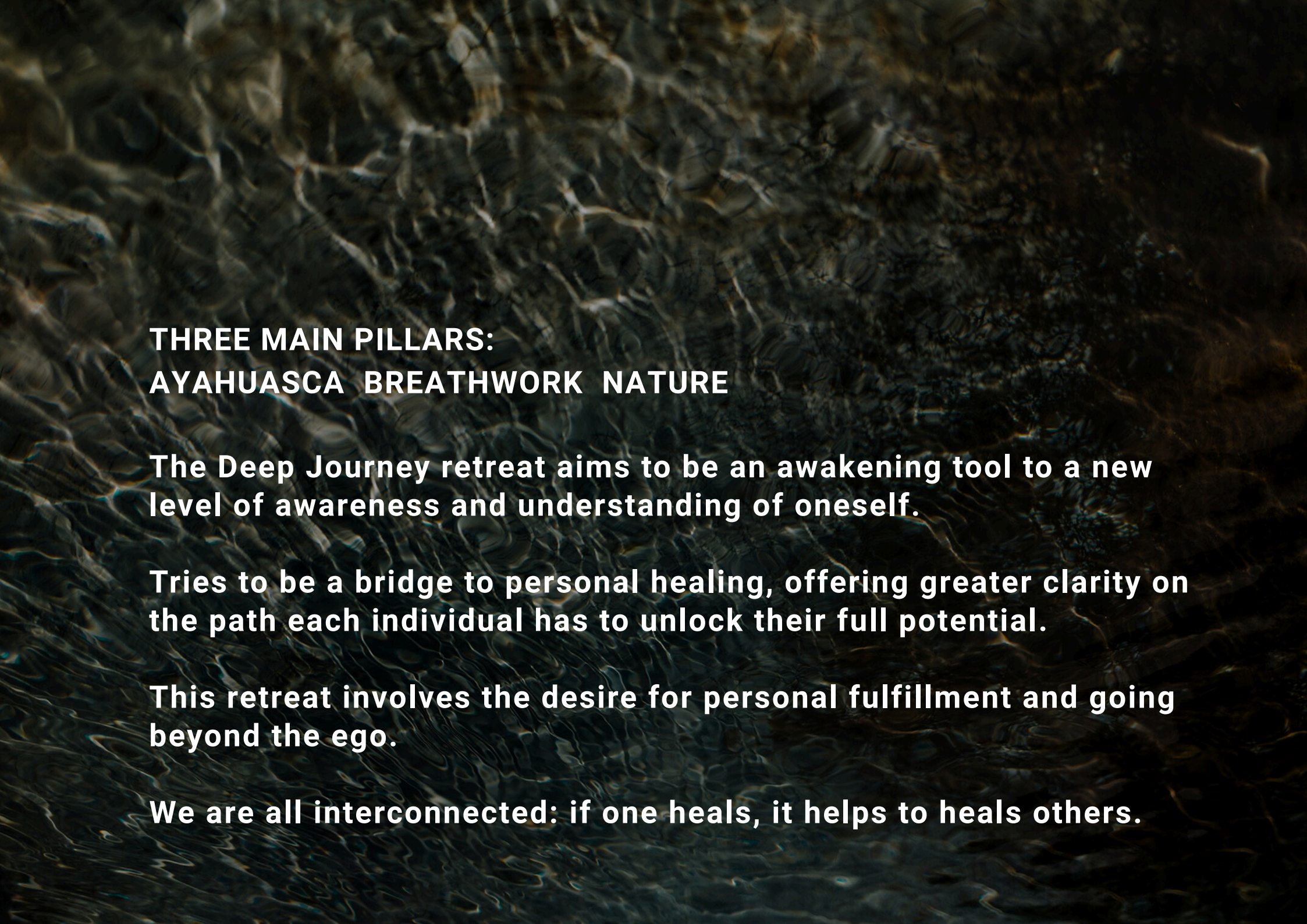

AYAHUASCA. BREATHWORK. NATURE.
THE DEEP JOURNEY
OVERVIEW - TENTH EDITION
A seven night retreat in the Peruvian rainforest.
Website
Save the date
Coming soon



