

5-Day Sacred Medicine Retreat



Awakening Essence
Initiation into Shamanism

Pachamama
S A C R E D P A T H S

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The Q'ero Lineage

Who are the Q'ero?

The Q'ero people are the guardians of the Andes mountains in Peru. Their community lives in the region of Q'eros, which is Hatun Q'eros, Hapu Q'eros, Marcachea, Qollpacucho, and Kiku.

The Q'ero were designated by the Inka (The Enlightened One) as the high priests or priestesses of the whole Empire. The Inka himself followed the tradition of choosing the Q'ero High Priests as spiritual counselors.

Out of all the different regions from the Inca empire, the Q'ero were considered to be the ones holding the highest spiritual truth, carrying humanity's origin story and wisdom for over 8000 years. This wisdom has been the means for humanity to fulfill the prophecy of the Eagle and the Condor.

We have the joy of carrying this lineage's wisdom and the honor of sharing this world of real magic with everyone ready to fulfill this prophecy in their lives.

You will experience authentic reverence for Mother Earth and every one of her elements.

This retreat offers you multiple initiations, both into a personal relationship with Mother Earth, Nina Taita (Grandfather Fire), and the Q'ero lineage itself through a Karpay Ceremony.



Pachamama Retreats

What you'll receive

Communion with plant allies

- 1 Madre Ayahuasca-Corazon Ceremony
- 1 Padre Sapito Ceremony
- 1 San Pedro Ceremony
- 1 Kambo Ceremony (optional)

Supportive healing modalities

- Breathwork
- Satsang
- Shamanic Somatic Trauma Healing

Relaxation & comfort

- Family style vegetarian lunches & dinners
- Daily Integration Circles

Traditional Peruvian Q'ero rituals

- Ceremonial Ofrenda Creation
- Burning / Burying of Ofrenda
- Despacho Ceremony

Optional (not Included)

- 1 on 1 Private Consultation

AYNI (Reciprocity): \$1555

*Please DO NOT send any deposits until you've spoken to us

*We require an Ayni deposit of \$555

*Please bring the remaining balance in cash

*Membership required: Please ask for details

*Please ask for couples Ayni

*Please ask for group Ayni



Refund Policy

Pachamama Sacred Paths is a federally recognized 501(c)(3) religious nonprofit dedicated to sacred ceremonies, spiritual guidance, and a supportive community for those on the path of healing and transformation.

Terms of Participation

By registering for our services, you acknowledge that you are:

- Supporting the preservation of a sacred spiritual lineage.
- Gaining access to Pachamama’s spiritual benefits, integration resources, and guidance.
- Joining a protected religious community that honors Pachamama’s sacramental practices.

Religious Donation & Disclosure

Your contribution is a tax-deductible, non-refundable religious donation that directly supports Pachamama’s mission. Membership is a spiritual commitment, not a commercial transaction. All donations are final.

By making this donation, you affirm your understanding and acceptance of these terms.

We welcome you with open hearts to this sacred journey of transformation and wisdom.



Pachamama Integration Membership

To deepen your journey and ensure sustained growth, we have established an integration membership structure designed to provide up to 21 hours of Integration Support every month—a comprehensive system rooted in Andean Cosmology, somatic healing, and sacred practices.

The Pachamama Membership Includes:

- Micro-dosing Assisted Therapy Session
- 2 Group Integration Sessions per month
- 1 Micro-dose bottle (when membership is paid in full)

Enroll in **Pratismarati Bodhi Kriya**, and receive an additional 16 hrs/month of live Breath-work Practice

Added Gifts:

- Jan 1st, Seedbed Ritual: Giving Prosperity to your Abundance.
- The Rite of the Womb (women only) 3 times per year
- 1 Shamanic Alignment & Counseling Session
- November 2nd, Aya Despacho: Liberation ritual for our Ancestors and the Deceased.

