

A Pilgrimage into the Heart of the Amazon

20th of March - 3rd of April, 2027

Welcome

We invite you to join us on a pilgrimage into the Peruvian Amazon rainforest. This journey offers you the opportunity to sit with a Shipibo maestro and to experience Ayahuasca within its traditional context in the place where this practice originates, and in a way that has been preserved over generations.

For some, it begins with curiosity and a fascination for the unknown, for the Amazon, for the world of plant medicine, and the shipibo tradition of dieta.

For others, it begins with a question.

Why do I feel stuck in certain patterns?

Why do I keep returning to the same thoughts or behaviors?

What is underneath the way I feel?

What needs to change in my life?

And for some, it begins with a subtle feeling that something is unresolved, unclear, or ready to shift.

The pilgrimage to Nihue Rao Centro Espiritual leads you into the Peruvian Amazon, into a traditional setting where plant medicine has been practiced and preserved over generations. But more importantly, it brings you into direct contact with yourself.

Not only because you leave your everyday life behind, but because you enter a fundamentally different environment. The Amazon rainforest has its own rhythm, its own intensity, and its own way of stripping things down to what is essential. Removed from the noise and structures of modern life, and immersed in this living ecosystem, a different kind of awareness can emerge.

Over the course of this journey, you will be invited to slow down, to listen, and to engage in a process that is often subtle, sometimes challenging, and at times deeply meaningful. At the same time, this is also a rare opportunity to experience Ayahuasca in the environment where it originates, the Amazon jungle and within a tradition that has been carried forward with care and discipline.

You will be working with people who have dedicated years of their lives to this path, including a Shipibo maestro who holds and guides the ceremonial space in accordance with his tradition.

Rather than offering quick solutions or promises, this journey offers something more grounded:
a direct experience of the place, the practice, and yourself within it.

If you feel called to this path, we welcome you.



Why We Offer This Pilgrimage

Traveling alone to the Amazon to work with Ayahuasca can be deeply transformative but also intensely challenging.

For many, the first obstacle is simply taking the step. Organizing the journey, navigating logistics, and committing to travel deep into the Amazon can feel overwhelming. The distance, the unfamiliar environment, and the uncertainty around what to expect often hold people back before the process has even begun. We aim to make this step more accessible by offering guidance, clarity, and support from the very beginning.

Rather than arriving individually, you are part of a small, contained group of people who have chosen to step into this process together. While each person's experience is deeply personal, the shared environment often creates a quiet sense of support and connection.



Being surrounded by others who are going through their own process can make challenging moments more manageable and meaningful ones easier to integrate. Without forcing interaction, the group naturally becomes a form of support through presence, shared understanding, and the simple recognition that others are walking a similar path.

The jungle environment, the climate, and the simplicity of life can be overwhelming, especially in the beginning. You are far from what is familiar geographically, culturally, and internally. At the

same time, the work with Ayahuasca can bring up powerful experiences. Emotions, memories, and physical processes can arise in ways that are not always easy to navigate on your own.

In many cases, people find themselves in a space that is new and meaningful but also difficult to fully understand or integrate without guidance. Language barriers, cultural differences, and different approaches to healing and communication can sometimes make it harder to ask questions, express what is happening, or make sense of the experience afterwards.

We created this pilgrimage to bridge these worlds.

Not to change the tradition but to help you enter it with more clarity, preparation, and support. Our role is not to replace the work of the maestro or the tradition itself.

Rather, we aim to create a layer of orientation around it:

- helping you understand what you are stepping into
- supporting you in preparing for the experience
- being available during the process
- and assisting you in making sense of what arises

This allows you to engage more fully with the experience without feeling lost in it. The intention is simple: to make this path more accessible, without taking away its depth.

Who We Are

This pilgrimage is guided by people who know Nihue Rao from the inside.



Chris has been working with Amazonian plant medicine for over a decade and has been returning to Nihue Rao for many years, building a deep connection to the work, the environment, and the people. He is currently apprenticing in the Peruvian Amazon under the guidance of Maestro Ricardo Amaringo.

His background also includes over 15 years of dedicated work with addiction and compulsion, through 12-step recovery, hospice care, and supporting people in end-of-life transitions. Alongside this, he continues to deepen his understanding through ongoing studies in trauma support and recovery.