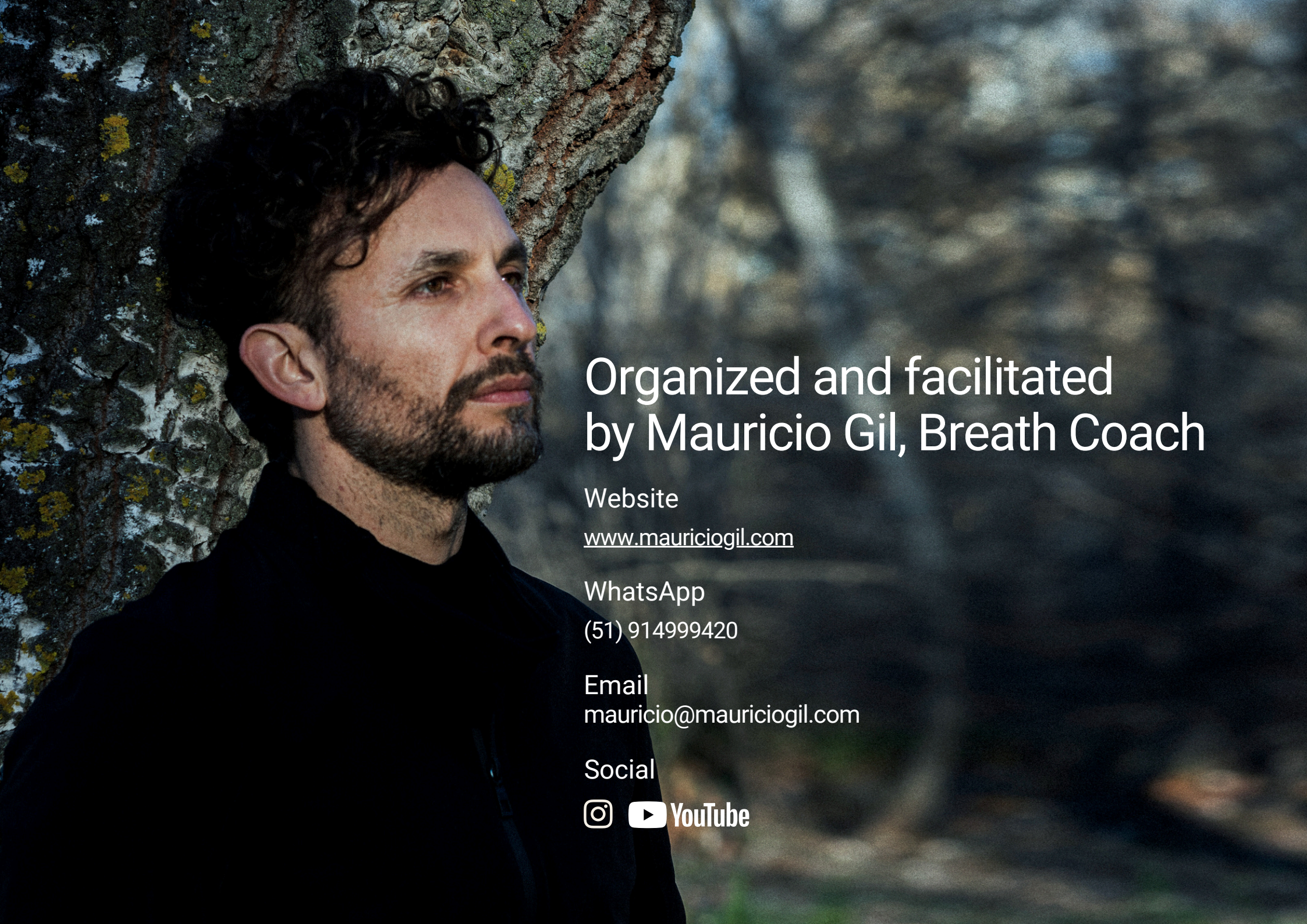
THREE MAIN PILLARS:
AYAHUASCA BREATHWORK NATURE

The Deep Journey retreat aims to be an awakening tool to a new level of awareness and understanding of oneself.