Additional Member Benefits:

- 33% Ayni Gift on 1-1 Coaching Sessions
- 33% Ayni Gift on 1-1 Integration Sessions
- 22% Ayni Gift on all Courses (Except Shamanic Initiations)
- 11% Ayni Gift on all Retreats (Except Hampeq and Pilgrimage)

Schedule of Event (Subject to Change)

Wednesday

Activity <ul style="list-style-type: none">• Arrival• Welcome dinner	Comments <ul style="list-style-type: none">• Guests arrive, Settle and get familiar with the spaces• Meet your altomissayoq and the facilitation team, Get to know Pachamama
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Thursday

Activity <ul style="list-style-type: none">• Breakfast• Ofrenda• Kambo• Ayahuasca	Comments <ul style="list-style-type: none">• Family Style Meals• Set your intention• Prepare physically• Icaros, Mantras and Music
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Friday

Activity <ul style="list-style-type: none">• Breakfast• Temazcal• San pedro• Poza de Quetzalcoatl	Comments <ul style="list-style-type: none">• Family Style Meals• Steam bath• Connect to your knowing• Relax
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Saturday

Activity <ul style="list-style-type: none">• Bufo ceremony• Breakfast• El tepozteco• Tepoztlan	Comments <ul style="list-style-type: none">• Embody divinity• Family Style Meals• Pyramid: "the Tepozteco"• Relax and celebrate
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Sunday

Activity <ul style="list-style-type: none">• Breakfast• Sharing circle• Departure	Comments <ul style="list-style-type: none">• Family Style Breakfast• Integration• Leaving at 11:00 AM
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Why Choose Pachamama

- We don't promise enlightenment, but we will help you understand yourself by holding space and by standing with you throughout your own initiation into Sacred Plant medicines.
- We understand that everyone's Anya (truth) is different and everyone has a unique timing for awakening.
- We know one size does not fit all when it comes to realization, yet we meet everyone equally with an approach of non-interference.
- We understand and believe in the value of natural Transformation through sacred plant medicines.
- We have over 12 years of experience working with groups of people: guiding, assisting and growing with the community, witnessing the changes that participants go through, from deep physical healing to growing more abundance, prosperity and consistent well-being.
- We do not offer ideas or concepts designed to confuse you.
- We believe that the way out of the labyrinth is through the same door we walked into it. The only way out is to know ourselves, to connect with ourselves, and to understand ourselves.
- You will be provided with a safe space for true and rich introspection which allows for a deeper understanding of who you are as you relax in knowing that you will be looked after and assisted at all times.
- Our shamans and facilitators do not have superpowers. They are normal people just like you, however, they do have years of experience and devotion to the different sacred medicines and to the path of transformation that is offered.
- We don't worship any person or structure of belief. We believe you are the healer, the guru, and the knower (shaman) of your life.
- You will enjoy the beauty of Mother Earth's natural medicines and being part of a community of like-minded individuals.

What is Ayahuasca-Corazon

Ayahuasca-Corazon is an entheogenic brew made from the traditional Ayahuasca vine and Chacrana.

Traditional Ayahuasca healing ceremonies have the potential to show people the mesh fabric of reality, prompting a powerful introspection of the inner setting. This particular Ayahuasca-Corazon brew contains Bobinsana, which is a shrubby tree normally found growing along river banks and streams in the Amazon basin. It's quite easy to identify the plant due to its stunning pink to reddish powder-puff-like flowers, which open twice a day: once around 4 AM and again around 4 PM. Bobinsana is well-known and loved among the Amazon due to its medicinal properties. A decoction of its roots may be prepared as a depurative for strength and energy, for it boosts the immune system. Alternatively, a tincture of its bark may be prepared to heal arthritis, rheumatism, musculoskeletal pains, edema/oedema, and uterine disorders.

Above all, Bobinsana is a sacred plant teacher and is used by shamans for its spiritual qualities. We are particularly interested in working with Bobinsana for its gentle heart-opening qualities and its ability to teach us self-love.



