

AMAZON EXPEDITION

Ayahuasca Ceremony

With Mimi & Michael Jocson and Maestro Jauriman
4 Days/ 3 Nights

This extraordinary trip, shared by a small, private group of 6-8 people, will explore the untouched natural beauty of the Peruvian Amazon rainforest. You will participate in 3 evening Ayahuasca ceremonies, individual private sessions, and additional healing rituals, including flower baths, under the guidance of jungle shaman.

In order to join us for this transformative expedition, four shamanic energy healing sessions with Mimi Jocson must be completed prior to the Amazon trip. The fifth session will take place after our return back home in order to assist integration of the plant medicine experience. Sessions can be done in person or remotely and are included as part of this unique experience.

Pricing:

\$2,500 Double Occupancy Room

\$3,000 Single Occupancy Room

A non-refundable deposit of \$500 is required to reserve your place.

ITINERARY

ACCOMMODATION & DAILY SCHEDULE

We will stay at the beautiful Heliconia Amazon River Lodge, nestled on the banks of the Amazon River deep in the Peruvian rainforest, about 80 km from the city of Iquitos.

The accommodations are simple, clean and comfortable. Rooms feature queen size beds, en-suite bathrooms with warm running water, electrical outlets, clean towels daily, tile floors, ceiling fans, limited internet/wi-fi, screened-in windows and an exterior terrace with a hammock.

The Lodge has a full restaurant onsite that offers clean, fresh meals typical of the region, as well as a meeting room where we will hold our ceremonies, and a swimming pool.

You can learn more about the Lodge and see pictures on their website at: www.heliconialodge.com.pe
www.heliconialodge.com.pe/#1

Day 1

- Private taxi pick up from Iquitos Airport, followed by a one-hour boat ride.
- Your arrival to Iquitos Airport should be by 9am on xx date.
- On our way to the Lodge, there will be a brief stop to visit Monkey Island.
- Check in at the Lodge and settle into your room.
- Enjoy Amazonian cuisine for a restorative lunch.
- In the afternoon, each participant will receive an energetic cleanse by jungle shaman.

- Then we will gather for sacred circle time to meet, greet and share intentions for our communion with Mother Ayahuasca.
- Return to your room for rest and relaxation.
- Enjoy a light dinner.
- Participate in your first Ayahuasca ceremony.

Day 2

- Optional- Early morning bird watching by boat.
- Return for Breakfast.
- Flower bath prepared by Shaman Jauriman to cleanse your energetic field.
- Sacred circle time to share our plant medicine experience.
- Visit Riverside Village, an indigenous community of the Yaguas tribe.
- Return to the Lodge for lunch.
- Set off on a native fishing expedition to one of the small tributaries of the Amazon River. Look out for the pink river dolphin.
- Return to the Lodge and prepare for the second Ayahuasca ceremony.

Day 3

- Leisure morning - Breakfast, relax, journal and settle back into your body.
- Flower bath prepared by Shaman Jauriman to cleanse your energetic field.
- Sacred circle time to share our experiences.
- Light Lunch
- Optional - take a 10-minute boat ride on the Amazon River to a family-run sugar cane distillery and farm.
- Return to the Lodge and prepare for our third ceremony.

Day 4

- Leisure morning - Breakfast, relax, journal and settle back into your body.
- Flower bath prepared by Shaman Jauriman to cleanse your energetic field.
- Integration of Ayahuasca ceremony reflections in our sacred circle.
- Lunch and check out by Noon.
- Transfer to Iquitos Airport.
- Your Return flight back to Lima should be by 5:30pm on xx date.

TRAVEL INFORMATION

1. Passport

A valid passport is required for entry into Peru. All participants should carry a second form of photo ID, such as a driver's license, as well as a photocopy of the personal data page of your passport. A copy of your passport is the easiest way to prove your identity if you happen to lose your passport. US citizens are automatically given a ninety-day visa upon entry to Peru.

Upon arrival to Peru, you will receive your visa. The visa is a small piece of paper that you should keep inside your passport.

2. Flights

You are responsible for booking your own flights to Iquitos, Peru. If you arrive before the starting date of the expedition, you are also responsible for your transfer from the airport to the Lodge hotel accommodations before the trip starts, and any other local transportation to the Lodge, where the group will meet. Also, if you do not take the suggested flights, this could lead you to miss the first day of activities.

ARRIVAL FLIGHTS: We recommend taking flights by LATAM or SKY arriving to Iquitos before 9:00am.

DEPARTURES FLIGHTS: We recommend taking flights by LATAM departing from Iquitos to Lima after 5:30pm.

3. Transport

- Airport pickup via shared car transport to the Enapu Port.
- Boat transfer to and from the Lodge via motorized speed boat on the Amazon River.

