



Harmony

HEALING RETREAT

Harmonization Journey with Sacred Plants
7 Days of Inner Transformation





WHO GUIDES THE CEREMONY

Our retreats are held in a safe, sacred, and traditional container, guided by experienced and respected indigenous healers.

OUR TEAM



Taita Alirio Causaluzán

A traditional medic from the La Cristalina reservation, Taita Alirio was formed in the Cofán Yagé tradition by the hand of Elder Taita Saulo Gil Botina. He is a cook of the medicine with over 30 years of experience in his craft, a botanical healer, and an example of humility and discipline in the treatment and work with medicinal plants.



Gabriel Guillén

An apprentice of traditional indigenous medicine for over ten years, Gabriel has been accompanying his Taita, Oscar Giovanni Queta of the Cofán community of Orito Putumayo, for many years. For more than five years, he has been sharing the medicine in Ecuadorian lands under the guidance and authorization of his Taitas and teachers. He is a certified Floral Therapist, a member and coordinator of the Andean Foundation of Ancestral Healers of Ecuador, and a follower and learner of North American ancestral medicine traditions. He is also a Temazcalero (sweat lodge guide).



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 helps people to manage and integrate the effects of the medicine, and he guides them on how to handle certain situations that may arise. Specializing in psychotherapy with psilocubin mushrooms. Medicine walker, experienced meditator.

Ana Karina



Is a licensed therapist, She has a Psychology Degree from a Canadian University. She is a Hatha and Biomechanics Yoga Instructor. She works with different techniques like drawing therapy, Rakiran, an ancient energy channeling technique that uses the laying on of hands, meditation, and self-knowledge as a source of physical, emotional, mental, and spiritual balance.

ABI(Integral bioenergetic harmonization) to boost your overall help.

Radiant Table Therapy, is a form of energy treatment that acts directly on subtle fields, helping to balance your energy in various areas of life.

She works with works using TCI(Integrative Community Therapy) methodologies that fosters well-being and resilience through the creation of spaces for dialogue and active listening in groups, strengthening social support networks and promoting self-esteem and a sense of belonging.

She is an Ayurveda Coach offering preventive healthcare, specifically via diet and lifestyle, through application of traditional Ayurvedic principles and practices.

She gives one on one sessions offering professional support, based on a transformative dialogue process and systematic body work through Transpersonal Psychology. Currently she is getting her Masters on Family Constellations, a group or individual therapy method that seeks to unearth and heal unconscious family dynamics.



Giuseppe

Giuseppe offers a welcoming space to help you reconnect with yourself through a variety of holistic therapies designed to promote overall well-being.

- **Auriculotherapy:** Balances the body through points in the ear. Ideal for anxiety, migraines insomnia, and digestive issues.
- **Emotional Acupressure:** A technique that combines pressure on energy points with emotional release. Excellent for addressing anxiety, trauma, fears, and emotional blockages.
- **Chiropractic:** Manual correction of the spine to improve posture, mobility, and relieve physical pain, headaches, and tension - **Therapeutic Yoga:** A conscious practice adapted to your physical and emotional needs. Helps regain mobility, relaxation, and inner connection by balancing body and mind.
- **Moxibustion and Cupping:** Ancient therapies that stimulate circulation, eliminate toxins, and relieve muscle contractures and deep pain.
- **Floral Therapy:** Uses flower essences to harmonize emotions like sadness, anxiety fear, or anger, helping you reconnect with your true self.



John Hasan Khadijev

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

Drawing from his personal experience with PTSD, he specializes in addressing anxiety, depression, and dysregulation. John also focuses on preparing and integrating shamanic plant ceremonies, helping clients process their experiences for personal growth.

1

ARRIVAL DAY

Welcome and Opening of the Circle

3:00 PM



ARRIVAL AT RETREAT CENTER

Welcome, and reception. Settle into your room. Free time to connect with the sacred space and the surrounding nature.

5:00 PM



OPENING CIRCLE & INTENTION SETTING

A heartfelt welcome circle. We introduce ourselves, set our intentions for the healing journey ahead, and receive an orientation about the retreat process and sacred ceremonies. Creation of the sacred space.