Mario spent over two and a half years living and working at Nihue Rao, where he was responsible for managing operations and coordinating the retreat environment. During this time, he developed close relationships with the Maestros and the team, and later dedicated himself fully to the study of plant medicine under the guidance of Maestro Ricardo Amaringo. He is also deeply engaged in learning and preserving the Shipibo language.



We do not see ourselves as intermediaries, but as long-term students of this path. Having spent significant time within the tradition, while also being rooted in a Western context, we understand both perspectives the psychological processes many participants bring with them, and the ceremonial framework of the Shipibo tradition.

What This Journey Is - And What It Is Not

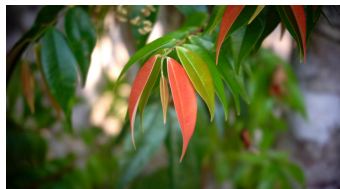
This journey takes place in a center where Ayahuasca is approached primarily as a medicine.

People who come here are usually not seeking a recreational or purely exploratory experience. They come because they are looking for real support with personal struggles, with addiction, with emotional or psychological challenges, or because they are committed to learning and working with the medicine in a serious way.

To avoid misunderstandings, it is important to be clear:

This is not a wellness retreat. It is closer, in many ways, to a form of spiritual hospital. The work here is not focused on external experiences, but on your relationship with yourself. It is not about chasing visions or adopting spiritual ideas, but about turning your attention inward and engaging with what is actually there.

A central part of this process is the Shipibo dieta.



During this journey, you will take part in a two-week master plant diet under the guidance of a Shipibo maestro. In many ways, this process can be compared to a form of fasting not only physically, but also mentally and socially. The diet involves a highly restricted intake of food, typically simple and unseasoned, without salt, sugar, spices, or stimulants. At the same time, there is a strong emphasis on

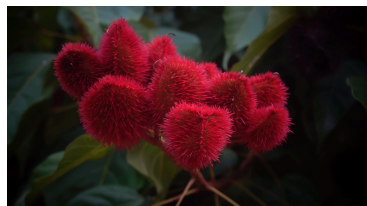
reducing external input: limited social interaction, minimal distractions, and extended periods of solitude. This structure is not arbitrary.

It is part of a long-established tradition designed to create the conditions for deeper internal work by simplifying the external environment and allowing more subtle processes to come into focus.

The traditions around the *dieta* are taken seriously, as they are considered essential for receiving the full benefit of the experience. At the same time, this is not a process of quick healing or sudden transformation. It is not about having a single experience that changes your life in a dramatic or magical way. Rather, it is a gradual process that requires patience, attention, and your active participation.

What this journey offers is a space structured, supported, and rooted in tradition in which you can engage with yourself in a deeper and more direct way. At times, this can be clear and meaningful. At other times, it can be uncomfortable, confusing, or challenging. Both are part of the process.

At the same time, this journey is not about adopting a belief system. You are not expected to take on a specific worldview or interpretation. You are invited to observe, to experience, and to make sense of it in your own way. This path tends to resonate with people who are willing to look honestly at themselves, who are open to uncertainty, and who are not looking for quick answers, but for something real.



Why People Come

For many, the decision to come here does not arise from a single reason, but from a longer process. It can begin with curiosity or a sense of fascination with the Amazon, with Ayahuasca, or with the possibility that there is more to understand beneath the surface of one's experience. But over time, this curiosity is often accompanied by something more personal. A feeling of being stuck in certain patterns. Repeating thoughts, behaviors, or emotional reactions that are difficult to change. A sense that something remains unresolved, even after trying different approaches.

Some arrive with a clear intention for example, to work with addiction, compulsive behaviors, or long-standing emotional struggles. Others come with less defined questions, but with the sense that something in their life is out of alignment. It is not uncommon that people reach a point where what has worked in the past no longer seems sufficient. Strategies, distractions, or ways of coping may begin to lose their effect, and the underlying questions become harder to ignore.

For some, this leads to a more direct question:

What is actually driving the way I think, feel, and act?

Why do I return to the same patterns, even when I understand them?

What needs to change? Not only externally, but internally?

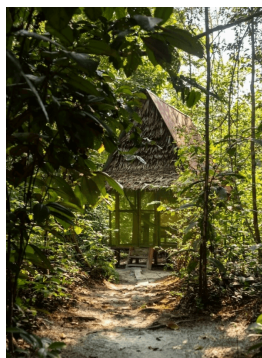
At the same time, there are also those who come because they feel drawn to learn to understand the practice more deeply, and to engage with it in a more committed and respectful way. Despite the different entry points, there is often a common thread: a willingness to look more honestly at oneself, and a recognition that real change may require more than surface-level solutions. This is why the process you are entering here is structured the way it is. Not to provide quick answers, but to create the conditions in which these questions can be explored more directly within yourself.