Tries to be a bridge to personal healing, offering greater clarity on the path each individual has to unlock their full potential.

This retreat involves the desire for personal fulfillment and going beyond the ego.

We are all interconnected: if one heals, it helps to heals others.



Organized and facilitated by Mauricio Gil, Breath Coach

Website

www.mauriciogil.com

WhatsApp

(51) 914999420

Email

mauricio@mauriciogil.com

Social

YouTube

WHAT IS INCLUDED?

BEFORE BOOKING, ALL PARTICIPANTS MUST COMPLETE A MEDICAL AND PERSONAL HISTORY FORM TO ENSURE THAT THEY ARE ABLE TO WORK WITH THE AYAHUASCA IN A GROUP SETTING. IS A CURATED GROUP.

- Specialized vegan meals.
- 7 nights accomodation. in Chirapamanta Lodge.
- 2 Ayahuasca Ceremonies
- 4 Expansive Breathing Sesions
- Integration with shaman and psychoterapist.
- 3 days of Master Plant diet.
- Conscious Breathing sessions.
- Trekking to Chullachaqui Cascades.
- Healing Sound Circle.
- Medicinal Plants Bath.
- Transportation from an to Tarapoto airport

WHAT IS NOT INCLUDED:

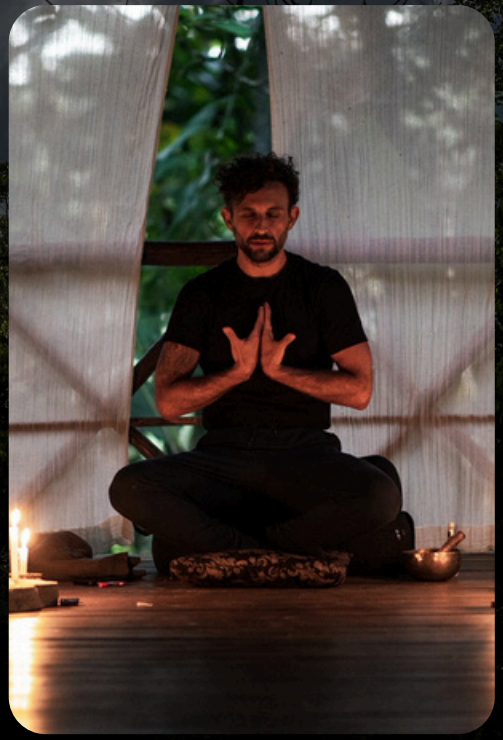
- Flight tickets.
- Health & Travel Insurance.
- Personal session with psychotherapist.

YOU WILL

The Deep Journey retreat is designed as an introduction to working with Ayahuasca and Breathwork, and also for people who already have experience with these types of practices. In that sense, it is more accessible and gentle than others retreats that also use this Master Plant.



Explore your own depths through powerful means of expanding consciousness: Breathwork and Ayahuasca, the two main pillars of the Deep Journey.



