



Harmony HEALING RETREAT

Harmonization Journey with Sacred Plants

7 Days of Inner Transformation



The image shows the interior of a circular building. At the top, a large, multi-paned skylight allows natural light to enter. The walls are dark and feature a radial pattern of lines. At the bottom, a set of double doors with green frames and decorative circular patterns is open, revealing a bright green lawn and trees outside. The text "Our Space" and "Teos Experience" is centered in the upper half, and a descriptive paragraph is in the middle. The floor is a light-colored concrete.

Our Space Teos Experience

Our center is located 45 minutes from downtown Quito, Ecuador, and 25 minutes from the airport. It features individual and shared rooms, social areas, a ceremonial maloca, and beautiful gardens to enjoy nature.

OUR TEAM



Taita Hernán

A native of Quito, Ecuador, Taita Hernán has been planting, harvesting, and preparing the medicine of Aguacolla, Wachuma, and San Pedro since a young age. He cooks the medicine alongside his wife and children. For many years, he has been preparing and sharing his medicine with various Taitas in Ecuador and internationally, bringing healing to the people and communities of the Andes and the world.

Now 53 and residing in Quito, he began his journey with the medicine of Aguacolla, San Pedro, and Wachuma in his youth, following his heart and the Chachi tradition. He has also integrated the wisdom of Ayahuasca and sacred mushrooms into his practice.

A follower of the red path, sun dancer, vision seeker, temazcalero, chanupa carrier, and star dancer, Taita Hernán is dedicated to serving humanity and sharing the Ecuadorian Chachi tradition. With his medicine, prayers, and songs by the sacred fire, he will guide our ceremonies in healing and ancestral connection.



Therapist David Srolis

David Srolis has worked with plant medicines for more than ten years. He has assisted in hundreds of ayahuasca, San Pedro, and mushroom ceremonies. He supports participants in managing and integrating the effects of the medicine, specializing in psychotherapy with psilocybin mushrooms. David is an experienced meditator and medicine walker.



Ana Karina

Ana Karina is a licensed therapist with a Psychology degree from a Canadian university. She is also a Hatha and Biomechanics Yoga Instructor. Her practice integrates:

- Drawing therapy and Rakiram (an ancient energy channeling technique using laying on of hands)
- Meditation and self-knowledge for physical, emotional, mental, and spiritual balance
- ABI (Integral Bioenergetic Harmonization) for overall health support
- Radiant Table Therapy, an energy treatment that balances subtle fields
- TCI (Integrative Community Therapy) to foster well-being and resilience through group dialogue

She is also an Ayurveda Coach, offering preventive healthcare through diet and lifestyle, and provides one-on-one sessions in Transpersonal Psychology. She is currently completing her Master's in Family Constellations.



Giuseppe

Giuseppe offers a welcoming space to help you reconnect with yourself through holistic therapies:

- Auriculotherapy – balances the body through ear points; ideal for anxiety, migraines, insomnia, and digestive issues
- Emotional Acupressure – combines pressure on energy points with emotional release; excellent for anxiety, trauma, fears, and blockages
- Chiropractic – manual spine correction to improve posture, mobility, and relieve pain
- Therapeutic Yoga – adapted to physical and emotional needs; promotes mobility and inner balance
- Moxibustion and Cupping – stimulate circulation, eliminate toxins, and relieve muscle pain
- Floral Therapy – uses flower essences to harmonize emotions like sadness, anxiety, fear, or anger



John Hasan Khadiyev

John is a somatic experiencing therapist in training and an Iraq War veteran. He integrates somatic therapy with meditation, yoga, and qi gong to help clients release trauma and emotional tension.

Drawing from his personal experience with PTSD, he specializes in anxiety, depression, and dysregulation. John also focuses on preparing and integrating shamanic plant ceremonies. Born in Russia and raised in the U.S., he has lived in Ecuador for nine years.

WELCOME TO THE RETREAT

This 7-day retreat is a sacred journey of deep healing and reconnection with your essence. Through ancestral ceremonies with master plants and conscious rest spaces, we will guide you in a process of transformation and inner harmonization.

Sacred Plants We Will Work With:

- San Pedro / Wachuma / Aguacolla – Medicine of the heart and vision
- Sacred Mushrooms / Holy Children – Medicine of introspection and liberation
- Changa DMT – Medicine of integration and cosmic consciousness



RETREAT SCHEDULE



DAY 1 ARRIVAL OPENING

3:00 PM



Arrival at retreat center, room setup, free time to connect with nature

7:00 PM



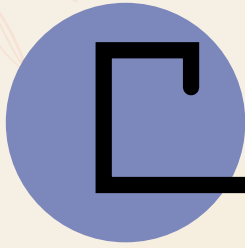
Opening meeting: introduction circle, setting intentions, orientation

8:00 PM



Dinner in community





DAY 2 SAN PEDRO CEREMONY



Preparation: Fasting from the night before. Wear comfortable clothing, bring a blanket.