The Setting and the Work

The journey takes you into the Peruvian Amazon, just outside of Iquitos, to a place called Nihue Rao.

Nihue Rao is not only a retreat center, but part of a small village known as Llanchama; a community of people who live and work together in close connection to the surrounding forest. The people you encounter there are not staff in the conventional sense, but part of an environment shaped by long-term relationships, shared work, and a way of life that is deeply connected to the land.

Life in this setting is simple and, at times, physically demanding. Accommodation is basic. There is no insulation from heat, humidity, or the natural sounds of the jungle. You will hear insects at night, wake up with the rhythm of the environment, and move through days that are less structured by external schedules and more by the conditions of the place itself.



Electricity, comfort, and privacy are limited compared to what most people are used to. This is not incidental, it is part of what creates the conditions for the work.

The sense of remoteness is real. Reaching the center requires travel by boat, and once there, you are largely removed from the usual points of reference: no constant internet access, no easy distractions, no immediate way to “step out” of the experience.

For many, this is one of the first challenges and also one of the reasons why the process can go deeper. Without the usual ways of avoiding discomfort or shifting attention, what is present internally tends to become more visible.

Within this environment, the work with Ayahuasca takes place. Ayahuasca is approached here as a medicine, not as a substance for exploration or entertainment. The way it is held reflects this: with structure, discipline, and respect for the process.

Experiences can vary significantly from person to person, and from ceremony to ceremony. They may involve physical sensations, emotional release, memories, insights, or periods of confusion or resistance. Some experiences are clear and meaningful in the moment. Others are more ambiguous and only begin to make sense over time.

There is no expectation of a certain type of vision, no requirement to have a “deep” experience, and no hierarchy of what is considered more or less valuable. What matters is not the intensity of what happens, but how you relate to it.



The ceremonies themselves take place at night, typically in silence and darkness. Participants sit or lie in a shared space, each within their own process, while the overall structure is held by a Shipibo maestro. A central element of the ceremony is the use of icaros, traditional healing songs that are sung individually for participants and into the space as a whole.

From a Western perspective, the role of the maestro can be difficult to fully understand at first. Rather than leading through verbal guidance or explanation, the work happens in a more subtle way through presence, experience, and the relationship between the participant, the medicine, and the ceremonial space.

The process is not directed from the outside, but supported in a way that allows each person’s internal experience to unfold.

This way of working is part of a broader Shipibo tradition that has been developed and preserved over generations. It is based on long-term learning, discipline, and direct experience not only with Ayahuasca, but with a wide range of medicinal plants, each with its own role and method of application. The ceremonies are not separate from this system, but one part of a larger framework that includes the dieta, the lifestyle, and the relationship between the healer, the plants, and the environment.

Understanding this intellectually is one thing. Being within it, even for a limited time, is something else.



Being in this environment, and engaging with this form of practice, is not about observing from the outside. You are not visiting as a spectator, but stepping into a living system, one that operates according to its own logic, rhythm, and set of values.

This requires a certain openness, but also a willingness to let go of expectations about how things “should” be. What you encounter here is not curated or adapted for comfort. It is direct, sometimes challenging, and often unfamiliar but for many, this is precisely what allows something real to emerge.



Practical Overview

This journey is a structured and guided pilgrimage to Nihue Rao in the Peruvian Amazon.

Over the course of approximately two weeks, you will take part in a traditional Shipibo master plant dieta, including multiple Ayahuasca ceremonies held within a disciplined and experienced ceremonial setting. You will be living in simple accommodations, in a remote jungle environment, as part of a small and contained group. The process includes preparation, guidance during the stay, and support in navigating and integrating your experience.

What is included:

- Organization and coordination of the full journey to Nihue Rao
- Guidance and support before, during and after the retreat
- Translation and cultural bridging where needed
- Accommodation at the center
- All meals within the dieta framework
- 8 Ayahuasca ceremonies guided by a Shipibo maestro
- 14-Day Master Plant Diet
- Ongoing support within the group setting

Exchange

The total cost for this journey is **\$3,900 USD**.

This includes all aspects of the program as outlined above. Travel to and from Peru is not included. If you feel a genuine interest in this work, or a sense that this path resonates with where you are, you are welcome to reach out.