



Four Necessary Boxes to Tick When Choosing An Ayahuasca Retreat

After many years of facilitating ayahuasca retreats in Peru, we have a good understanding of what is most important in your consideration of where to experience ayahuasca for yourself.

Regardless of where you decide to book your ayahuasca retreat, we want only the best for you – to feel safe, well-informed and ready to get the most out of your experience. These four points will help you cut through the noise and focus on what is most important to have the best journey possible.

Look for **authenticity**

Confirm that the leader of ceremony is an authentic healer, a trusted person, and has a history of **strong ethical conduct and responsibility** with ceremony participants. Consider if you are able the **quality, source, and dosage** of the medicine used in ceremony. And, importantly, investigate what, if any, other traditional healing modalities are included in your retreat to compliment your plant medicine ceremonies – plant dietas, rituals, plant education, and other traditional practices that take your healing journey to the next level.

AYA Healing retreats works with a traditional Shipibo Shaman with a long family lineage of plant medicine and traditional Peruvian healing modalities. Our retreats include much more than just ayahuasca ceremonies; you will take part in a master plant dieta, participate in experiential learning, icaraos, vapor baths, and more, all of which are part of the traditions of the ancient Shipibo holistic healing processes.

Look for **quality**

Carefully read reviews from previous retreat participants if they are available. Read carefully, because you can learn and understand a lot from how people describe their experiences – what they say as well as what they don't say. Another important tip: pay

attention to the application and screening process. Retreat operators should do their best to understand who their applicants are and identify signs that could potentially complicate an applicant's experience with ayahuasca or indicate that the applicant is not a good match for their retreat.

AYA Healing Retreats is proud to share our many positive reviews from past ceremony participants. Our application process has been designed in partnership with the International Centre for Ethnobotanical Education, Research and Service (ICEERS) to best understand who are applicants are, whether plant medicine is suitable for them, and how we can best provide them with a powerful healing journey.

Look for **care**

Check out the retreat's facilities. Are they comfortable? Are they well-equipped? Are they prepared for a possible contingency? Examine the retreat's staff members. Are they professional? Are they qualified? What do past reviews say about the location? What do they say about the attitude and character of the healer and facilitators? And examine the retreat's program. Is it general or specific? Personalized or not? Does it sound like your personal well-being are top priority?

AYA Healing Retreats has invested in building a safe, comfortable, and inviting retreat location outside of Iquitos, Peru. Our staff include doctors, psychologists, trained facilitators, and clinical social workers. We design our retreats for you: personalized consultations with the healer, a personal master plant dieta, and a staff that puts your safety and well-being first.

Look for **support**

A good ayahuasca retreat starts well before ceremony and ends well after it. Your retreat operator should know this, understand the importance of it, design their retreats around it, and guide you through the entire experience to maximize your healing and provide the best journey possible. Look for how your retreat operator supports you in setting your intentions and goals for the journey, how they ask you to prepare in the days and weeks before your ceremonies, how they support you during

your retreat, and how they follow up afterwards, helping you to integrate your experiences for long-term healing.

AYA Healing Retreats supports you from your first contact with us until long after your retreat concludes. Our program is designed to support you as you prepare before traveling, as well as supporting you in integrating your experience post-ceremony with a follow-up consultation with a trained integration professional. We emphasize the importance of setting and holding your intentions and integrating your experience into your world outside of ceremony to make lasting healing changes in your life.

One final tip

Don't be afraid to talk to retreat hosts before you book. A good retreat operator will want to talk to you and be open and willing to answer any questions you may have. This gives you an excellent opportunity to get a sense of who is behind the website, the reviews, and any other research that you do.

Questions about what you've read here, about our retreats, or about anything else? Drop us a line any time. We're happy answer any questions you have or even set up a call if you'd like to talk.

To Your Journey of Healing and Wisdom,

AYA Healing Retreats