What is Hapé (Rapé)

Hapé is a tobacco snuff which has at its core the tobacco species *Nicotiana Rustica*. This Amazonian tobacco, also known as Mapacho, is used extensively in tribal rituals and is much stronger than *N. Tabacum*, which is the type of tobacco found in cigarettes. The indigenous people who have long used Hapé see the ceremonial use of Hapé as a form of prayer that calls upon the forces of Nature, the blessings of the animals of the forest, and powerful medicinal plants to heal us and give us strength. It is therefore important that you use this substance in a respectful environment focused on healing.

What are the benefits of Rapé?

- Helps focus and sharpen the mind.
- Clears a person or space of distracting, bad energies in preparation for intention setting.
- Detoxes both body and mind and clears your energetic field.
- Because of this, Rapé is often used in conjunction with Ayahuasca ceremonies.
- Clears sinuses of mucus and bacteria, thereby helping to combat colds and respiratory ailments.
- Provides a calming, grounding effect on the emotions that lasts much longer than the initial sensation.



What is San Pedro

Huachuma (also variously known as andachuma, aguacolla, or wachuma) is a lesser-known shamanic medicine, but one that some consider the greatest of all plant teachers on the South American continent. It's derived from the San Pedro cactus and composed principally of mescaline — in its pure form, a psychedelic similar in effect to LSD or psilocybin.

Though it has parallels to the iboga ceremonies of West Africa and the ayahuasca ceremonies of the Amazon, Huachuma and the curanderos who use it originate in the Andes of Peru and surrounding desert regions. Its history stretches back as far as 1200 BCE, when it was used by the Chavín culture on the west coast of South America. The Chavín produced many sacred designs of a deity clutching the distinctive cactus, making it the oldest recorded psychedelic medicine.

It may have its roots as a sacrament to ancient rain cults. Its use today extends into northern Chile, Bolivia, and Ecuador, where many curanderos practice in the original Chavín tradition.

In Peru, curanderos have used huachuma to treat depressive symptoms, alcoholism, and mood disorders. Those who have undergone the ceremony report that they can connect to their divine, true self. A feeling of universal belonging —the sense that we are all one—is common.

Uniquely, many users report that the huachuma presents them with “tests” that teach valuable lessons. Practitioners often report a deep and heightened perception of the world as it truly is. For those struggling to know themselves or understand others, huachuma presents a unique way to specifically explore your inner psyche and your greater place in the world.



What is Sapito

The word Sapito comes from the word Sapo, which means toad. Sapito is an endearing term that means “little toad.”

The Sapito medicine comes from the toad *Bufo Alvarius*, which is a toad that lives in the Sonoran Desert in the northern part of Mexico. The toad’s gland secretion is extracted and smoked for an immediate experience, which lasts anywhere between 15 and 25 minutes. The main compound is 5-MeO-DMT.

Sapito medicine deals directly with the 7th (Sahasrara) chakra, unlike Ayahuasca, which deals with the 6th (Ajna) chakra. This is an experience of the subtle reality world, which gives a clear understanding of who and what we are. It facilitates a transpersonal state that is very powerful and has the potential to show the participant a real and personal understanding of what resonates and what doesn’t resonate with them.

Many people who have tried this medicine describe the experience as utterly sublime — a true meeting of Self and cosmic unity.

What is sure for everyone who experiences this medicine is that what is experienced brings new vistas of clarity, potential, empowerment, and strength to bring about the highly inspired visions received with this healing medicine.

Furthermore, there is an energetic alignment that takes place, giving way to a possible purge, which then brings about lightness in the participant’s personality.

