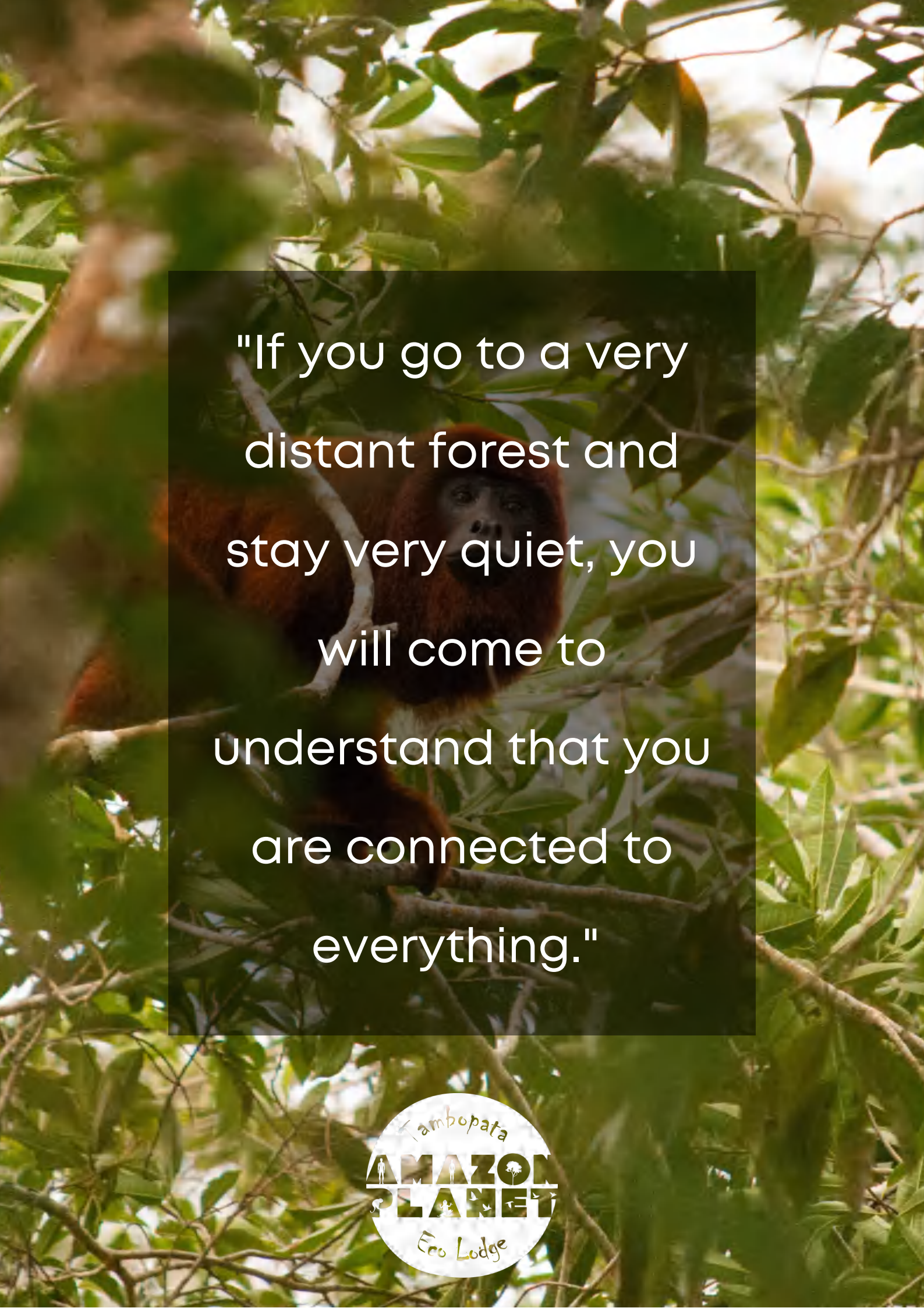


Amazon Nature Healing Retreat





"If you go to a very
distant forest and
stay very quiet, you
will come to
understand that you
are connected to
everything."

