



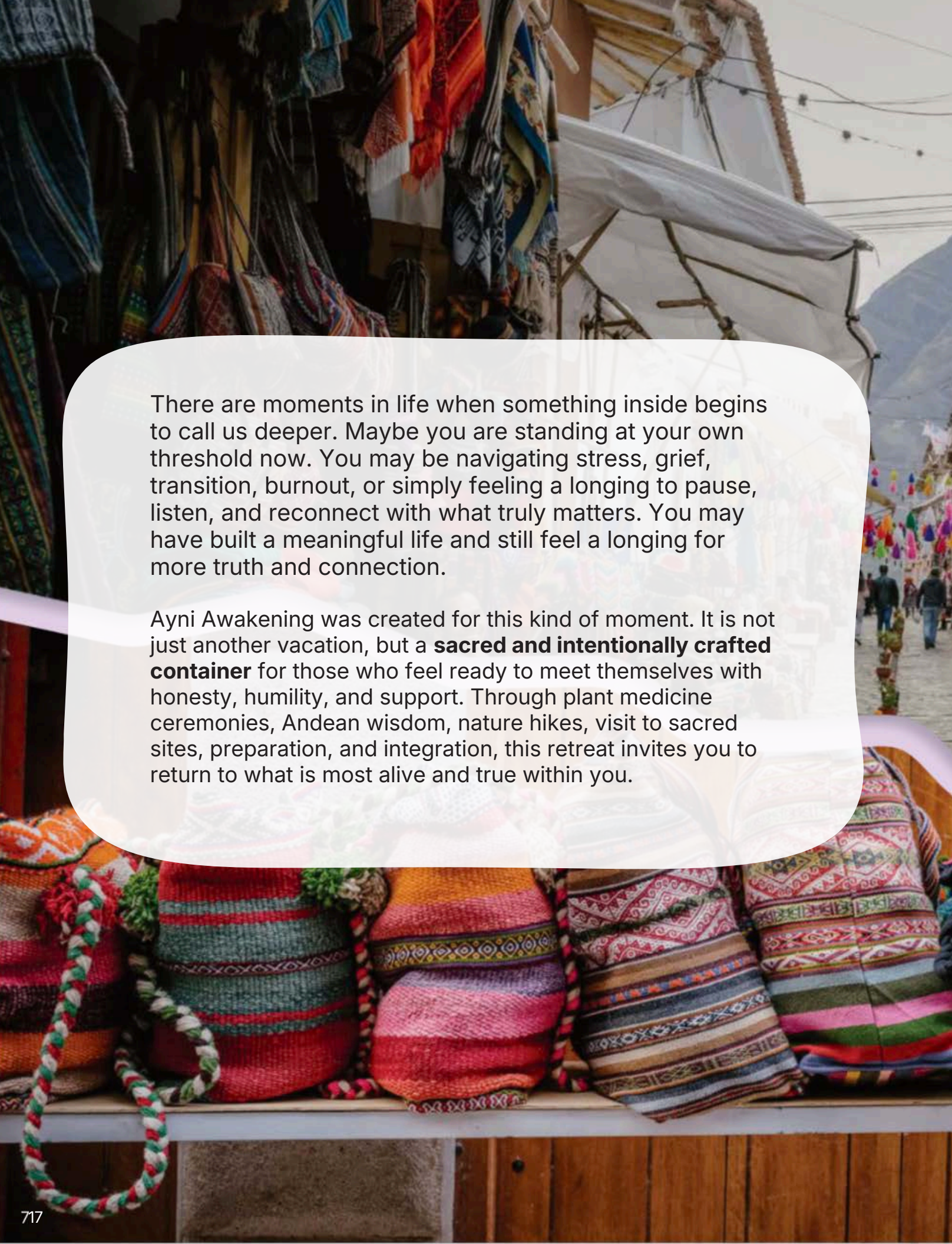
**HOLISTIC
THERAPEUTIX**

November 7–15, 2026
8 Nights, 9 Days

Ayni Awakening Plant Medicine Retreat

Sacred Valley, Peru



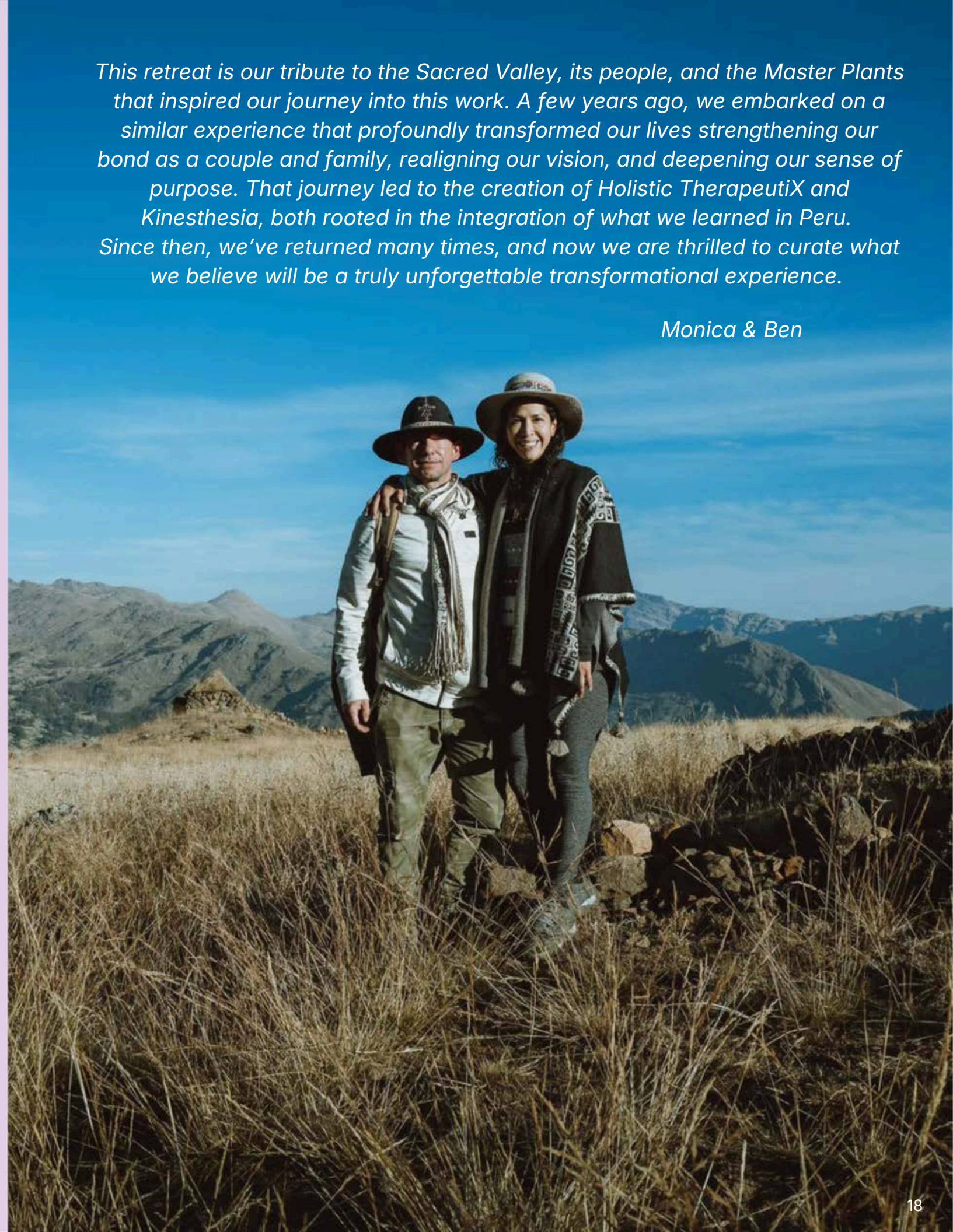


There are moments in life when something inside begins to call us deeper. Maybe you are standing at your own threshold now. You may be navigating stress, grief, transition, burnout, or simply feeling a longing to pause, listen, and reconnect with what truly matters. You may have built a meaningful life and still feel a longing for more truth and connection.

Ayni Awakening was created for this kind of moment. It is not just another vacation, but a **sacred and intentionally crafted container** for those who feel ready to meet themselves with honesty, humility, and support. Through plant medicine ceremonies, Andean wisdom, nature hikes, visit to sacred sites, preparation, and integration, this retreat invites you to return to what is most alive and true within you.

