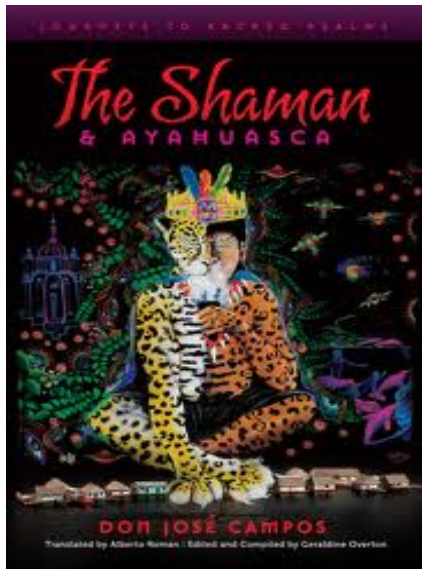


Shamanic Healing Dieta with Don Jose Campos in Amazonia

(April 24 – May 7, 2016)



The "Dieta" will be held at **Munay Camp** owned and managed by **Don Jose Campos**. Munay which means "to love" in the native Quechua language is a beautiful and private Amazonian campsite created for spiritual healing and inner exploration deep in the Ucayali Region of the Peruvian Amazon.

During your stay you will experience the ancestral traditional healing "Dieta". You will find that solitude is a spiritual gem to be explored and deepened. There will be held 5 ceremonies with Ayahuasca – plant of visions. You can expect to experience healing, solitude, meditation, compassionate dialogue, and plenty of walking and swimming on the rustic trails and the beautiful river and nearby waterfalls that run along and

through Munay.

Your tambo – small house includes 5-gallon bottle of drinking water for your 10-day stay. You will also receive daily detox tea to help with the blood cleanse. Fresh Wayusa leaves are provided each morning to use in replacement of soap, deodorants, and toothpaste that are not allowed during the Dieta. Dietary meals are served at your tambo twice daily, free of oils, salt, sugar, or condiments. The methods observed at Munay are what the ancient shamanic cultures did to heal their members out of disease.

The campsite consists of a central service area with a kitchen, a large "Maloca", or common area where healing activities are held, and 20 riverside tambos. The tambos are single occupancy and are located approximately 30-40 meters from each other with little or no visual contact between them. The staff members under the direction of Don Jose are devoted to making your journey with Munay safe, joyous, and deeply rewarding. You will leave Munay positively transformed in a manner that you may have never imagined possible.

The price for the retreat is \$1,650 and includes all food and accommodation, local airline ticket Lima-Pucallpa and Pucallpa-Lima, and local transportation from 4/25-5/7/2016. Price does not include international flight.

www.healinginperu.com
Phone: (954)515-9202

RESERVATION REQUEST

If interested in joining us in this amazing experience please send an email with the following information together with your \$500 deposit to be used to buy your Lima-Pucallpa, Pucallpa-Lima Airline tickets and reserve the spot:

- (1) Name as in passport, home address
- (2) Passport number, nationality, passport expiration date
- (3) Birth date
- (4) Email address, phone number
- (5) Emergency contact person, phone number and/or email

DEPOSIT

Deposit of \$500 to be send to my US bank account **or via paypal** to **alicia@healinginperu.com**



PREPARATION GUIDELINES

After reaching Pucallpa, the night before our departure to Munay, you will divide your belongings in the ones you are taking to the jungle and the ones you will leave in Pucallpa (under safe custody, you can leave electronics, cash, passport, valuables, etc.). \$1,150 is due upon arrival in Pucallpa in US dollars.

Bring one backpack or easily managed suitcase. Sturdy shoes or hiking boots comfortable for walking, sandals or shoes you don't mind getting wet. The Amazon is quite hot, but during the evenings if it rains, it can cool down quite a bit. Fast drying clothes that can be layered work best. The following are suggested items to bring:

Light, water-resistant jacket, fleece or wool sweater, bathing suit, flashlight or headlamp with extra batteries, plastic bags (zip lock bags and a larger trash bag), personal water bottle, small musical instruments, books, writing materials, First Aid Kit, photocopy of your passport, Insect repellent. There is no electricity or wifi on the campsite. We will have candles provided.

Bring extra Soles for roadside refreshments, tips and for supporting the local communities. There will be a lot of opportunities to buy handcrafted presents and art.

CALENDAR

- 4/24 Arrive Lima. Overnight in Lima. Accommodation and meals included in a motel nearby the airport. Airport pick up and transportation to motel. If you arrive in the morning we will also visit museums
- 4/25 Early morning departure from Lima to Pucallpa - spend the day and evening at Don Jose's home with the group. Travel, food and sleeping arrangements are included.
- 4/26 Leave Pucallpa to Munay(jungle). Arrive in Munay around 1pm.
- 4/27 Dieta begins. First group ceremony.
- 4/28 Rest and drink plants
- 4/29 Second ceremony
- 4/30 Rest and drink plants
- 5/1 Third ceremony
- 5/2 Rest and drink plants
- 5/3 Forth ceremony
- 5/4 Rest and drink plants
- 5/5 Fifth Ceremony (day -time ceremony, starts in the morning)
- 5/6 Rest and integration. Return to Pucallpa. Spend the day and evening at Don Jose's home with the group. All food included.
- 5/7 Fly out to Lima in the morning or afternoon.