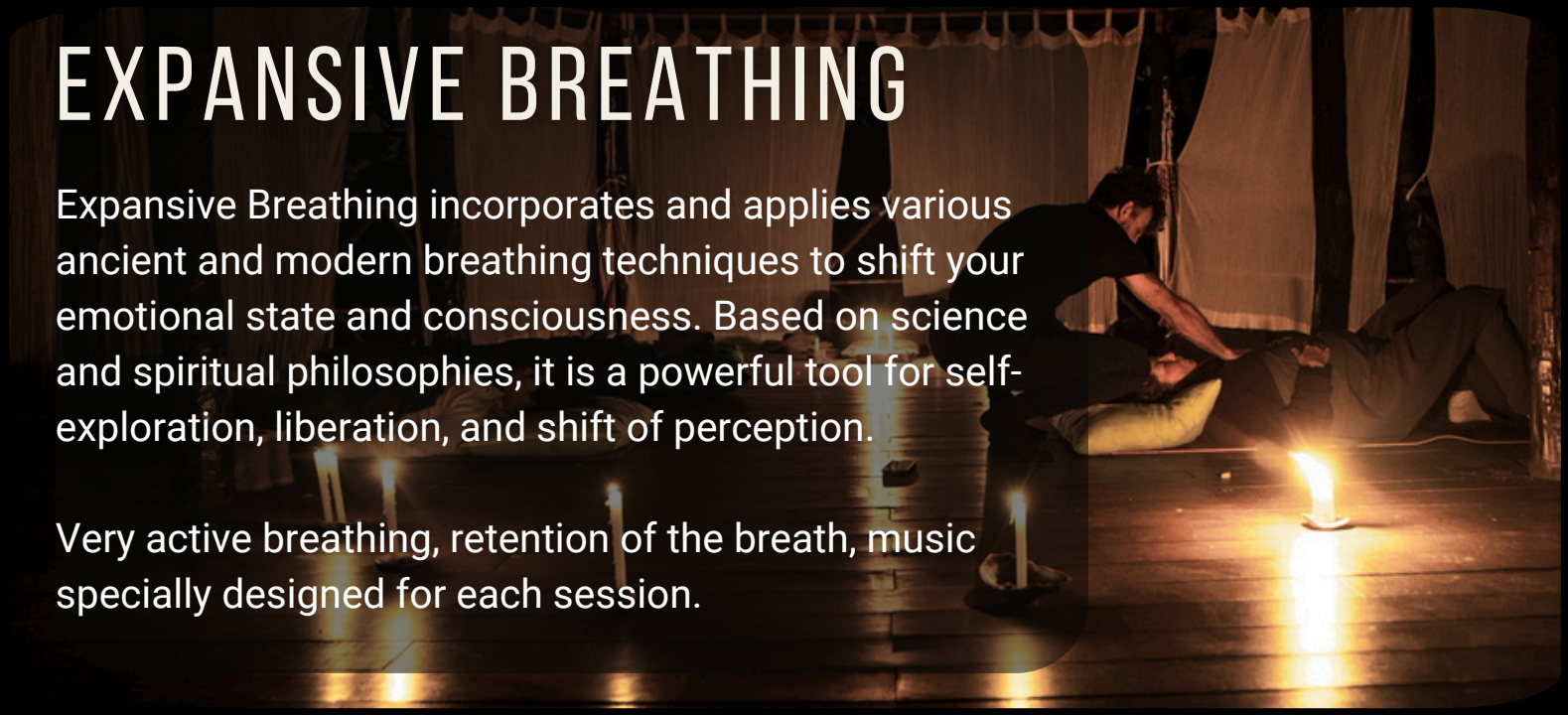
Take part in different practices connecting body, mind, and emotions. It is about seeing yourself in order to seek greater authenticity and recognize your own power as creator.



Surrounded by the vibrant rainforest, you will allow yourself to slow down and become more mindful of being present in the here and now. Disconnect to connect.

MAIN ACTIVITIES

These are the main activities you will dive in, with the sole purpose to explore your own depths, connect with your inner power and release whatever doesn't align anynore with your life.



EXPANSIVE BREATHING

Expansive Breathing incorporates and applies various ancient and modern breathing techniques to shift your emotional state and consciousness. Based on science and spiritual philosophies, it is a powerful tool for self-exploration, liberation, and shift of perception.

Very active breathing, retention of the breath, music specially designed for each session.