This retreat is our tribute to the Sacred Valley, its people, and the Master Plants that inspired our journey into this work. A few years ago, we embarked on a similar experience that profoundly transformed our lives strengthening our bond as a couple and family, realigning our vision, and deepening our sense of purpose. That journey led to the creation of Holistic TherapeutiX and Kinesthesia, both rooted in the integration of what we learned in Peru. Since then, we've returned many times, and now we are thrilled to curate what we believe will be a truly unforgettable transformational experience.

Monica & Ben





What is Ayni Awakening Retreat?

Ayni Awakening is a **9-day plant medicine retreat** in the Sacred Valley of the Incas, designed to reconnect you with nature, honor ancient traditions, and facilitate profound personal growth.

Guided by **experienced facilitators and medicine carriers** rooted in the principles of Ayni (reciprocity, balance, and interconnectedness), this retreat offers a unique blend of plant medicine ceremonies, Andean rituals, holistic practices, and cultural immersion.

Who is This Retreat For?

This retreat is ideal for seekers who are:

- Ready to step into a **safe, private** plant medicine journey.
- Drawn to **authentic Andean Inca wisdom** and ready to integrate its meaning into your life.
- Seeking profound **healing, clarity, and reconnection** with your deepest **purpose**.
- Looking for an **intimate** experience with a **1:2 facilitator-to-participant** ratio for personalized guidance.

Why Join Us?

Our retreat offers a carefully designed framework to prepare, guide, and support you through a profound journey:

Preparation Journey & Meetings

A guided online Cannabis & Breathwork journey and two preparation sessions, designed to cultivate emotional readiness, clarity, and trust as you enter this experience.

Integration Journey

After the retreat, we will gather for a group online Cannabis & Breathwork integration session offering space for reflection, closure, and a grounded return to daily life.

Ongoing Integration Meeting

Integration begins one week after the retreat with a group call, followed by **monthly online sessions for six months** providing continued support, reflection, and community.

Private Coaching

Each participant receives a one-on-one integration session, offering personalized guidance to support their unique process and anchor lasting change.

Profound Connection Through Plant Medicine

Experience the transformative power of **plant medicine** ceremonies led by **expert medicine carriers** who honor sacred ancestral traditions. These powerful plant medicines are known to:

- Release emotional blockages.
- Awaken spiritual insights.
- Catalyze lasting personal growth.
- Enhance Emotional Intelligence.
- Gain clarity and focus.

Reconnect with Ancestral Wisdom

Participate in traditional **Andean ceremonies**, such as the despacho ceremony, clay ceremony and fire rituals, honoring Pachamama (Mother Earth) and the Apus (mountain spirits).

A Unique Journey in the Sacred Valley

- Visit traditional Andean villages and the **sacred mountains of Kinsa Cocha**.
- Sacred journey to the iconic **Machu Picchu and Ollantaytambo**, ancient sacred cities of the Incas.

A Holistic Approach to Integration

- Andean **Yoga** for grounding and balance.
- Group **integration circles** for your reflection.
- One day of **wellness spa** at Munay Sonqo healing facilities, including steam and infrared saunas, cold plunges, and a halotherapy salt cave.
- Organic, **farm to table** high-vibration meals crafted to nourish your body and soul.
- A nurturing **natural environment** for reflection, healing, and growth.

What You'll Experience

Day 1 – Arrival & Opening

Arrival at Munay Sonqo Retreat Center. We begin by gently landing into the space, grounding through a traditional despacho ceremony and a sacred fire to set intentions, and open the container for the journey ahead.

Days 2–3 – Descent & Inner Exploration

Two guided Ayahuasca ceremonies held in a safe and supported environment, inviting deep introspection, emotional release, and expanded awareness. Each ceremony is complemented by yoga, and integration group support. Hapé and Sananga are offered in alignment with tradition.

Day 4 – Purification & Renewal

A traditional Temazcal (sweat lodge) ceremony for cleansing and rebirth. This powerful ritual supports the release of what is no longer needed, reconnecting you to the body, the elements, and ancestral wisdom.