Boat transport schedules:

Departures from Iquitos airport to Heliconia Lodge:

The boat departs at 9:30am.

Departure from Heliconia Lodge to Iquitos airport:

The boat departs at 1.30pm. Arrives at Enapu Port at 3pm.

Price of additional boat transfers to consider in case you do not make the 9:30am departure time from the airport meeting point.

- RT (Round-Trip) US \$360.00 net by boat
- OW (One-Way) US \$180.00 net by boat

3. Travelex Insurance

We strongly recommend that you purchase travel insurance to protect yourself in case extenuating circumstances force you to cancel your trip. If for some unforeseen reason you must cancel your journey, your deposit is non-refundable. One option is Travelex Insurance, which offers Trip Cancellation, Trip Interruption, Trip Delay and Baggage insurance. We suggest you purchase travel insurance within three weeks of your initial trip deposit for the best coverage. For complete details, please visit: www.travelexinsurance.com or call customer service at 1-800-228-9792 Monday-Friday 8:00 a.m.-7:00 p.m.

4. Extra Nights

If you are arriving before the expedition start date, or staying on afterwards, we recommend the following hotels:

Lima Airport: Costa del Sol Wyndham: It is located at the International Airport Jorge Chavez.

Phone Number: 011-51-1-200-9200 or #011-51-1-711-2000

Email: reservasindividuales@costadelsolperu.com

Lima City: Casa Andina Premium Miraflores: It is located at Av. La Paz 463, Miraflores – Lima, Peru

Phone: 011-51-213-4300

Email: recep-capmiraflores@casa-andina.com

5. Meals. During our stay at Heliconia Lodge, all meals are included. Meals are simple, healthy and delicious. You will have plenty of food and any dietary needs such as vegetarian and gluten-free should be easily accommodated. Tea and coffee are complimentary. Soft drinks, alcoholic beverages and bottled water will be available at an additional charge.

It is recommended that participants inform us in advance of their arrival of any type of food restriction, allergies, or special diets to schedule supplies *before* their arrival to the Lodge.

6. Water. There is enough water for daily use produced by the Lodge's water treatment plant. You will need to bring at least one water bottle to fill and carry with you. You can also purchase bottled water from local stores prior to getting on the boat.

7. Electricity

Electricity is available:

Mornings: 06:00 to 09:00 pm.

In some cases from 05:30 am to 09:00 am.

Lunch: from 12:30 pm to 2:00 pm.

Afternoon and evening: from 5:30 pm to 11:00 pm.

Take advantage of this time to charge your batteries and/or electronic devices.

Electricity: 220V* 60Hz*

Type A socket

From 11:00 pm the Lodge is illuminated with lamps and there is no service at the Bar.

8. Supplements and special dietary products

Please be sure to pack supplements you are taking and any special dietary products such as protein powder mix, tea, or other packaged goods that are absolutely essential to your diet.

9. Prescription medications

If you take prescription medications, be sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at Customs. Please bring a sufficient supply of any personal medications you take. We will bring a basic medical kit and other medical supplies, but it is helpful when you are able to tend to basic daily medical needs.

Below is a list of items to consider; please bring whatever you would use at home. Consult your physician if you have specific concerns before you travel.

- Cipro (Rx) for intestinal bacteria
- Azithromycin(Rx) for URIs or respiratory infections
- Pepto Bismol
- Ibuprofen or Naproxen
- Lubricating eye drops
- Herbal and holistic remedies for stomach discomfort
- Treatment for diarrhea: Lomotil, Imodium

10. Health and safety

You can visit the CDC website for information about traveling to Peru, including vaccinations you may need to have:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>.

Keep in mind that we cannot offer medical advice. It is best that you consult with your primary care physician, who knows your medical history and can best advise you.

Most illnesses while traveling are caused by contamination of food or water. Drink only bottled water and do not use ice cubes unless you know them to be safe. Freezing does not kill bacteria. Do not drink from the streams. Eat only cooked foods and fruits with peel. Avoid food from sidewalk vendors. The Lodge has excellent hygiene and food preparation practices.

Please note:

- Should you require it, medical attention is available; it is a 20-minute boat ride at additional cost. The Lodge does not count with medical personnel.
- We recommend purchasing Emergency Evacuation Insurance from Travelex or any other Traveling Insurance Company.

11. Money

Consider exchanging USD \$200-\$400 at the airport, to be used for tips and other eventualities. When you bring US dollars into Peru, they must be new bills with no tears or rips. Damaged bills may not be accepted in Peru. Should you need more money, you can find ATM machines in Lima and Iquitos. You can also exchange US dollars at the airport. Note that Visa and MasterCard are the most widely accepted credit cards.