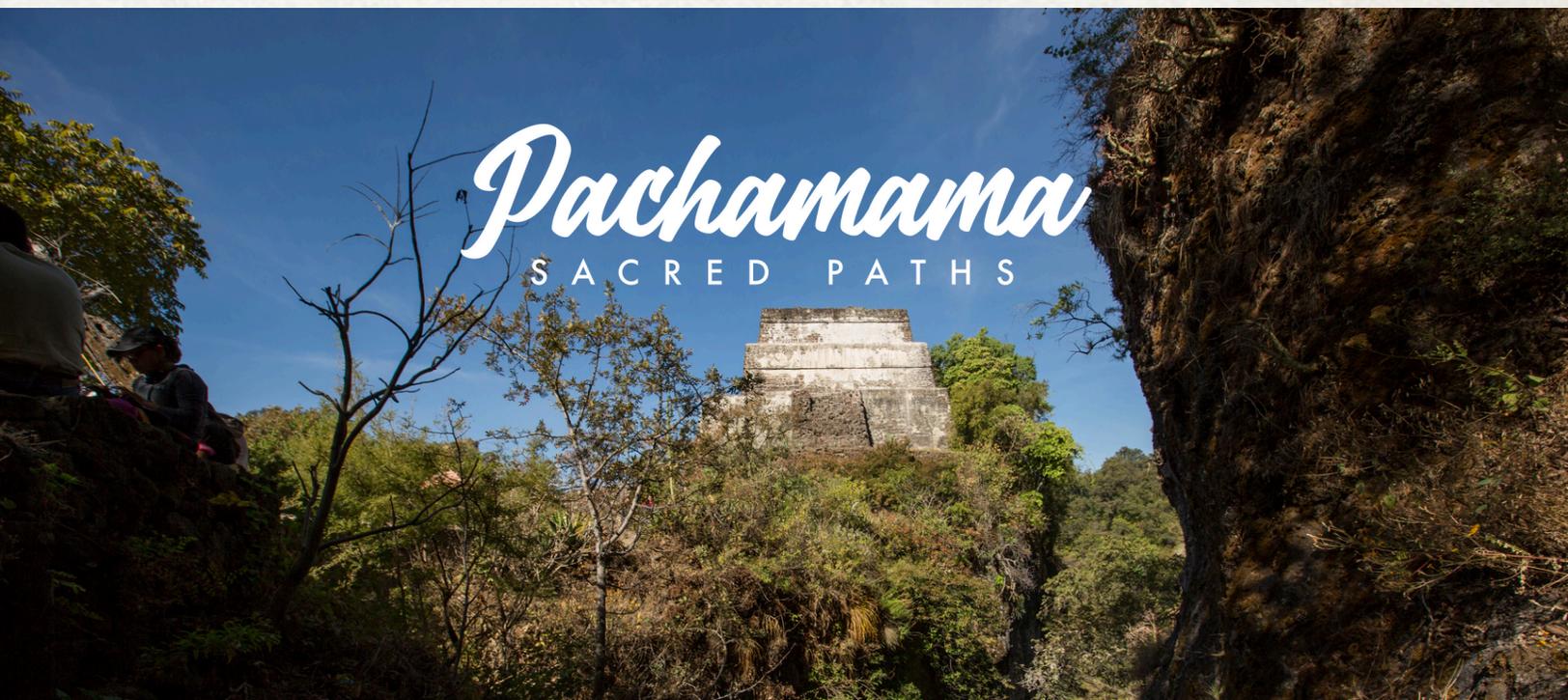


What to Bring and Additional Info

- You can request a carpool if you are not able to drive your own vehicle, and we will do our best to connect you with other participants from your area if possible.
- You will be asked to turn off your cell phone during the ceremonies. For safety purposes and to protect the privacy of other participants, no recording or photos are allowed. However, we encourage pictures in between ceremonies.
- Bring a water bottle, cup for hot tea, flashlight or headlamp (with extra batteries).
- For camping retreats only: A tent and light sleeping bag, sleeping pad, camping mat (whatever you feel comfortable with), and a travel blanket, since we are going to have the ceremonies both indoors and outdoors.
- Comfortable clothes for the day, and warm clothes for the night. Sometimes ceremonies can get chilly (as body temperature decreases), so we recommend sweatshirts, hoodies, light jackets, and lightweight pants. Bring clothes suitable for the weather.
- You can bring a light long-sleeved shirt to help deter insect bites, as well as mosquito repellent.
- Lightweight shirts and shorts suitable for the weather, and a bathing suit or swimwear.
- Sunglasses, sun protection, hat, and lip balm if you plan to be in the sun.
- If you play a musical instrument and want to bring it, you are more than welcome to do so. We encourage musicians to participate.
- Lighters and your own cigarettes if you smoke.

