

Exclusive 5-day retreats

Ayahuasca

11.-15.5.2026 (group 1)

18.-22.5.2026 (group 2)

Application period 17.2-3.3

Journey to Self - Amazonian Wisdom Meets Spanish Peace

Welcome

An invitation to a profound journey

Nature in Spain

We invite you to a profound journey to Spain. This is not just a retreat, but a traditional, carefully constructed process where every detail serves your transformation.

"This is a journey where you will encounter yourself more deeply than ever before, safely, sacredly, and with full support."

Amazon Tradition

The original medical tradition meets Western support. We bring the authentic wisdom of Amazon and combine it with modern security and integration support.

Small group retreat

Max 10 people – guarantees each participant personal attention, peace and space to go through their own process safely without distractions.

5

days

10

participants

4

Instructors

Why a small group?

The small group size allows for deeper work, more individual support and a safer space. Every voice is heard, every process is respected.

Tools

Sacred Medicine

The core of our journey is purification and connection



Ayahuasca

Yagé - "The Vine of the Soul"

The most powerful teacher plant in the Amazon, which has been used for thousands of years to expand consciousness, heal traumas, and achieve deep self-knowledge.

The highlight of the retreat



Kambo

"The vaccine of the jungle"

Amazonian giant frog secretion for deep cleansing of the physical and energetic body. Strengthens the immune system, preparing the body to receive Ayahuasca more brightly.

Days 1-3



Rapé

Holy Tobacco Powder

Admitted through the nose. Instantly grounds, silences the hustle and bustle of the mind, and opens the energy centers (chakras) for meditation and ceremony. To unite the energies of the earth and the sky.

Grounding and Brightening



Mambe & Ambil - "The Medicines of the Word"

Mambe (ground coca leaf and ash) and Ambil (tobacco paste) bring clarity to speech and thinking. Help verbalize and integrate our experiences in the circle. These sacred medicines open the heart and tongue, allowing for profound sharing and connection with others.

The heart of the ceremony

Ayahuasca

The vine of the soul

Ayahuasca is the most powerful teacher plant in the Amazon and has been used for thousands of years in shamanic traditions. It is not a drug, it is **a medicine for the soul and mind** that opens doors to hidden wisdom and helps to release trauma and old subconscious patterns.

★ The culmination of the retreat

The Ayahuasca ceremony on the third night is the heart of the whole trip. Once the body has been cleansed with Kambo and the mind has been soothed with yoga, we are ready to face the medicine more clearly and deeply than possible.



Expanding awareness

Unlock views into hidden wisdom and layers of universal consciousness.



Healing traumas

Releases old blockages and pains that have prevented you from living a full life.



Deep self-knowledge

Encounter yourself in the true light – without masks, without defense mechanisms.

"Ayahuasca doesn't give you what you want, it gives you what you need. Every journey is unique, every encounter is sacred."

Structure

5 days from cleaning to light

The Rising Arc – Respect for Body and Mind

1

Day 1

Cleaning begins

Arrival, getting to know the space, first treatments and evening rituals. The process will start.

Kambo

Yoga

2

Day 2

Deepening

Let's continue with the treatments chosen by the instructors for deeper purification, more intense yoga and pranayama, deeper sharing in the circle.

Kambo

Rapé

3

Day 3

Preparation

Pranayama and yoga, the final preparation of the body and mind, setting intentions for the ceremony.

Kambo

Meditation

4

Night 3-4

The Great Ceremony

Ayahuasca ceremony – the culmination of the journey. Once the body is cleansed and the mind is calmed, we are ready to face the medicine more deeply than ever.

Ayahuasca

Icaros

5

Day 4

Rest & Integration

Dedicated to rest and recovery. No ceremonies – just time to integrate experiences, rest in the body, share in the circle and prepare to return to everyday life.

Integration

Rest

Day 5 – relaxation, nature, pool and returning home



Traditional ascending arch

We don't jump straight into the deep end, but build the foundation carefully. This is a traditional custom that respects the body and mind. The first three days prepare you for a profound encounter with Ayahuasca, and the last day allows the space to take root.

