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 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 or your shoes wear out and you decide to toss them, please do not throw them 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 and/or a Diva Cup. If you are inspired to help us cut down on toilet paper use, you can bring a few pee rags that can be washed and re-used.

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 first world countries have battery recycling as part of their recycle programs. We recommend 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 collaborate and co-create this shared heart vision.

Email: info@paititi-institute.org