7:00 PM



DINNER

Our first communal meal. A light, conscious dinner to gently prepare the body and spirit for the days to come.



2

KAMBO CEREMONY

Purification and Preparation

8:00 AM



LIGHT FAST

A light breakfast is offered for those who feel the need. We begin to prepare the body for the Kambo medicine.

10:00 AM



KAMBO CEREMONY | THE FROG'S PURGE

· A sacred space is opened for the powerful Kambo medicine. This ancient Amazonian cleanse helps to purge physical and emotional toxins, reset the immune system, and prepare the body and mind for the deeper work with Ayahuasca. The ceremony is guided with care and precision.



POST-CEREMONY | INTEGRATION & REST

Deep rest is essential. You will have space to lie down, hydrate with medicinal teas, and gently integrate this profound cleansing experience. A light optional lunch and dinner will be served.

Here is a concise preparation guide for an Ayahuasca ceremony, focused on diet and medication safety:



Dietary Preparation (Start 3–7 Days Before)

Avoid:

- Alcohol, caffeine, and recreational drugs
- Red meat, pork, and processed meats
- Dairy products (cheese, milk, yogurt)
- Fermented foods (soy sauce, vinegar, pickles)
- Refined sugars, chocolate, and sweeteners
- Spicy, fried, or overly oily foods
- Excessive salt and processed snacks
- Certain fruits: bananas, avocados, overly ripe or fermented fruits

Recommended:

- Light, clean foods: vegetables, grains (rice, quinoa), legumes, nuts
- Gentle proteins: white fish, eggs, tofu
- Fresh fruits (non-citrus): apples, pears, melons
- Hydration: water, herbal teas (non-caffeinated)



Medication & Supplement Safety

Critical: Do NOT take these before ceremony (consult your doctor before stopping any prescription):

- SSRIs & SNRIs (antidepressants like Prozac, Zoloft, Cymbalta)
- MAOIs (monoamine oxidase inhibitors)
- Stimulants (ADHD medications like Adderall, Ritalin)
- Certain blood pressure medications
- Sleep aids, sedatives, or anxiety medications (benzodiazepines)
- Painkillers containing dextromethorphan (DXM) or tramadol
- Recreational drugs (MDMA, cocaine, amphetamines)

Also avoid:

- Supplements: St. John's Wort, 5-HTP, tyrosine, weight loss aids
- Certain herbal preparations: ginseng, rhodiola, yohimbe



Day Before & Day Of

- Light meals only (soups, steamed vegetables, fruit)
- Fast completely for 4–6 hours before ceremony (water allowed)
- Stay hydrated with water and herbal teas
- No sexual activity, intense media, or stressful situations
- Set a clear intention and enter with an open, respectful mindset



Important Notes

- Always inform your ceremony facilitators about any medications, supplements, or health conditions.
- Do NOT stop prescription medication without medical guidance.
- If you have any doubts about interactions, consult a healthcare provider.

This guide is for informational purposes and should be complemented by direct guidance from your retreat facilitators and healthcare provider.

3

AYAHUASCA CEREMONY

First Journey into the Spirit



CEREMONY PREPARATION

A day of quiet contemplation and fasting. Only water or light tea is consumed to honor the dieta. Wear comfortable clothing and prepare your personal space with blankets and a journal.

7:00 PM



AYAHUASCA CEREMONY BEGINS

The sacred space is opened. Under the guidance of Taita Alirio and Gabriel, we drink the first dose of Grandmother Agahuasca, embarking on a profound inner journey. The ceremony is guided by the healing icaros (songs) of the Taita, held in a safe and supportive container. Experienced facilitators are present at all times.



LATE NIGHT | CEREMONY CLOSING

The sacred circle is gently closed. We share comforting tea and begin to ground ourselves. Rest is paramount.



4

INTEGRATION & REST DAY

Processing and Nourishment

9:00 AM



BREAKFAST

A nutritious, post-ceremony breakfast to replenish the body.

12:00 PM



LUNCH



FULL DAY | CONSCIOUS REST & THERAPIES

A full day dedicated to integration. Time to rest, meditate, walk in nature, or process your experience through journaling and drawing.