What to Bring and Additional Info

- Ziplock bags to protect your belongings.
- A travel towel (some are microfiber and quick-dry).
- A basic first aid kit if you are sensitive when you travel.
- We will provide basic toiletries, but please bring your personal hygiene items, including soap, shampoo, toothpaste, razors, tampons, etc.
- Earplugs for sleeping.
- Please bring a printed copy of the signed consent form.
- Bring something for the “Ofrenda”, which is a metaphysical construction where you will set your intention.
- Examples include: fruits, seeds, nuts, candy, chocolates, wine, other types of liquor, flowers, crystals, stones, tobacco, incense, feathers—use your imagination (except for salty and spicy items).
- Those of you who owe a balance, please bring the remainder in cash.



Dieta and Health Precautions

THE DIETA IS A NECESSARY ELEMENT OF THE AYAHUASCA EXPERIENCE.

We suggest the following:

Avoid for 1 week before the first Ayahuasca-Corazon ceremony:

1. Any food containing spices, spicy peppers, fats, oils, salts, sugar, canned food, alcohol, red meat, pork meat and derivatives, and stimulants such as caffeine.
2. Any fermented food like: soy sauce, soy beans, paste/curd, beer, vermouth wine, aged-mouldy cheese.

Drink plenty of water during the diet until the first ceremony begins. If you stick with a vegetarian-like diet, you will do great for your first ceremony.

**Remember that whatever food you may take on the day of the ceremony will most certainly come out of your body—what is known as La Purga. This doesn't necessarily have to happen, as each body is different, but it is a common occurrence.*

These are the brief guidelines and health reminders we provide. We suggest following the required dietary recommendations before, during, and after taking the plant medicine. We always endorse and support safety and responsibility when it comes to journeying with the shamanic vine of the soul.

**We remind you that the responsibility of taking accurate and timely health precautions – along with seeking professional medical advice – is entirely at your discretion.*

- People affected by schizophrenia, bipolar disorder, other psychiatric/dissociative conditions, and people with chronic heart conditions such as severe high blood pressure should not take Sacred Medicine.
- People taking anti-depressant drugs like Prozac, Seroxat, Zoloft, Effexor, Paxil, Wellbutrin (bupropion), or similar medications can take Sacred Medicine only once their treatment has been safely suspended or ended under medical supervision.

- Please discontinue the use of the following non-prescription drugs before and after your retreat if applicable: antihistamines, systemic vasoconstrictors or decongestants, both natural ephedrine and synthetic pseudo-ephedrine, drugs with high caffeine content, and phenylalanine.

In general, it is best to go into your ceremony with no prescription or non-prescription medications in your system.

- Other medications that are not compatible with Sacred Medicine include: diet pills (appetite suppressants), narcotics, sedatives, tranquilizers, anti-hypertensive agents (used to treat high blood pressure), analgesics like Meperidine, anti-Parkinson drugs (medicines used to reduce the symptoms of Parkinson's disease) like Levopoda, drugs used to treat heart conditions, dopamine (brand name: Intropin), neurological prescriptions like Carbamazepine (a drug that eliminates seizures), and sympathomimetic drugs (substances that mimic the effects of the hormones adrenaline and noradrenaline), amphetamine and tyrosine. Amphetamine salts-based medication (brand name: Adderall, Ritalin, Vyvanse, Dexedrine) commonly used in the US & Canada to treat attention deficit hyperactivity disorder and narcolepsy is equally not compatible with plant medicine.