Preparation

Days 1-3: cleansing the body and mind

Intense but gentle letting go

Daily rhythm

07:00 **Morning Yoga**
A wake-up call for the body and mind

09:00 **Individual treatments**
Physical cleaning

16:00 **Pranayama & Meditation**
Breathing and quieting down

20:00 **Mambe-ambil circle**
Sharing and connection



Physical cleaning

Kambo treatments cleanse the body of toxins and open blockages at the cellular level. Kambo strengthens the immune system and removes heavy energy, preparing the body to receive Ayahuasca more brightly.

Mental balance

Our Finnish instructors lead **daily yoga and pranayama exercises** that calm the nervous system and open energy channels. Rapé supports grounding and clarifying the mind – you will learn tools that you can use in ceremonies.

Connection and Word

In the evenings, we gather **in Mambe & Ambil circles**, where we share feelings and set intentions. These sacred medicines open the heart and help verbalize experiences – you are not alone, the whole team is present in every moment.

 **Gentle Process:** While the first few days are intense, they are also filled with gentleness and support.

Climax

Night 3: The Great Ceremony

Ayahuasca-ceremony – The Heart of the Journey

Clean body

Allows for a deeper impact

When the body is cleansed with Kambo and the mind is soothed with yoga and meditation, we are ready. The first three days have prepared you for this moment – your body is open, your mind is clear.

Safe space

A consecrated and protected environment

Under the guidance of the Taita (shamans), the ceremonial space has been carefully prepared, the energies have been cleansed and protected. You are safe, physically, mentally, and energetically.

The third night culminates in an Ayahuasca ceremony. This is the heart of the journey where you will encounter yourself and universal wisdom – safely, sacredly, and with full support.



The Icaros songs of skill guide the journey



Instructors support all the time



Individual attention for everyone



Integration support after the ceremony – you won't be left alone with your experience

Day 4: Rest and recovery

Time to Root – Today Is Just As Important As Ceremonies

Fourth day



No ceremonies

The fourth day is devoted entirely **to rest**. No Kambo, no Ayahuasca, just time to be, breathe, and allow the body and mind to integrate everything that has been experienced. This is the closure of the process.

Rest in the body

Time to rest in the body – swim in the pool, walk in the garden, sunbathe or just be. The body has gone through a deep cleansing, now it needs rest to root again.

Sharing in a circle

In the afternoon, we will gather **for the last sharing circle**. This is a space to talk about experiences, ask questions and get support for integration. You won't be left alone – the team will be there even after you return.



The Wisdom Bearers of the Amazon

Tradition keepers from the Colombian Amazon



Taita Libardo Matapí Yucuna

Yawikapí - "Tiger Necklace"

Yagé/Capi 25+ years

Tiger Clan

Born on July 20, 1978 in La Pedrera, Colombian Amazon. As a member of the Tiger clan, Taita Libardo has dedicated more than 25 years to sharing the medicine and traditional teachings of his ancestors.

His education began at a very young age under the guidance of his father, the esteemed Taita Luis Eduardo Matapí Yucuna. He studied alongside his father for 15 years, strengthening a legacy based on respect and a deep connection with the traditions of his people.

During his lifetime, he has traveled extensively in different regions of the Colombian Amazon, sharing knowledge and learning from the great wisdom keepers of indigenous communities (such as Murui, Corebajú, Kichwa, Macuna, and Siona). He also served for more than 17 years as a bilingual teacher and traditional authority.

"His life's mission is to keep his people's cultural heritage alive and pass it on to future generations with love."



Árbol

The Wisdom Bearer of the Amazon

Ayahuasca 10+ years

Kambo

Born in France in 1979, Árbol originally trained as a physical education teacher. In 2001, health challenges led him on a journey to the Peruvian Amazon in search of healing. On that journey, he discovered the immense power of medicinal plants and the spiritual depth of the ancient wisdom of the indigenous peoples of the Amazon.

Under the guidance of teachers from the Asháninca, Shipibo, Kichwa, and Matses communities, Árbol devoted more than ten years to the study of Ayahuasca knowledge and ceremonies. In 2009, he co-founded the Aroiris community school in Iquitos.

In 2013, he began his path in Kambo medicine, learning his skills from the elders of the Matses tribe. Since 2016, he has been organizing Kambo training programs in Aroiris. In addition, he has drawn lessons from other peoples of the Amazon, such as the Boras and Muruy tribes, as well as the Mamas of the Sierra Nevada and the Jates Muiscas sages.

