

5 days Ayahuasca Retreat itinerary

First day

- 3:00 pm : To be picked up from your hotel in Cusco by car to take you to our retreat house in the Sacred Valley
- 4:30 pm : To arrive to the retreat centre in the Sacred Valley of the Incas.
- 5:00 pm: Interview for preparation for the first Ayahuasca ceremony
- 8:00 pm : First Ayahuasca ceremony

Second day

- 9:00 am : Vegetarian Breakfast
- 10:00 am : Therapy of reintegration of the experience and preparation for second Ayahuasca ceremony
- 2:00 pm : Vegetarian Lunch
- 7:00 pm : Second Ayahuasca ceremony

Third day

- 9:00 am : Vegetarian Breakfast
- 2:00 pm: Lunch
- 3:00 pm: Therapy for reintegration - 7:00 pm : Dinner

Fourth day

- 9:00 am : Breakfast
- 2:00 pm: Lunch
- 7:00 pm : Ayahuasca ceremony.

Fifth day

- 9:00 am : Special Vegetarian Breakfast
- 10:00 am : Special conversation to close the retreat and to give the personal diet and information to work in the reintegration of the experiences with the medicine. -
- 11:00 am : To take you back to Cusco in a private car