Days 5–6 – Expansion & Heart Opening

Two Huachuma ceremonies held in the sacred mountains, guiding a gentle yet profound opening of the heart. These journeys invite clarity, connection to nature, and a deeper sense of unity with life.

Day 7 – Integration & Celebration

A day to soften and integrate. Enjoy the restorative space of Qualilla Spa, followed by a guided Cannabis & Breathwork journey to support emotional processing and embodiment. We close with a sacred fire, music, and a shared celebration dinner.

Day 8 – Closing & Return

Departure from the retreat with a renewed sense of clarity, connection, and purpose continuing the journey with the Machu Picchu & Ollantaytambo sacred tour.

Day 9 – Sacred Journey to Machu Picchu

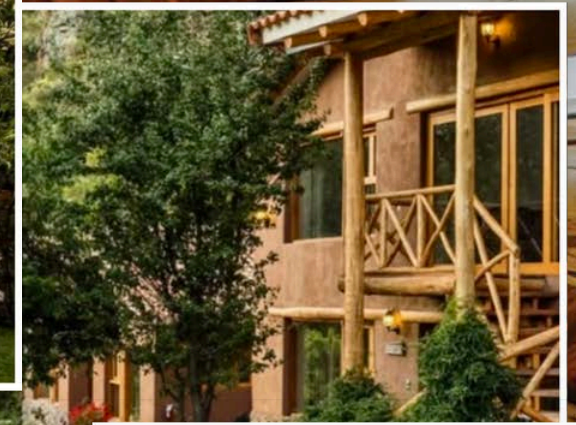
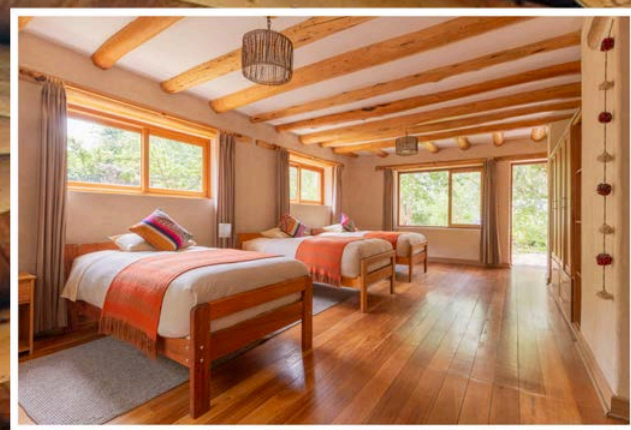
Journey to one of the most iconic sacred sites in the Andes, a place of renewal, connection, and deep remembrance of Inca ancestral wisdom.

Safety, Preparation & Integration

Your **safety is our first priority** and our retreat is held with care and thoughtful preparation. Each participant completes a **pre-retreat wellness and readiness assessment**, including relevant health history, medications, and travel considerations, to support safety and alignment.

Before the retreat, we meet online to clarify intentions, support emotional preparation, and offer guidance around travel, altitude, and how to arrive grounded. During the retreat, you are supported by experienced facilitators in an **intimate group** of only **12 participants**, with clear ceremonial boundaries and grounded, compassionate support.

After the retreat, integration continues through mont **group calls for six months** to support your return home and the unfolding of your process.



The Munay Sonqo Retreat Center

The retreat takes place at Munay Sonqo, located within the Hanaq Solar campus, an **eco-luxury retreat center** nestled in the Sacred Valley of the Andes. **Run by the local community**, the center is rooted in the culture, traditions, and spirit of the Sacred Valley. Surrounded by mountains, gardens, and flowing water, the space offers a peaceful environment for rest, reflection, and connection with the natural world.

Guests stay in beautifully crafted rooms inspired by traditional Andean design, enjoy organic farm-to-table meals, and have one day access to the wellness space, including saunas, cold plunges, and a halotherapy salt cave.

Munay Sonqo is also a **regenerative project devoted to sustainability and community care**. Through its nonprofit Sach'a Munay, it supports local schools, organic farming initiatives, and community health programs that serve surrounding communities.