"His presence brings a deep sense of security and respect for Amazonian traditions to the space."

Team

Finnish support

Instructors



Joakim

Yoga teacher, energy healer, spiritual teacher

Joakim is an experienced yoga and breathing instructor whose path in well-being and consciousness has lasted 20 years. His approach to yoga combines traditional wisdom with modern body awareness.

His calm and grounding presence creates a safe space for the process.

At the retreat, Joakim leads daily yoga and pranayama exercises that prepare the body and mind for the ceremonies. His task is to create a bodily and spiritual foundation that prepares participants for in-depth work.

"His gentle but strong presence supports each participant through their own process."



Satu

Mental well-being coach and energy healer

Satu has more than ten years of experience in retreats and well-being coaching. Her warmth and intuitive ability to encounter each individual make her an invaluable part of the retreat team.

Satu takes care of the practical arrangements of the retreat and ensures that each participant feels safe and encountered throughout the process. She is present at and after ceremonies, providing individual support and keeping the space sacred and protected.

A safe process is a matter of the heart for Satu – she understands that profound experiences take time and space to take root. She is also available after the retreat, to support you in returning to everyday life and integrating experiences.

"Her warmth and presence create a space where everyone can open up and be completely themselves."

Setting

Accommodation and surroundings

The place is designed to support deep work

Vall de Dois –Retreat Center

Located in the vicinity of Barcelona, Spain, this hideaway is like an oasis surrounded by the silence of nature. This place is designed to support deep working, every detail serves your process.

Accommodation

Accommodation takes place in high-quality shared rooms.

Lush garden and stunning scenery

For meditation and silence – connecting with nature in every moment. In the garden, you can go for a walk, sit quietly or meditate.

Swimming pool

For refreshment between ceremonies, the cleansing power of water. The water element helps the body recover and cleanse emotionally.



Quiet and protected location



Energetically Cleansed Space



Close-to-nature environment



Perfect support for the retreat

Clean nutrition

La Dieta

Pure & Organic

All ingredients are carefully selected, organic and pure. We do not use chemicals, additives or processed foods. Every ingredient is sanctified and prepared with love.

La Dieta is an integral part of the ayahuasca tradition. Proper nutrition prepares the body to receive the medicine and integrate the experiences. It's not just food, it's cleansing in itself.

Your own chef

Our accompanying private chef prepares all the food on the spot, with love and awareness. He understands the importance of La Dieta and prepares every meal with a sacred attitude.

Plant-based

Nutritious, light and process-supporting nutrition. The diet is designed to support the body's cleansing and preparation for ceremonies.

What we eat



Fresh vegetables



Fruits



Whole grains



Beans & lentils



Nuts & Seeds



Vegetable oils



Herbs & Green Tea



Supports the Process: Designed to support Kambo and Ayahuasca work. Proper nutrition prepares the body to receive and integrate experiences. It is part of healing.

Investing in yourself

Price and booking instructions

What's included in the price

Accommodation 5 days/4 nights

Shared accommodation

All meals

La Dieta

Ayahuasca Ceremony

Night 3-4, Led by Taita

Kambo Treatments

Individually designed

Yoga & pranayama

Daily Workouts

Rapé, Mambe & Ambil

Ceremonial medicines

24/7 support

4 instructors present

Integration

After the return

Limited group size

10

persons

The positions fill up quickly. A small group guarantees everyone personal attention and a safe space to go through their own process.

Price and booking fee (750€) **Total. 2500€**

The reservation fee is binding and secures your place. **To be paid during February!** Final payment at the information session (1 month) before the start of the retreat. The booking fee will only be refunded if the retreat is cancelled.

 **Application form** – To be filled out before booking so that we can ensure that the retreat is suitable for you.

Are you ready to meet Yourself?

This journey awaits you. To ensure a safe space, the positions will be filled based on applications. If you hear the call of Ayahuasca, the first step towards your adventure is to fill out the application form.