AYAHUASCA CEREMONIES

We understand that Ayahuasca works as a link to help us leave negative mental programming and emotions such as guilt and fear. To open new doors to our subconscious, to unite with the timeless spirit of nature and, thus, establish a new coherence within ourselves, between the heart and our mind.

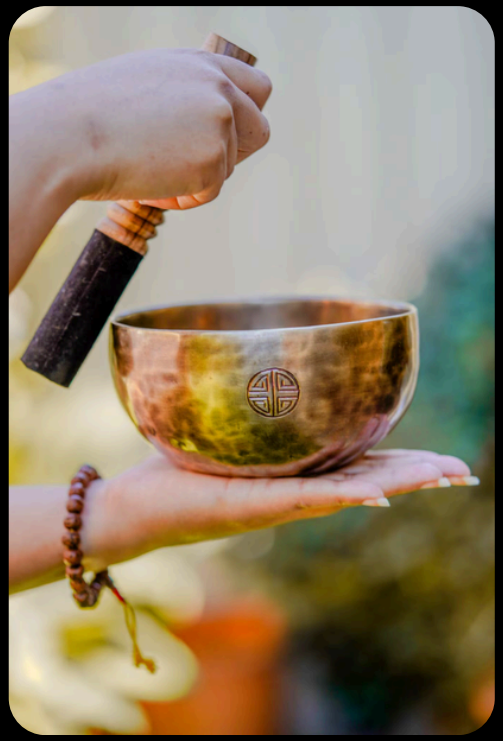
As the Expansive Breathing, it can be a very powerful tool for personal transformation.

MAIN ACTIVITIES



PLANTS DIET

The diet will be carried out with the mixture of other roots and branches for the energetic alignment of the body, creating bridges of coherence
between the heart and the brain.



SOUND CIRCLE

Different native instruments will be used. Supported by cymatics, this Circle allows you to enter a state of active relaxation to reach a deep experience in a meditative state.



INTEGRATION SESSIONS

Besides the intense Expansive Breathing sessions, everyday we will navigate trough differente techniques to reconnect with the power of our Breath to reach new levels of awareness.

MAIN ACTIVITIES



CHULLACHAQUI WALK

An two hour ride to then move to a gentle trekking to Chullachaqui Cascades in the high rainforest of Tarapoto, to connect with nature and appreciate our contact with it.



MEDICINAL BATH

Use of different flowers and medicinal plants to energize the body and mind through subtle aromas and healing properties.



TOBACCO PURGE

A purge with Tobacco leaf will be carried out to cleanse the body of toxins as the first step to embrace the retreat in a more open way. It will be taken in liquid form.

FACILITATORS



MAURICIO GIL

Mauricio, Breath Coach, is the main facilitador and organizer of the ninth edition of the Deep Journey Retreat. He will guide in all the breathing activities and guard the Ayahuasca rituals. He created this retreat as an extension of his personal quest to know himself, and with the intention of creating bonds between people and practices of well-being and inner growth.

KNOW MORE



JAVIER ZAVALA

Javier has more than 30 years of experience leading Ayahuasca rituals. He is part of the ancestral and traditional lineage and learning in the use of Ayahuasca as a Master Plant. He has acquired his knowledge from different teachers who have been watching his evolution to become an ayahuasquero. He is in charge of the rituals and Master Plant diet.



BILL BRADLEY

Bill is a Clinical Social Worker with over 40 years of experience in psychotherapy hypnosis and Buddhist meditation. He has a long history of working with psychedelics both personally and professionally. Bill will be leading group discussions during the retreat with exercises designed to help process and clarify the experience. He will also be available for personal consultation and coaching as needed.



JAVIER & CLAUDIA

Claudia and Javier, founders of Chirapamanta Lodge, lead the Healing Sounds Circle, the flowering bath, the Cacao exfoliation and the trekking in nature. In the Sounds Circle they use their knowledge together with several ancestral instruments from around the world to take you in a special inner journey.
They will be our hosts, opening their wondrful home to us.

THE FOOD

Due the nature of the Deep Journey Rettreat, be mindful that we will also practice fasting for short periods of time.