SACRED VISIT TO MACHU PICCHU

A dream comes true as you breathe deeply and open your eyes to find yourself enveloped in multicolor cosmic energy... you awaken in Machu Picchu, the greatest dream of our ancestors, the Incas. Visiting this sacred place reconnects us to our ancestral roots, no matter where we come from. Machu Picchu helps us harmonize our spirits and open our hearts to a new path in this life.

DAY 1 - OLLANTAYTAMBO

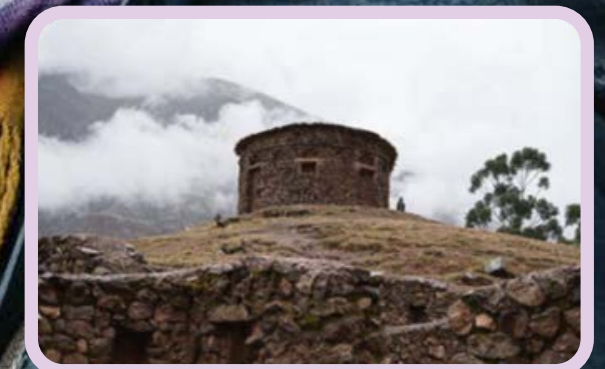
We journey through the Sacred Valley, passing traditional Andean communities and following the sacred river Willkamayu. In Ollantaytambo, an ancient living Inca town, we visit powerful energetic sites to gently prepare the body and spirit. In the afternoon, we take the train to Aguas Calientes, where you will rest for the next day experience.

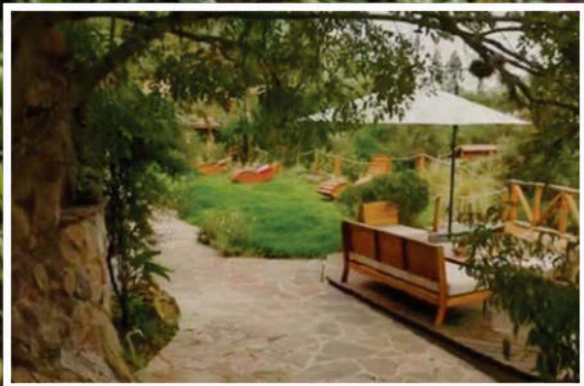
DAY 2 - MACHU PICCHU

At sunrise, we enter Machu Picchu as the first light touches the mountains. Through guided ritual and intention, we open the heart with the sacred Coca leaves, allowing a deeper connection with the land, the mountains, and the living energy of this place. You will be invited not just to see Machu Picchu, but to feel it. You'll have time to explore, reflect, and take in the experience before returning to Cusco.

INCLUDED

- Private transportation with a spiritual guide (English-speaking).
- Entrance tickets to Ollantaytambo and Machu Picchu.
- Roundtrip train and bus tickets.
- Hotel in Aguas Calientes (1 night).
- Breakfast and lunch.





RETREAT INVESTMENT

Double Room (Shared) \$6,600 per person
Single Room \$7,200 per person



To reserve your space:

- \$1,500 non-refundable deposit
- Remaining balance due by September 10, 2026

Participation is limited to 12 participants to preserve the depth, intimacy, and personalized care of this experience.

Cancellation & Refund Policy

We understand that plans can change. Due to limited availability and retreat planning costs, the following policy applies:

Deposit

- A \$1,500 deposit is non-refundable

Cancellations

- Before September 10, 2026: You will receive a 50% refund of the total retreat cost (excluding the deposit)
- After September 10, 2026: Due to the nature of retreat planning and limited availability, refunds are not available

Participant Transfer

- If you are unable to attend, you may transfer your spot to another qualified participant (subject to approval)

Retreat Credit (Special Circumstances)

In certain circumstances, such as medical emergencies or travel restrictions, payments (excluding the deposit) may be applied as credit toward a future retreat.

- Credit is valid for 12 months from the cancellation date
- Applies to retreats of equal or lesser value (subject to availability)



Meet The Team



Monica Nieto - Organizer & Facilitator

Monica is a devoted mother, Journey Facilitator, and Conscious Integration Coach who bridges psychology, mindfulness, and plant medicine to support healing and transformation. She holds a Master's in Psychology and has trained in Mindfulness-Based Therapy and the Vital program. With over 6 years of personal experience using psychedelics for healing, Monica blends academic knowledge, lived experience, and heart-centered guidance to create safe spaces that support lasting change.