12. Tips

We collect tips for our translator, guides, and boat drivers. These are collected by a volunteer and given as a group donation at the end of the expedition. We ask for US \$5-10 per day or anything that

your heart desires to donate. Please plan on having US \$20-\$40 for these gratuities.

13. Airport taxes

All Peruvian airports charge “Exit Taxes.” Most airlines include this tax in the cost of your ticket. Please contact your airline to confirm.

14. Temperatures

The weather in Iquitos and in the Amazon Basin is warm and humid with temperatures ranging from 70°F to 88°F.

Weather along the Amazon River usually reflects two seasons: High Water season from December through May and Low Water season that lasts from June until November. Conditions in this region of Peru remain generally warm with some rainfall even during low water season. In fact, despite being the “rainy” season, during the High Water months, the Amazon only gets about 10% more rain than in the low water season.

The low water season (June - November) and the high water season (December - May) feature particular differences in the plant and animal life as well as in the climate.

Conditions on the river change with the seasons but each rewards visitors in different ways. During the high water season, the river and estuaries grow, allowing launch boats to venture deeper into the flooded forest. During the low water season, the river recedes and beautiful sandy river beaches are formed.

15. Packing tips for the Amazon rainforest

It is important that you bring only necessary clothing and travel gear to the Lodge. Due to weight and space limitations on the domestic flight and on the boat to the Lodge, passenger luggage is limited to 10 kg. (22 lbs.) per person. You may store some of your luggage in our office in Iquitos City.

Suggested Packing List

- Light cotton clothes, pants and long sleeve shirts (preferably in earth colors: olive green, light brown/khakis of light, breathable, quick-dry material; please avoid using white color in the jungle)
- Hiking boots or walking tennis shoes resistant to humidity; cotton socks
- Bathing suit
- A light waterproof parka jacket, raincoat or sweater (when the temperature goes down considerably or when it rains)
- Hat / Cap (preferably with large visor)
- Sunscreen /Sunblock
- Insect Repellent
- Sunglasses
- Personal Medicines /medications; first-aid kit
- Flashlight
- Binoculars
- Portable converter, rechargeable batteries, electrical adapter for your charge

HOW TO PREPARE TO WORK WITH PLANT MEDICINE

1. PHYSICAL DIET

You will want to prepare your physical body to receive the **guidance** and **healing** the plant wants to share with you. Fasting in preparation for the ceremony is highly recommended. Minimal dietary recommendations include:

- ❖ Stop any medications that would interfere or be unsafe
- ❖ No alcohol at least one week prior
- ❖ Eat as clean and close to the source as you can
- ❖ Beginning at least 3 days before:
 - ◆ Avoid red meat, including pork and lamb.
 - ◆ Chicken and fish are okay in limited amounts.

- ♦ Reduce sugar, salt and carbohydrates
- ♦ Eliminate spicy and fermented foods
- ❖ On the day of ceremony, no caffeine (no coffee and tea), eggs, dairy if possible.
- ❖ No food 5 hours before ceremony.

2. MINDFULNESS AND INTENTION

- ❖ Develop a clear intention.
- ❖ Find time to meditate and strengthen the stillness of your mind.
- ❖ Find time to explore your inner world by journaling.

3. TIME FOR CEREMONY

- ❖ Enter with reverence for the plant.
- ❖ Ask for the light in your intention.
- ❖ Surrender and trust the plant.
- ❖ Tune into the healing Icaros (songs) and call on their power.
- ❖ Invite the plant into your body to work.
- ❖ Stay in absolute gratitude.
- ❖ Ayahuasca is called El Doctor and should be greeted with the deepest respect and welcomed into your body as an invited guest.

4. DURING THE CEREMONY

- ❖ Surrender to the clearing and healing.
- ❖ Trust that the plant is going to where the work needs to happen the most.
- ❖ Return to your intention through the ceremony.
- ❖ The best intention is to surrender and believe that the plant knows best and get out of your own way.
- ❖ Ego disintegration- it will feel uncomfortable to be pulled apart and let your ego dissolve but this experience will allow you to let go of your old story.

5. INTEGRATION AND TRANSFORMATION

- ❖ Trust that the plant offers you doorways of transformation.
- ❖ New patterns have been created during the ceremony.
- ❖ Do not call back old familiar patterns.

6. WHAT TO LOOK FORWARD TO AFTER THE CEREMONY

- ❖ Stay in gratitude and grace.
- ❖ Trust that the plant has done what was needed.
- ❖ Healing has worked or is working and will inform your body and ripple out in time. The plant will stay in your body for up to a year; call the plant in your dream time.
- ❖ Book your follow up session with Mimi.