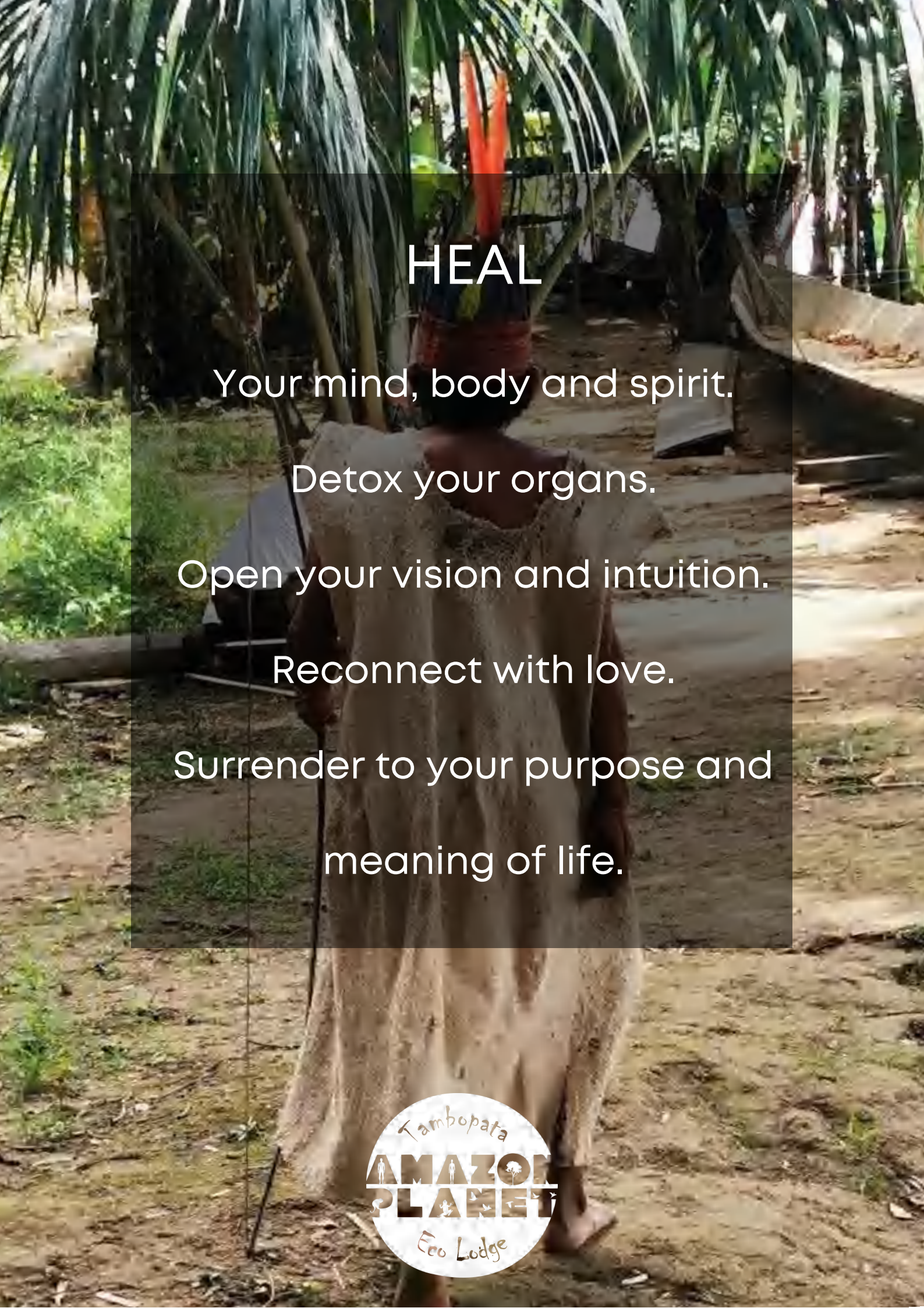


This is a journey of personal transformation towards connection with your true self and everything.

Feel the call of the forest and go deep with the power of nature and the Amazonian medicinal plants.

See yourself as one with nature as you become part of something bigger to support Amazon Rainforest Conservation .



A person wearing a large, colorful feathered headdress and a light-colored, textured tunic is walking away from the camera on a dirt path in a tropical forest. The background is filled with lush greenery and palm trees.

HEAL

Your mind, body and spirit.

Detox your organs.

Open your vision and intuition.

Reconnect with love.

Surrender to your purpose and
meaning of life.



The Ecolodge

Amazon Planet is located on the edge of the Madre de Dios River, next to Taricaya EcoReserve within buffer zone of the Tambopata National Reserve, one of the most biodiverse areas on the planet.

In harmony with the Amazon Rainforest under our protection, we host you with love in comfortable and safe facilities to disconnect from your routine, connect to the pure loving nature around and within you, and be part of our mission to save the Amazon.



The Retreat

5 days - 4 night

Location:

Amazon Planet Tambopata
Ecolodge Puerto Maldonado
- Peru

Meals:
Vegetarian detox



What's included

- Padre Almadiz Airport Pick up & Drop off
- River transfers in & out Lodge
- Accommodation in cabin with private restroom (based on twin, double, triple room)
- Vegan Meals (starts with lunch on day 1 until breakfast on last day)
- Detox Juices
- Activities



Activities

- Jungle walks and river rides day and night
- Taricaya Ecoreserve Deep Tour and Canopy Walkway
- Excursion to the Tambopata National Reserve and Lake Sandoval
- Conscious Breathing with heart coherence (Heart Math).
- Meditation and Yoga Sessions
- Nature Therapy or Forest Bathing
- Yogic dance or ecstatic dance.
- Visit to Taricaya Conservation Projects, rescue center and others

Optional with additional cost: Ayahuasca Ceremony (check on availability)



Benefits

Promotes general well-being, personality development and greater participation in the community.