OPTIONAL | HOLISTIC THERAPIES & CLASSES

Our therapist is available for individual chiropractic or massage sessions to release physical and emotional tensions. We also offer group sessions in Meditation, Yoga, and Breathwork to support your grounding process.

7:00 PM



DINNER

Dinner in community. An optional space for gentle sharing and connection.

5

SECOND AYAHUASCA CEREMONY

Deepening the Healing



Ceremony Preparation

Another day of fasting and inner preparation. This second ceremony often allows for a deeper exploration and healing, building upon the foundations of the first night.

7:00 PM



AYAHUASCA CEREMONY BEGINS

We return to the maloca with intention and reverence. This ceremony is an opportunity to go deeper, to clarify visions, and to continue the healing work initiated by the plant spirit.



LATE NIGHT| CEREMONY CLOSING

Closing of the space with gratitude. Sharing of medicinal teas and gentle grounding.

6

INTEGRATION & CONNECTION DAY

Anchoring your Wisdom

7:00 AM



BREAKFAST

A comforting and nutritious breakfast.



MORNING | REST & REFLECTION

A morning for deep integration. Honor your process through rest, reflection, and gentle movement.

OPTIONAL | DAY TRIP TO PAPALLACTA HOT SPRINGS

A rejuvenating trip to the breathtaking Papallacta hot springs. Immerse yourself in the healing thermal waters, surrounded by mountain vistas. This is a powerful way to connect with the elements and celebrate your journey (lunch on site).

8:00 PM



DINNER

Community dinner upon return, sharing the experiences of the day.

7

TEMAZCAL CEREMONY

Rebirth in the Womb of Mother Earth



Ceremony Preparation

A light diet is recommended. This ancient sweat lodge ceremony is a powerful purification and rebirth ritual. Bring a swimsuit and a towel.

10:00 AM



TEMAZCAL CEREMONY BEGINS

Guided by Gabriel Guillén, we enter the sacred “womb of Mother Earth.” We will pray, sing, and sweat, releasing what no longer serves us and emerging renewed, reborn, and with a profound sense of gratitude.

12:00 PM



LUNCH



POST-CEREMONY | CLOSING CIRCLE

After the Temazcal, we gather for our final integration circle. We reflect on the entire healing journey, share insights, and receive guidance for continuing the integration process at home.

6:00 PM



FAREWELL DINNER

A final, celebratory dinner in community, filled with gratitude and connection.

8

FAREWELL DAY

Carrying the Medicine Forward

9:00 AM



BREAKFAST & FINAL BLESSINGS

A final nourishing meal together. We share last words of gratitude, exchange contacts if desired, and offer final blessings.

11:00 AM



DEPARTURE

We say our goodbyes and conclude the retreat. You depart carrying the medicine in your heart and the integrated learnings within your being, ready to walk your path with renewed clarity and purpose.



Foods to avoid 3 days before Kambo:

- Foods: Pork, red meat, processed foods, fried foods, spicy foods (especially chili), refined sugars, and heavy dairy.
- Substances: ALCOHOL and RECREATIONAL DRUGS.
- Stimulants: Limit or avoid caffeine.
- Medications: Inform the shaman of any prescription medications. Do not stop taking them without consulting your doctor.
- The Day/Night Before:
 - Have a very light dinner or consume only liquids (broths, juices).
- The Morning Of:
 - Arrive at the ceremony in a complete liquid fast. Do not eat or drink anything (including water) until instructed.

What to Bring to the Ceremony

- A Full Change of Clothes: You will likely sweat and may need to change after the ceremony.
- A Towel and a Bucket/Bowl: For the purging process.
- A Yoga Mat and Blanket: For comfort during and after the experience.
- Your Intention: Come with a clear purpose—whether for physical healing or emotional clarity.

INFINITE GRATITUDE

Thank you for trusting in this sacred healing process. The master plants are ancient teachers who guide 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

Harmony Retreats Ecuador
www.corebreath.com
+593981327839
Harmonyinthejungle@gmail.com