- Taking products like Clonazepam (brand names: Klonopin, Rivotril, Ravotril, Rivatril, Clonex, Paxam, or Kriadex) may weaken or completely antagonize or neutralize the visionary dimension of the Sacred Medicine healing experience. These are benzodiazepine drugs prescribed to treat seizures and panic disorder, and they have anxiolytic, anticonvulsant, muscle relaxant, and hypnotic properties.

- People affected by Addison's Disease must not take Sacred Medicine (or any other medication/medicine that would alter their hydro-electrolytic balance).

- If you consume any substance like cocaine, heroin, crack, or Phenethylamines (homologs of amphetamines), you must inform us. Most of these substances are, to various degrees, incompatible with Sacred Medicines.

- People affected by Crohn's Disease or stomach/intestinal ulcers may not take Sacred Medicines.

- Plants (taken in any form, including fresh, or as dry/liquid extract) like St. John's Wort (*Hypericum Perforatum*), Yohimbe (*Pausinystalia Yohimbe*), Ginseng, Sinicuici (*Heimia Salicifolia*), Kava (*Piper methysticum*), Yerba Mate (*Ilex Paraguariensis*), and Ephedra (*Ephedra sinica* / *Ephedra Vulgaris*, and generally all varieties of it), are not compatible with a safe Sacred Medicine experience.
- Pregnant women must not take the Sacred Medicine from their seventh month onwards. Doing so could result in miscarriage. Pregnant women at the initial stages of pregnancy and up until their sixth month might still join our retreat.
- Women on their menstrual cycle normally have no problem with taking the Sacred Medicine.

If any of the above conditions apply to you, ask your doctor about the compatibility of your health status with MAO Inhibitors. Inform us upon a favorable response from your doctor, and our shaman will ascertain whether or not it would be advisable or not for you to take Sacred Medicine.

Any disclosure of your health status will be kept in the strictest confidentiality. We are just looking after you and want you to have a safe experience.



The Ofrenda

The “Ofrenda” is a metaphysical offering that is built at the Sacred Medicine ceremony. It is a powerful symbolic Ritual that participants use to set their intention during ceremonies.

In our Q’ero tradition, the Ofrenda is used for communication with the subconscious–unconscious realm; a Portal for your intentions; To trade, negotiate, and offer to Pachamama... for you to receive what you love, Wish, and Value.

These are just examples of what you can bring; each one of them has a symbolic meaning you can use in your favor depending on your purpose and what you want to achieve in the ceremony:

1. Flowers – Perfection, Softness, Sacred Geometry, Golden Ratio.
2. Tobacco – Cleanse, Knowledge, Relaxation, Contact with subtle realms.
3. Feathers – Freedom, Independence, Sovereignty, Link dense and subtle realms.
4. Crystals / Rocks – Information, Transmit, Store, Transmute Energy.
5. Candy – Sweetness, Joy, Playfulness.
6. Chocolate – Heart, Sentiment, Love, Purity.
7. Incense – Spirit, Cleanse, Enchantment.
8. Animal Totems – Depending on the animal (characteristics you want).
9. Seeds / Grains – Growth in your path, Integration, Abundance, Fertility.
10. Fruits – Gratitude, Abundance, Health, Productivity.
11. Alcohol / Liquor (Wine, Tequila, Cognac, Whiskey) – Celebration, Laughter, Relaxation, Friendship.
12. Leaves (Olive, Bay Leaves) – Health, Fruitfulness, Productivity.
13. Candles – Bridge, Channel, Transmutation.
14. Paintings – Depending on the painting's characteristics).
15. Personal Objects – Charge those objects with qualities you want for them.

This is just a brief example of options — you can bring anything that resonates with you. Most importantly: use your creativity.

The Ofrenda / Despachos / Community

