

DEEP IMMERSION JOURNEY INTO THE HEART

PERU RETREAT APRIL 2020

**YOGA MEDITATION BREATHWORK DETOX DRINKS
SUPERFOODS & SUPERHERBS SOUND HEALING
SWEAT LODGE MINDSET TOOLS SHADOW WORK
SACRED PLANT MEDICINE TRIP TO MACCHU PICCHU & MORE**



DATES: APRIL 21-28, 2020

This deep immersion retreat includes:

7 nights & 8 days accommodation at Pachamama Wasi

3 daily vegetarian meals

Detox drink

Yoga

Meditation

Breath work

Workshops on:

- Upgrade your life with Superfoods & Superherbs
- Detoxing body & mind & spirit
- Shadow work
- Learn powerful mindset tools to raise your vibration and shift negative energies
- Cacao Ceremony
- Sacred Plant Medicine ceremony with shamanic sound healing
- Sweat lodge
- Trip to Macchu Picchu
- Transfer from/to Cusco airport
- Option for trip to ancient town of Pisac with local markets or Spa Treatments

Join us for a deep immersion, once in a lifetime, retreat experience in one of the most pristine magical places on Earth, the Sacred Valley of the Incas in Peru. The energy is highly conducive for profound transformation and healing.

Journey home to the center of your heart to activate your authentic power and detox body, mind and spirit. Awaken your inner healer and access your divine wisdom. Experience inner peace and embody your highest Self.

Release emotional & physical blockages, subconscious programs and limiting beliefs that have been holding you back from living fully and radiating your precious gift out into the world. Transcend your fears and experience freedom beyond your wildest dreams. Remember who you truly are. Come home to yourself.

Sabina created this unique program to open, align and empower your body, mind & spirit. It will provide you with clarity of your vision and divine purpose so you can then start living life from your Truth & inner guidance, along with adventures and cultural immersion.

ACTIVATE YOUR AUTHENTIC POWER

A woman in a white dress stands on a stone wall, her right arm raised towards the sky. To her right is a colorful statue of Lord Ganesha. The background features a vast, arid landscape with rolling hills and mountains under a blue sky with scattered clouds. In the foreground, there are some orange flowers and a stone wall.

**Pachamama Wasi
Sacred Valley Peru
April 2020**

Enjoy 8 magical days at the beautiful sanctuary Pachama Wasi in the heart of the Sacred Valley of the Incas, close to Urubamba, about 1 hour away from Cusco airport. Spiritual, Yogic and Shamanic “Home of Mother Earth” is a family run retreat center founded by Inti Cesar and Ananda Mai Malasquez with the philosophy and belief that everyone should have access to Pachamama's healing beauty. Taking from their global travels and extensive stay in India, Inti and Ananda Mai made Pachamama Wasi into a global retreat center. More info at www.pachamamawasi.com, Facebook: Pachamama Wasi



The center has a Yoga Dome, a sweat lodge, an Indian temple and sacred fire place, as well as beautiful themed rooms with private showers and mesmerizing views of the valley and the mountains. The Tibetan room is furnished with Tibetan tankas and art while the Indian, Mexican and African rooms are decorated with paintings and spiritual imagery from their cultures.

The main house has a comfortable living area furnished with instruments for impromptu jam sessions.



The workshops and ceremonies will be held in the Yoga studio/Maloka or in the beautiful gardens overlooking 360 degrees over the magical Andes Mountains. The land is vast and is surrounded by meditation gardens where you can sit on the grass and lean against a tree, gaze at the mysterious cloud formations while enjoying a marvelous view of the Sacred Valley.

Pachamama Wasi offers a high vibrational energy for you to maximize the benefits of healing and transformation. The property is inspired by all the elements of “Pachamama” purest beauty, and infused with spiritual elements from traditional India like the Yoga-Shala-Maloka, the Krishna Temple and lovely estate grounds with plants, gardens, flowers, Buddhas etc.



SWEATLODGE FACILITATED BY ANANDA MAI

The indigenous sweat lodge ceremony is one of great stillness and purification. The lodge represents the great Mother and when we sit in stillness inside her in complete darkness except for the glow of the red hot stones, time stops. There is nothing besides the moment and in this atmosphere we pray and sing to our souls content, realigning our bodies, mind and soul with the purity of our life purpose. Emerging from the sweat lodge after a ceremony always feels like being reborn.