Ask for more information or
request an application form

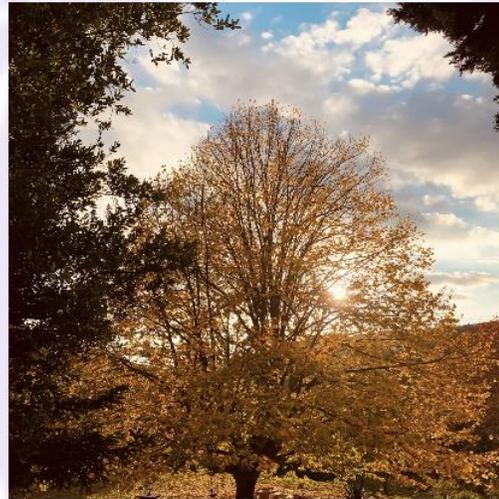
info@tietoisuudenevoluutio.fi

Satu: +358400528415

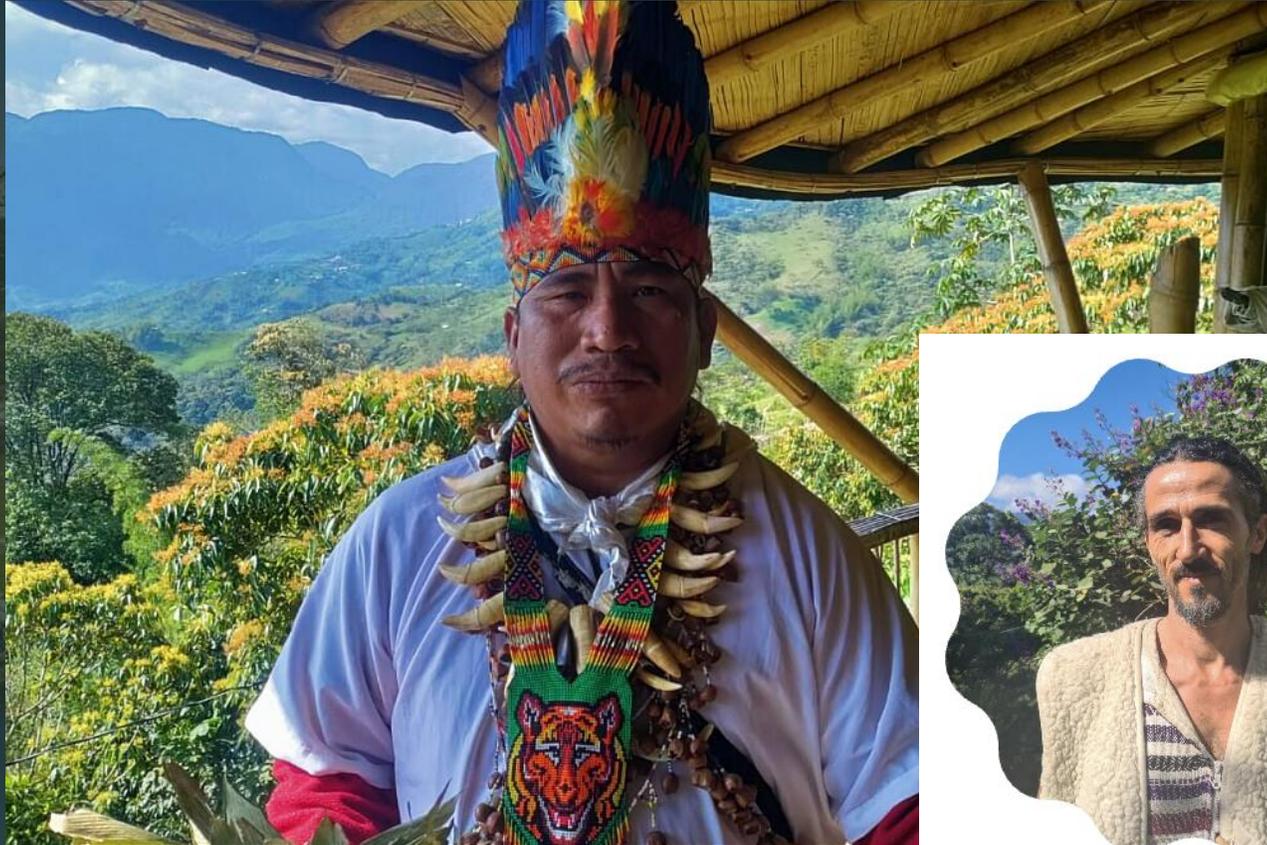
Joakim: +358503449089

"We're here for you – every step of the way is supported."

Photo gallery



Taita



Arbol



Joakim and Satu