10:00 AM



Ceremony begins with San Pedro/
Wachuma/Aguacolla

10:00 AM-
6:00 PM



Ceremonial process: inner journey,
contemplation, nature connection

6:00 PM

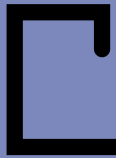


Ceremony closing, sharing of fruit and tea

8:00 PM



Dinner, optional sharing circle



DAY 3 INTEGRATION REST

8:00 AM



Breakfast

Free Day



Conscious rest, meditation, nature walks

Optional

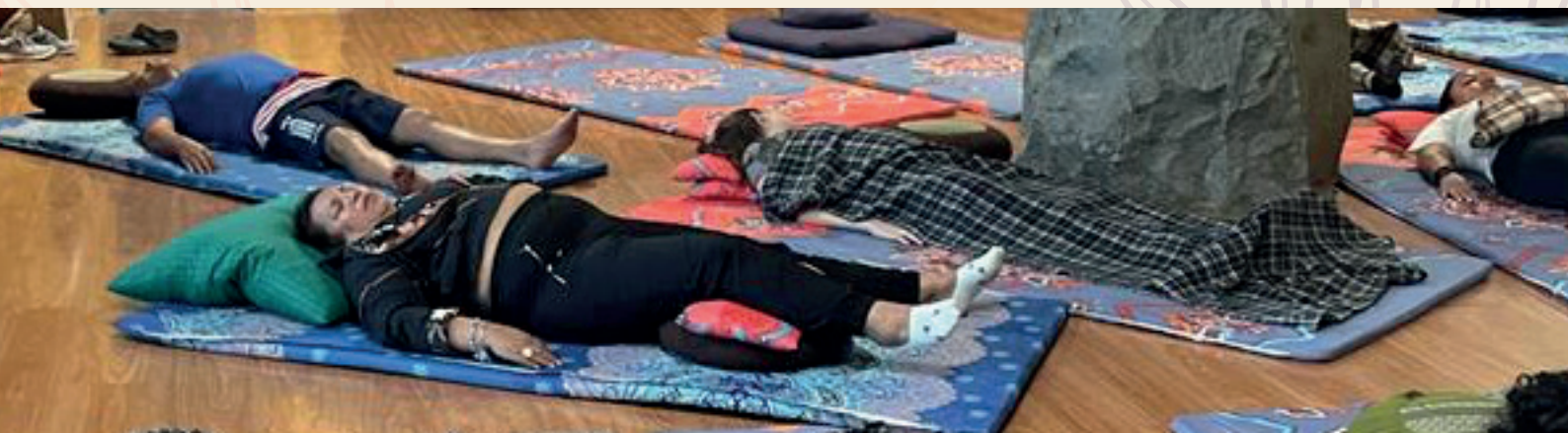


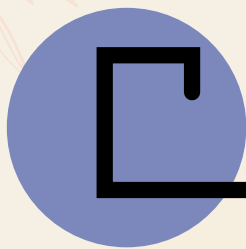
Massage & chiropractic sessions (book in advance)

8:00 PM



Dinner in community





DAY 4 SACRED MUSHROOM CEREMONY



Preparation: Fasting. Bring comfortable clothing and blankets.

10:00 AM



Ceremony begins with sacred mushrooms

10:00 AM-
6:00 PM



Deep introspective journey with sacred music

6:00 PM



Ceremony closing, gratitude sharing

8:00 PM



Dinner, optional brief sharing

5

DAY 5 INTEGRATION
CEREMONY

CHANGA DMT

8:00 AM



Breakfast

Morning

Morning – Rest, reflection, journaling,
meditation

Optional

Optional – Massage & chiropractic
sessions

Ceremony Preparation

Light fasting recommended from midday. This is a short but intense ceremony. The Changa DMT experience typically lasts 15-30 minutes per person. Prepare yourself mentally and spiritually for this powerful medicine.

4:00 PM

Changa DMT ceremony preparation (light fasting
recommended)Changa DMT Ceremony – Individual or small group journey
(15–30 minutes)Post-
Ceremony

Post-Ceremony – Integration circle

8:00 PM



Dinner in community

DAY 6 NATURE CONNECTION DAY

PAPALLACTA HOT SPRINGS

7:00 AM



Breakfast

9:00 AM



Departure to Papallacta (optional)

9:00 AM-
5:00 PM



Hot springs experience, lunch, relaxation

5:00 PM



Return to center

7:00 PM



Closing circle: final integration,
blessings, recommendations for home
integration

8:00 PM



Dinner in community

DAY 1 FAREWELL DEPARTURE

9:00 AM



Farewell circle, final hugs, contact exchange

Departure – Carry the medicine in your heart and the learnings in your being





IMPORTANT INFORMATION

What to Bring:

- Comfortable and warm clothing
- Personal blanket or cover
- Journal and writing/drawing materials
- Flashlight or headlamp
- Reusable water bottle
- Personal hygiene items
- Necessary personal medications
- Swimsuit (for Papallacta)
- A clear intention and open heart

Recommendations:

- Arrive with a light diet (avoid heavy meals days before)
- Maintain a simple diet before the retreat
- Avoid alcohol and recreational drugs at least 3 days prior
- Suspend psychiatric medications only under medical supervision
- Inform us of any medical or psychiatric conditions
- Maintain an attitude of openness and respect

Contraindications:

- Pregnancy or breastfeeding
- Serious heart problems
- Schizophrenia or other psychotic disorders
- Use of MAOI antidepressants
- Please consult with facilitators if you have doubts

A woman with long dark hair, wearing a black and white plaid shirt over a light blue t-shirt and a tan bucket hat, is looking up towards a bright blue sky filled with white clouds. Her arms are slightly outstretched, and she has a peaceful expression. The background shows a blurred green forest at the bottom.

COMMITMENT TO THE PROCESS

This retreat is a deep healing journey, not “psychedelic tourism.” We ask that you:

- Respect silence and rest times
- Participate actively in ceremonies
- Maintain confidentiality
- Avoid phone use during ceremonies
- Trust the process, even when challenging



INFINITE GRATITUDE

Thank you for trusting in this sacred healing process. The master plants are ancient teachers guiding us toward our most authentic being. May this retreat be the beginning of a new way of walking through life.

“Healing is not linear, it is spiral. Each turn brings us closer to our center.”

With love and respect toward all ancestral medicines,

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