Ananda Mai has founded Pachamama Wasi in the 90s with her husband and together they have created a sanctuary for healing, rejuvenation and transformation. Their traveling experience and love for culture can be seen throughout Pachamama Wasi in its Incan architecture, Indian statues and fountains, water flowing through beautifully crafted channels and Meditation halls.

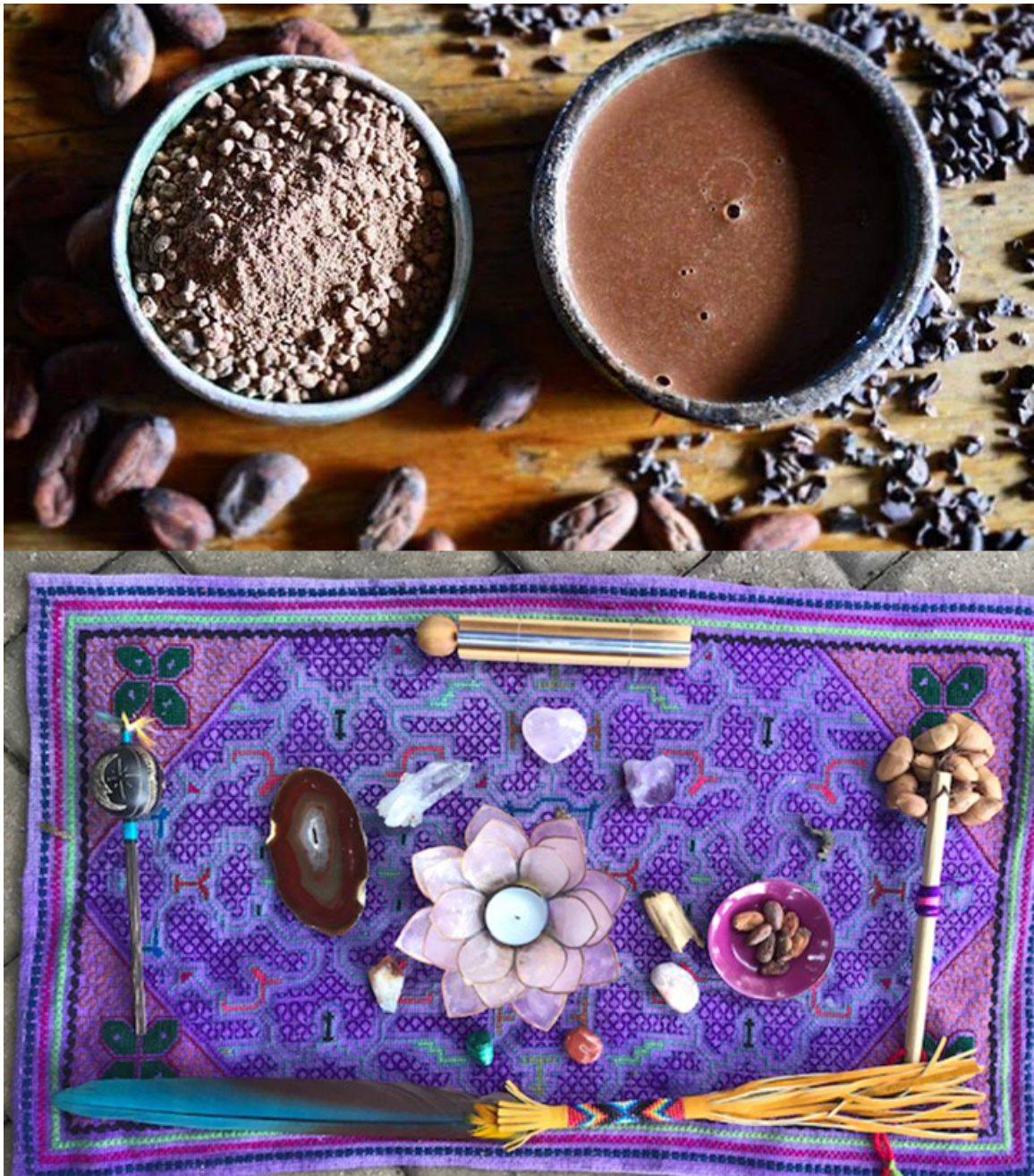
Ananda Mai loves creating healthy delicious meals and she welcomes you to enjoy a unique experience at the home of Mother Earth.

All meals are vegetarian, organic and local, prepared with so much love. Many vegetables and herbs come from Ananda Mai's own organically grown garden.