Promotes cognitive flexibility and increases emotional awareness.

It shows an antidepressant effect and facilitates overcoming chronic mourning processes.

It acts regeneratively at the neurological level.

Grants transformational experiences that result in increased spiritual awareness, unconditional love, and visionary understanding of the universe as a whole.



Detailed Itinerary

Day 1

Reception at the airport and transfer to the port to take the motorboat to Amazon Planet Ecolodge.

Arrival at the Lodge to settle in your private cabin, lunch and ecohouse jungle rules briefing.

Quiet time for self reflection and journaling.

16:30h – We get ready with comfortable clothes to meet in the reconnection room to start with an introductory talk on the mathematics of the heart and do a coherence practice to raise our vibrations from within and as a collective (30 min). Brief rest and we prepare for an exploration of the forest. Short rest and we get ready for an exploration into the forest.

17:30h - We meet our naturalist guide in the hammock area to start an introductory walk through the Amazon forest and discover the biodiversity that surrounds us through our senses. We will feel how the forest transforms from day to night and our senses expand in unison with nature (1 h).

19:00h – Back at the main house we enjoy a delicious vegetarian dinner.

20:00h – Free night, rest and end of the day.

Day 2

7:00h – We get up to have a light breakfast.

8:00h – We go deep exploring the Taricaya Ecological Reserve where we will connect with 300-500 year old trees, the avatars of the Amazon forest, and the fauna that lives there. We will challenge our sense of adventure by going up and along the Taricaya canopy walkway, a 90-meter long suspension bridge to the highest platform in nature on top of an ancient Kapok tree to experience the view and the energy of the forest from the top of the jungle (3h).
Return to the Lodge and rest.

12:30h – We enjoy a vegetarian detox lunch and rest.
Quiet time for self reflection and journaling.

16:00h – We meet in the reconnection room for a yoga practice, which will be done according to the experience and level of practice of all participants, we will be able to integrate from beginners to the most experienced practitioners in the same session. We finish the practice with a concert of ancestral healing music with native flutes.

19:00h – we enjoy a delicious vegetarian dinner.

20:30 – Conversation about the philosophy of yoga and its usefulness in our lives.

Day 3

7:00 - 8:00h - Wake up and feel your presence as part of nature. A revitalizing and integrative breakfast will be prepared for you upon arrival at the main house.

9:00h - We take a walk through the forest to the Taricaya Wildlife Rescue Center. There we will get to know closely the different animals that were rescued and that are in the rehabilitation process to be released back into their natural habitat or that live in the center as residents under excellent care. We will learn about the importance of this work to regenerate the Amazon forest and about our energetic connection with other sentient species (2h).

12:00h – Enjoy a regenerative vegan lunch. Quiet time and journaling.

16:00h – Practice a yoga session.

17:00h – We gather around the campfire to share our experiences.

19:00h - We enjoy a delicious vegan dinner. Rest and end of the day.

Day 4

4:45h – We get up very early to get ready and meet our guide in the mango area to welcome the sunrise with a heart coherence and meditation practice.

5:45h – Vegan breakfast to go and we get on the motorboat for a trip upriver to the entrance of the Tambopata National Reserve. We will take a light walk through the forest to the entrance stream to Lake Sandoval. We will enjoy a rowboat ride on this magical mirror lake, a unique pristine jungle paradise. Look for the diversity of animals that inhabit this area with the possibility of spotting the giant river otter. We walk back to the port and return to the Lodge (5h). The Tambopata National Reserve is one of the most biodiverse areas on the planet and exploring it is a journey of being one with nature by supporting its protection.

13:30h – We enjoy a light vegetarian lunch. Quiet time and writing your journal.

16:00h - We meet in the hammock area for a Nature Therapy or Forest Bath and visit a Lupuna. The Lupuna or Kapok tree is a sacred tree of the Amazonian worldview, and is known as the portal to the spiritual world (1h)
Return to the Lodge. Quiet time and writing your journal.

18:30h – We meet again in the reconnection room to hold a yogic dance or ecstatic dance meeting. Return to your private cabin and rest.

Day 5

7:00 - 8:00h – We enjoy a regenerating light vegetarian breakfast.

Farewell to the forest and return to Puerto Maldonado.

Transfer to the airport and end of the nature experience.

Come back and feel your new self at home.

Connect with our transformational travel advisor for a one-to-one session whenever you're ready.