From the arrival at Chirapamanta Lodge, all food (with local supplies) will be covered by us and prepared by Chirapamanta Lodge. Due to the nature of the retreat, the food will be vegan and vegetarian, healthy and delicious: there will be a specialized cheff in vegan food. In this way we ensure that the body is more open to receive the effect of the Master Plants and all the inner growth activities involved.



THE PLACE

Chirapamanta Lodge is located in San Roque de Cumbaza, 40 minutes by car from the city of Tarapoto, in the upper part of the Cumbaza River and in the buffer zone of the Cordillera Escalera Regional Conservation Area, so the lodge is surrounded by pure nature.

Keep in mind that to access the main room where the sessions will take place, as well as the shared room for three people, it is necessary to walk up a dirt path,approximately 10 minutes, so there will be a bit of physical demand.













$1700 + fees

TRIPLE ROOM

3 people maximum. Shared bathrooms (3 showers, 2 cubicles), outside the room. Located in the upper part of the lodge, next to the Maloca (main room for the sessions), a 10 minute walk up a mountain path.









$1800 + fees

DOUBLE ROOM

Located on the main house of the lodge, which have two floors. On the first floor: three double rooms with shared balcony with hammocks and private bathroom inside the room. On the second floor: one double room with twin beds, private balcony and private bathroom outside the room. Room selection is based on the order of registration.