SACRED CACAO CEREMONY FACILITATED BY SABINA

Let's invoke the Sacred Cacao God as we share medicinal cacao in a beautiful heart opening ceremony. This Cacao drink from the Peruvian amazon mixed with superfoods & superherbs increases the blood flow to the brain and the heart. You will tune into a higher vibration and connect to the love within you.



SACRED PLANT MEDICINE CEREMONY WITH SAN PEDRO CACTUS

Opening the path ways of the heart

Wachuma, The Master Teacher and Spiritual Healer

Wachuma (San Pedro) is considered an extremely potent visionary Plant medicine from south America which can treat a range of emotional, mental, and physical disorders and is also effective at treating addictions. This sacred cactus has been used for thousands of year through out Andean cultures to connect with the Divine spirit and creator of the universe. This sacred plants purpose is to open the hearts of those who in this time, of life have lost the sacred connection we all have with mother Earth. This heart opening ceremony incorporates the use of Frequency healing which is achieved through the use of a variety of Andean instruments and songs that are meant to open the heart, body mind and spirit, to recollect the particles of life that at some point of our journey have strayed from our souls. This visionary plant medicine journey will give you the healing and awaking you have been searching for

this sacred ceremony will allow us to reconnect with what we are born with, our divine essence belonging to Mother Earth that often remains dormant within in us and with only own intention we can reawaken

Visions reached with Wachuma allow you to connect and better understand who you are and what your mission in life is , heal from past traumas, open the spiritual doorway for transformation to take place in our lives and allow the healer within to come forth.



Wachan Bajiyoperak, third generation Inka Medicine Man from Peru is Specialized in healing with Plant Medicine Wachuma, to achieve the spiritual breakthroughs we are seeking, through the Alchemy prayer, sacred Chants, frequency healing and sound therapy accompanied by his vast knowledge acquired over 40 years , combined with the teachings passed down to him from previous generations of Inka healers including his father a gifted medicine man Best known for his vast knowledge in Sacred plant medicine



Martika Bajiyoperak, is a skilled frequency sound healer who works along side Wachan her life partner in the healing arts and herbal medicine . She was raised in the sierra Nevada of Colombia with the kogi natives one of the most powerful cultures who still keep their traditions alive, here she acquired many years of wisdom in prayer and ancient ceremonies to give back to mother earth . Through her magical voice she will guide this powerful plant medicine journey with sacred chants to activate the Healing that will take place

WACHAN: "Some of these songs have been played for thousands of years. They express the inner rhythms of life, like the wind that sings with the birds and the rivers and oceans that dance with the roar of thunder."