Ben Piret - Organizer & Facilitator

Ben is a visionary entrepreneur with 15 years of experience. He started healing with psychedelics five years ago, which sparked a passion for helping others. Ben trained with Daniel McQueen and the Vital Program. He is passionate about integrating insights from psychedelic experiences with practical tools for personal development. Ben is a musician who carefully curates music to enhance the Cannabis journey space.



Letizia Xiuh – Medicine Carrier & Space Holder

Letizia is a devoted Medicine Carrier who walks the path of healing with deep reverence and love. With nearly two decades of experience, she creates safe and sacred spaces for transformative journeys. Through master plants, sweat lodge ceremonies, music, movement, and prayer, Letizia guides others to align with their highest purpose. Rooted in community, care, and deep spiritual devotion, her work is an invitation to remember, heal, and step into the heart's true calling.



Shahaf Shvarzman - Medicine Carrier & Space Holder

Shahaf is a multidisciplinary artist whose work bridges music, ritual, and healing. Born in Israel, she has spent over a decade immersed in the spiritual and musical traditions of indigenous communities across Peru, Ecuador, Brazil, and Mexico. As a medicine woman, moon dancer, and ceremonial tattoo artist, she integrates sacred plant teachings, voice work, and ancestral practices into her creative path. Shahaf guides voice activation circles and healing retreats, using music as a form of prayer and transformation.



Gal Akash Bloom - Musician & Space Holder

Gal Akash Bloom is a Kambo practitioner and multidisciplinary artist and musician whose work brings together music, prayer, and visual expression. His songs carry a devotional quality, drawing from nature, sacred traditions, and the healing power of sound. Through guitar, voice, and heart-centered artistry, Gal creates music and visual work that invite connection, reflection, and a deeper remembrance of our relationship with spirit, earth, and community.

Meet The Team



Daya Nimai Das - Andean Yoga Instructor, Medicine Carrier/Space Holder

Daya has spent the last decade in the Sacred Valley, building community, teaching yoga, and leading ceremonies and ancient practices. A passionate yoga teacher, Andean cosmivision, and sacred medicines, he has guided numerous holistic retreats. As a song carrier and talented musician, he shares medicine music worldwide. Daya is also the founder and director of the Andean Yoga School, where he has trained and certified over a hundred participants.



Kailin Marie - Musician & Space Holder

Kailin is a singer songwriter and vocal coach, that has dedicated herself for over a decade to learn and educate others on the path of Yoga, Pranayama and Meditation. She has traveled around the world collaborating in various holistic retreats, where she has helped others activating their voices and reclaiming their connection with Mother Earth. She collaborates with yoga schools and retreat centers to enhance their programs, providing medicine through her yogic practice, empathy for others and great passion for devotional music.



Miguel Mendiburu- Medicine Carrier/Space Holder

For 20+ years, Miguel has guided sacred Huachuma ceremonies, helping participants access their true human state: gratitude, clarity, unity, and love. Through Miguel's ceremonial space and the medicine, participants can experience freedom from limiting beliefs, heart opening, past reconciliation, forgiveness, trauma healing, and more. Miguel live in the Sacred Valley, and offers daytime ceremonies, hikes at sacred sites, and overnight fire ceremonies.



Julito Malki - Medicine Carrier/Space Holder

Julito began his path early, learning from his Qero elders the traditions of healing with medicinal plants, sacred offerings, and the language of the mountains. A native Quechua speaker, he supports ceremonies with a pure heart, sharing ancestral wisdom through Andean Cosmo-vision. With decades of experience, he guides transformative journeys rooted in nature's intelligence, bridging the physical and spiritual worlds through plant medicine and energetic balance.



Valerio Sasari - Spiritual Guide for Machu Pictchu Extension

Valerio grew up in a small farming community outside of Cusco, where he learned Quechua and developed a deep bond with the land. Rooted in Andean traditions, he guides visitors on transformative journeys that reconnect them with ancestral wisdom, holistic living, and nature's rhythms. Passionate about beekeeping and plant-based healing, he integrates traditional knowledge into daily life, embodying balance, reciprocity, and harmony with the natural world.