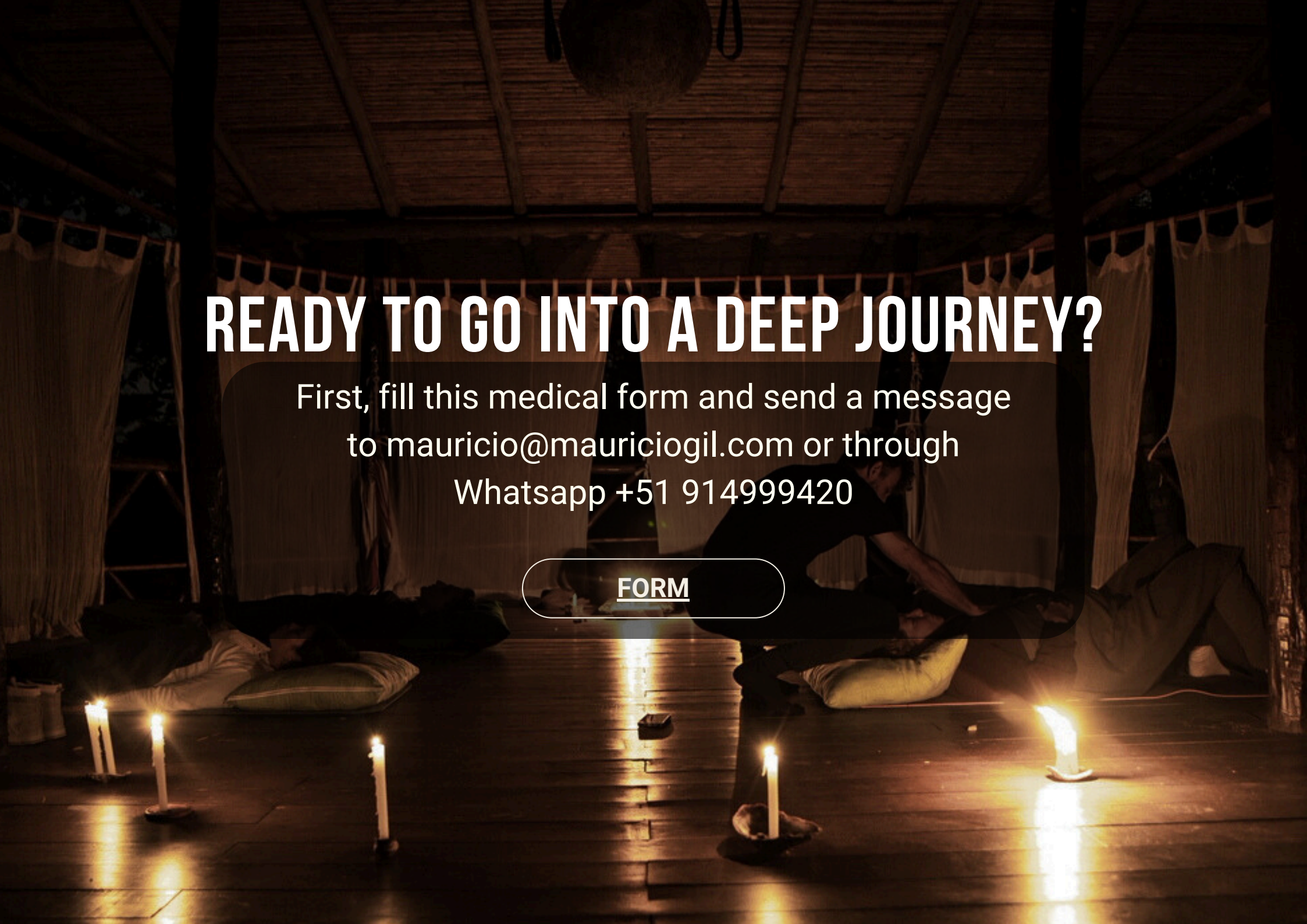


$3600 + fees for 1 or 2 people

PRIVATE SUITE

$5400 + fees for 3 people

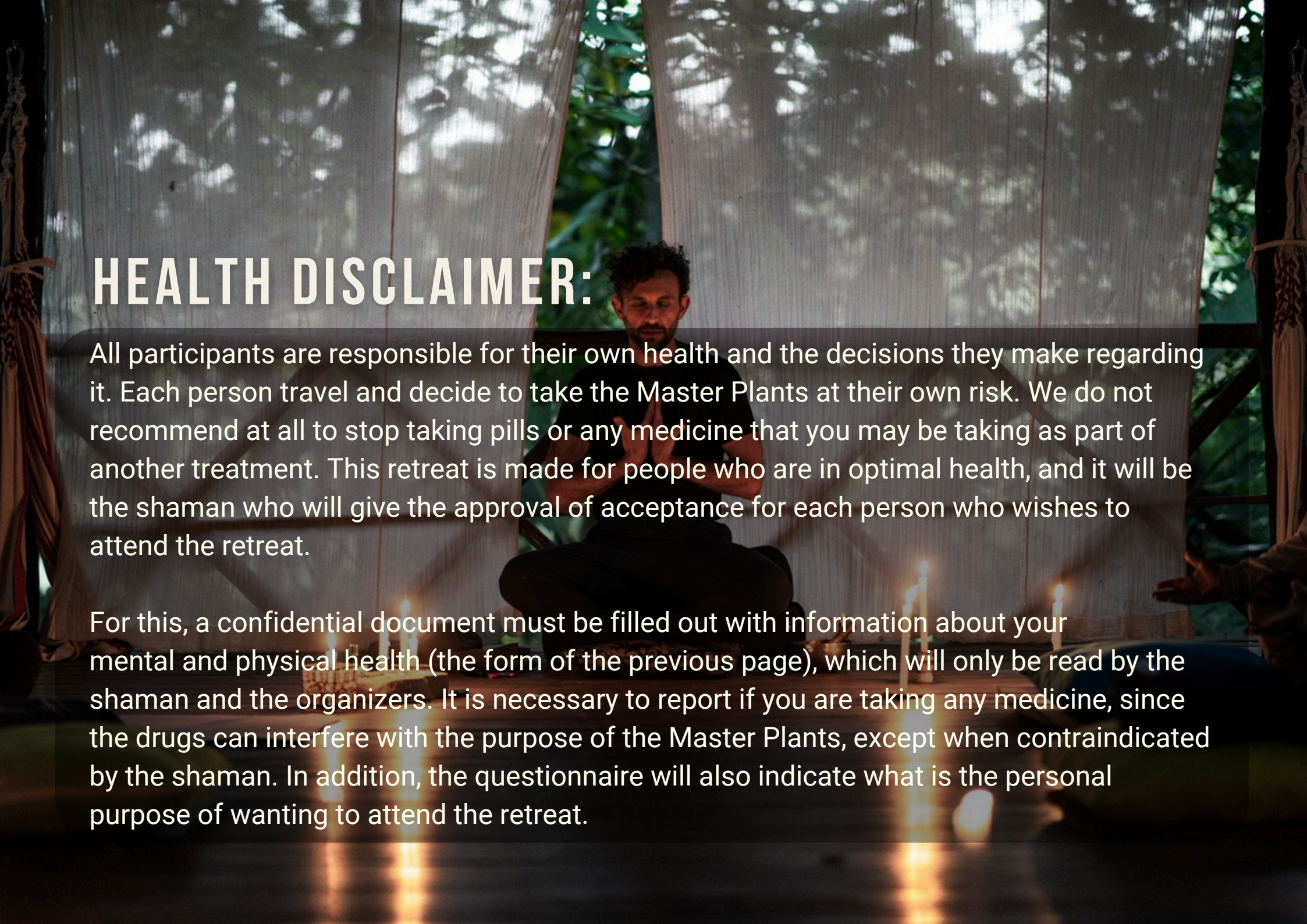
Up to three people room. King size bed or twin beds, according to the participants needs. Private balcony and private bathroom inside the room. Most private room, located on first level of the lodge.



