

7 Days of Ancestral Healing *in the Ecuadorian cloudforest*

"Looking at Nothing, Thinking About Everything"

This is your schedule for the seven days we share together. Times are approximate — the forest, the medicine, and the work we do have their own rhythm. What is written here is the container. What happens inside it is yours.

September 7–14, 2026

13 spaces · Self-identifying women · Max 15

\$1,500

all-inclusive · pay in full: **\$1,300** (\$200 off)

— WHAT'S INCLUDED

- 2 ayahuasca ceremonies — one daytime, one nighttime
- All-night Water Dance vigil — September 12th
- 2 temazcal (sweatlodge) ceremonies — opening & closing
- Gestalt integration workshop with Paulina Quilla Pakari
- Rapé circles before ceremonies
- Waterfall walk & river time
- All healthy vegetarian meals
- Transport from/to Quito area
- Shared accommodation at Nuestra Tierra Aldea Creativa
- Pre-retreat preparation & post-retreat integration support

— WHO HOLDS THIS RETREAT

Held by **Paulina Quilla Pakari** — medicine woman, certified Gestalt therapist, founder of Mujeres de Luna — with Achuar Grandmother **Leonor Suárez**, **Shiram Ucucuy**, Water Dance Vigil leader **Sabine**, and **Sandra**, whose live music accompanies every ceremony.

The flow of *8 days*

An honest breakdown of the week. The forest has its own rhythm — times are approximate and the container breathes.

DAY 1	Sunday Sept 7 — Arrival & Welcome Circle
12:00 pm	Depart from Tumbaco/Cumbaya area (transport included)
~3:00 pm	Arrive Mindo · 20-minute forest walk to Nuestra Tierra Aldea Creativa
3:30 pm	Check-in · settle into your room · meet your sisters
6:00 pm	Welcome Circle — open the sacred container, set intentions
7:30 pm	Light dinner together · early rest
DAY 2	Monday Sept 8 — Daytime Ayahuasca Ceremony
8:00 am	Light breakfast · silence before ceremony
10:30 am	Rapé circle — opening the ceremony space
11:00 am	Daytime ayahuasca ceremony — led by experienced women healers, live music throughout
~5–6 pm	Ceremony closes · rest · light meal
	<i>No sharing circle this evening — let the medicine settle overnight.</i>
DAY 3	Tuesday Sept 9 — Rest, Sharing & Gestalt Integration
8:30 am	Breakfast
10:00 am	Morning sharing circle — process what arose
Afternoon	Gestalt integration workshop with Paulina · river · journaling
7:00 pm	Dinner
DAY 4	Wednesday Sept 10 — Waterfall, Rapé & Opening Temazcal
8:30 am	Breakfast
10:00 am	Waterfall walk & rapé circles — offering to the water spirits
1:00 pm	Lunch · rest
4:00 pm	Opening temazcal — purification through heat, steam, song, prayer
	<i>The temazcal opens the body and spirit for the night ceremony ahead.</i>

DAY 5

Thursday Sept 11 — Nighttime Ayahuasca Ceremony

- Day** Rest · light food · personal space · silence
- 6:00 pm** **Rapé circles** — opening the night
- ~8:00 pm** **Nighttime ayahuasca ceremony** — icaros, ancestral songs, live music
- ~2:00 am** Ceremony closes · rest through the morning

The night brings different medicine than the day.

DAY 6

Friday Sept 12 — Rest & the Water Dance Vigil

- Morning** Rest after night ceremony · do not rush
- Afternoon** Sharing circle · creative expression
- 6:00 pm** Light dinner · prepare
- ~9:00 pm** **The Water Dance Vigil begins** — all-night communal prayer to the element of water, with musicians and ceremonial dancers · runs until sunrise

The culminating ceremony of the retreat. Nothing is required of you but your presence.

DAY 7

Saturday Sept 13 — Closing Temazcal & Rest

- Morning** Rest after the vigil · take your time
- Midday** **Closing temazcal** — ceremonial seal of the Water Dance, the medicine work, and the week
- 1:30 pm** Lunch together
- Afternoon** Free time — rest, river, forest, reflection
- 7:00 pm** Dinner · last evening together

A gentle landing after the intensity of the vigil. No rush.

DAY 8

Sunday Sept 14 — Closing Circle & Departure

- 8:00 am** Breakfast
- 9:00 am** **Closing circle** — seal the container, share final reflections, say goodbye
- ~10:00 am** Pack up · 20-minute forest walk out
- ~11:00 am** Drive back to Quito area (transport included)

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