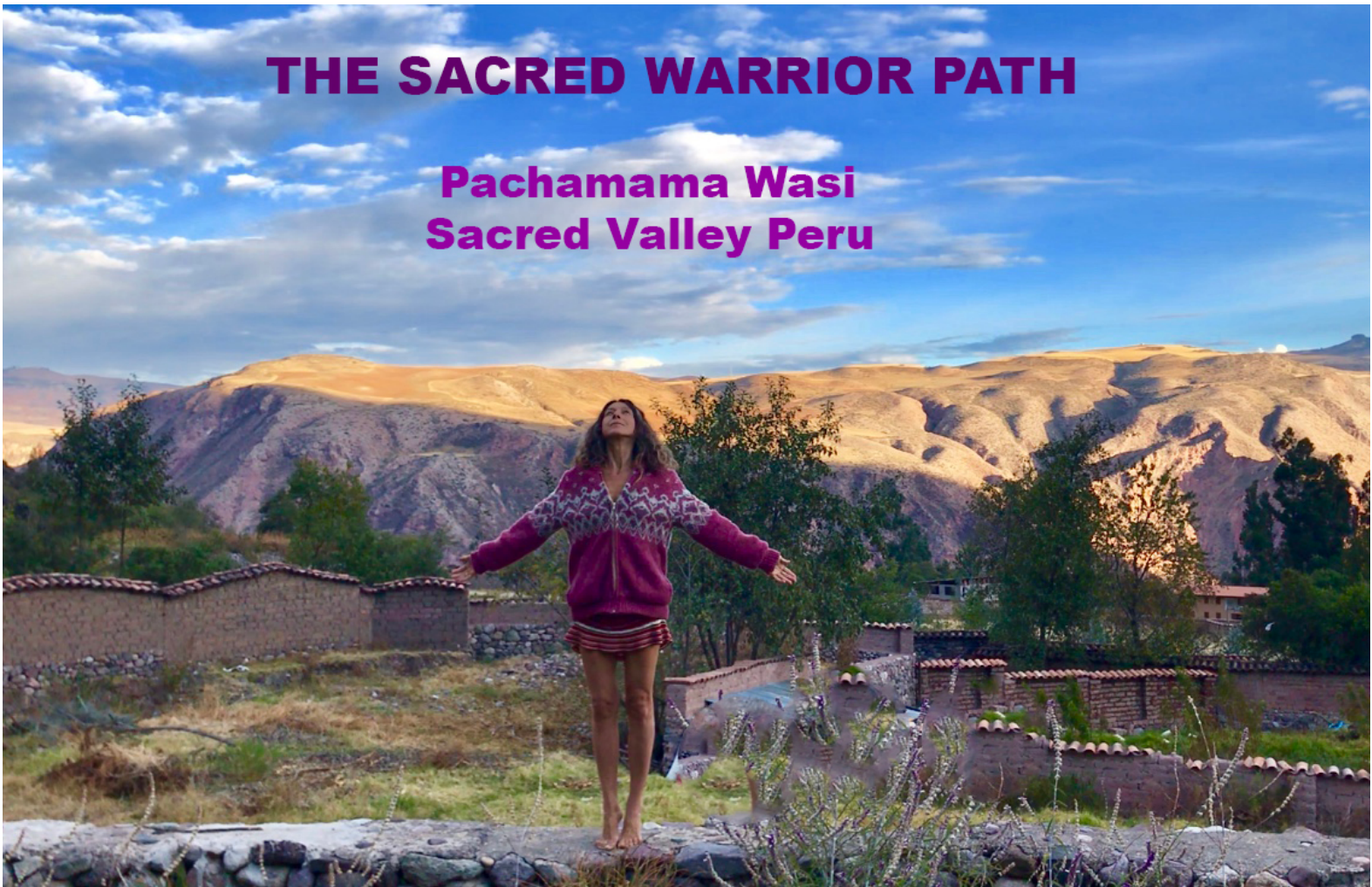
WORKSHOP ON THE SARED WARRIOR PATH BY SABINA

AWAKEN YOUR INNER HEALER. ACCESS YOUR DIVINE INTUITION.
ACTIVATE YOUR AUTHENTIC POWER. EXPERIENCE ULTIMATE FREEDOM.

- Upgrade your life to optimal health, vibrant energy and natural beauty with superfoods & superherbs.
 - Why detoxification is more important than nutrition and the most powerful tools for detoxing body, mind and spirit so you can tap into high creativity, peak performance, mental clarity and your radiant Self.
 - Activate and decalcify your pineal gland so you can tune into your inner wisdom and divine guidance.
 - Own and reveal your shadow so you can use your darkness as a powerful tool for transformation and healing.
 - Empower yourself with mindset tools and techniques to shift negative thoughts & emotions and limiting beliefs.
 - Release blockages to raise your vibration so you can become a manifestor of your life.
- **More info at www.sabinakurz.com**

THE SACRED WARRIOR PATH

**Pachamama Wasi
Sacred Valley Peru**



TAKE A MAGICAL JOURNEY TO MYSTICAL MACCHU PICHU

Machu Picchu stands 2,430 m above sea-level, in the middle of a tropical mountain forest, in an extraordinarily mesmerizing setting. Embedded within a dramatic landscape at the meeting point between the Peruvian Andes and the Amazon Basin. The Historic Sanctuary of Machu Picchu is among the greatest artistic, architectural and land use achievements anywhere and the most significant tangible legacy of the Inca civilization. It was probably the most amazing urban creation of the Inca Empire at its height; its giant walls, terraces and ramps seem as if they have been cut naturally in the continuous rock escarpments. The natural setting, on the eastern slopes of the Andes, encompasses the upper Amazon basin with its rich diversity of flora and fauna.



Optional day of relaxing at Pachamama Wasi and having spa treatments
Full body deep tissue massage and facials are available (extra fee)

Or take a trip to the ancient town of Pisac and shopping at local markets
(taxi about \$10 one way)



If this deep immersion retreat resonates with you please contact Sabina at sabinakurz@gmail.com

We offer different payment plans to accommodate your specific needs.

Please note that this retreat requires the openness and commitment to do the deep inner work that is required for transformation and healing.
For anyone who likes to go even deeper there are additional shamanic healing modalities and ceremonies available upon request.

Airline Tickets are NOT included in the retreat and need to be purchased on your own. The Airport is Cusco. Pickup at airport will be arranged for you.

Check-in at Pachamama Wasi is 2 pm and checkout is noon.