READY TO GO INTO A DEEP JOURNEY?

First, fill this medical form and send a message
to mauricio@mauriciogil.com or through
Whatsapp +51 914999420

FORM



HEALTH DISCLAIMER:

All participants are responsible for their own health and the decisions they make regarding it. Each person travel and decide to take the Master Plants at their own risk. We do not recommend at all to stop taking pills or any medicine that you may be taking as part of another treatment. This retreat is made for people who are in optimal health, and it will be the shaman who will give the approval of acceptance for each person who wishes to attend the retreat.

For this, a confidential document must be filled out with information about your mental and physical health (the form of the previous page), which will only be read by the shaman and the organizers. It is necessary to report if you are taking any medicine, since the drugs can interfere with the purpose of the Master Plants, except when contraindicated by the shaman. In addition, the questionnaire will also indicate what is the personal purpose of wanting to attend the retreat.

ADDITIONAL INFORMATION:

It is necessary to know that the retreat is designed for people who are in good health, and is not intended to replace any kind of treatment that they may be undergoing. Because it is a retreat of much inner contemplation and suspension from the daily routine, it is ideal to put yourself in the right mindset.

Once the acceptance and registration in the retreat, it is necessary to start with the traditional diet that requires Ayahuasca, at least 15 days before arrival in Tarapoto. That is, try not to consume processed sugar (present in almost all the foods that one finds in the supermarket), do not eat animals, do not have sex, do not consume alcohol (and any other drug) and avoid any type of medicine that is not natural.

We recommend eliminating any preconceived idea that you may have about Ayahuasca and only inquire about it from guarantee sources, and not from the much lack of depth information that abounds on the Internet.

CANCELLATION POLICY

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel your participation in the retreat for any reason, the cancellation policy below will apply, with no exceptions.

We wish we could compensate people for unforeseen circumstances, but we have incurred expenses that once paid we cannot refund. We strongly encourage you to purchase travel insurance if you have concerns.

Only if we are able to reassign your room to another participant will you be eligible to receive a 80% refund. Otherwise, you will also have the option to transfer your full retreat payment to another retreat available.

Finally, we will not be responsible for any expenses incurred in preparation for any cancelled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. Again, if you have any concerns please purchase travel insurance.

Please reach out directly to Mauricio for any questions.


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Coming soon