

Invitation Only  
Plant Medicine  
Healing Retreat

Sacred Valley,  
Peru



Discover the healing power of  
plant medicine in this  
invitation only intimate  
experience.

Join us on a captivating plant medicine journey, where ancient  
wisdom and sacred medicine open the mind, elevate the soul, and  
guide you toward deep healing and transformation.

Pre -  
Retreat

Zoom prep sessions 6 months  
30 Days prior to arrival  
(La Dieta)

Plant  
Medicine  
Experiences

Ayahuasca, Huachuma, Cacao,  
Hrape, Santa Luisa

Post -  
Retreat

7 Days after the retreat

Retreat  
Dates

October 19-27, 2026

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# About Sacred Valley, Peru

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Nestled between Cusco and Machu Picchu, the Sacred Valley of Peru is not only breathtaking in its natural beauty – it is revered as the energetic heart of the Andes. For centuries, it has been recognized as a place where the veil between the physical and spiritual worlds is thin. The Sacred Valley's energy is intimately connected to the towering Apus (sacred mountains) that surround it and to the cosmic forces that govern the heavens.

One of the most profound aspects of this region is its alignment with the Milky Way, or “Mayu” in Quechua, the sacred river of the stars. The Incas understood the Milky Way as a celestial mirror of the Sacred Valley's rivers and geography, and they built many of their temples and sacred sites – including those in this valley – to align with the stars. This ancient cosmic relationship makes the Sacred Valley one of the most spiritually potent places on Earth, offering an unparalleled opportunity for deep energetic work.

The land itself pulses with life. The rich soils, vibrant rivers, and pristine mountain air create a powerful bond between humanity and the natural world. Here, ceremonies are not just rituals – they are a return to our original connection with nature, the cosmos, and our inner truth.

Participating in plant medicine ceremonies in this sacred place allows you to tap into a field of ancient wisdom, amplified by the living presence of the mountains and stars. Guided by experienced and compassionate shamans, you will be held in a space where profound healing, insight, and transformation are naturally supported.

Join us in the Sacred Valley – a living bridge between Earth and sky – to awaken your spirit and walk the path of true remembrance.





# About Ayahuasca

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Ayahuasca is more than just a plant; it is a living, conscious entity—an ancient intelligence that expands like a sacred vine, intertwining with the soul of those who receive it. Its essence gently weaves through the depths of the mind and heart, enveloping each experience, illuminating shadows, and guiding towards profound spiritual transformation. Like a wise teacher, ayahuasca adapts to each seeker, crafting a journey of revelations, healing, and an unbreakable connection to the essence of the universe.

Ayahuasca is a sacred medicine used for centuries by indigenous Amazonian tribes for healing, spiritual growth, and deep self-discovery. It is a powerful brew made from the *Banisteriopsis caapi* vine and the leaves of the *Psychotria viridis* plant, which together induce altered states of consciousness through the psychoactive compound DMT. Often referred to as “Mother Ayahuasca,” this medicine is believed to have an intelligent, guiding spirit that works uniquely with each person, facilitating deep emotional healing, expanded awareness, and profound spiritual revelations.

The spiritual effects of ayahuasca are transformative, often bringing individuals face-to-face with their innermost truths. It dissolves mental and emotional barriers, allowing suppressed memories, traumas, and fears to surface for processing and healing. Many participants describe experiencing a deep sense of interconnectedness with the universe, an overwhelming presence of unconditional love, and a greater understanding of their life’s purpose. The medicine also offers visionary experiences, guiding individuals through symbolic and mystical journeys that reveal hidden wisdom, personal insights, and spiritual teachings.

Ayahuasca ceremonies are typically led by experienced shamans or facilitators who create a sacred space through icaros (healing songs), prayers, and energetic work. The experience can be deeply purifying, often accompanied by physical cleansing such as vomiting, which is seen as a release of stored emotional and energetic blockages. Beyond the ceremony, the integration of these insights into daily life is essential for lasting transformation. For many, ayahuasca serves as a bridge between the physical and spiritual realms, offering a journey of self-discovery, healing, and profound awakening.



# About Huachuma

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Huachuma, also known as San Pedro, is a sacred cactus native to the Andes, revered by indigenous cultures for thousands of years for its powerful spiritual and healing properties. It contains mescaline, a natural psychedelic compound that expands consciousness, bringing profound introspection, emotional healing, and a deep connection to nature and the universe. Known as the “Grandfather Medicine,” huachuma is believed to open the heart, fostering love, compassion, and the release of emotional burdens, allowing for deep inner peace and clarity.

Spiritually, huachuma enhances awareness, dissolving mental barriers and illuminating the present moment with profound insights into one’s life path and purpose. Many who partake in this sacred medicine experience an intense sense of unity with nature, feeling the life force of plants, animals, and the Earth as part of an interconnected whole. The journey often brings vivid visions, guiding participants through symbolic landscapes that reveal hidden wisdom and spiritual teachings. Unlike some other plant medicines, huachuma provides a balance between heightened awareness and deep grounding, allowing one to remain present while navigating profound experiences.

This sacred medicine is known to dissolve the ego, fostering a sense of oneness with all beings and the cosmos. Traditional huachuma ceremonies are often held in nature and led by experienced shamans who facilitate healing through rituals, prayer, and energetic work. The experience is described as a journey of love, truth, and self-discovery—one that can awaken the spirit, elevate consciousness, and restore harmony within.





# Preparing for the Retreat

## (La Dieta)

Preparing for an ayahuasca retreat involves following a special diet, known as la dieta, which helps purify the body and mind while deepening the connection with the medicine. This diet is designed to cleanse toxins, balance energy, and create an optimal internal environment for the spiritual journey ahead.

### General Guidelines (Start One Month Before the Ceremony)

1. Eliminate Processed Foods & Refined Sugars – Stick to whole, organic foods. Avoid packaged, processed, and artificial foods to cleanse the digestive system and balance energy levels.
2. Reduce or Avoid Salt & Oils – Excessive salt and oils can interfere with ayahuasca's effects. Use minimal sea salt and opt for light, plant-based oils like olive or coconut in moderation.
3. Avoid Red Meat, Pork, & Dairy – These foods are heavy on digestion and can lower vibrational energy. If consuming animal protein, opt for small portions of fresh fish or organic chicken, but ideally, a plant-based diet is best.
4. No Alcohol, Drugs, or Stimulants – Eliminate alcohol, recreational drugs, caffeine, and nicotine as they interfere with the medicine's effects and purification process.
5. Limit Spicy Foods & Fermented Foods – Spicy, acidic, and fermented foods (like kimchi, sauerkraut, and soy sauce) can affect gut balance and sensitivity to the medicine. Avoid all together a week before the ceremony.



6. Avoid Sexual Activity (Including Self-Pleasure) – Sexual energy exchange can deplete the body's energy reserves and interfere with the spiritual clarity needed for ayahuasca. Many traditions recommend abstaining for at least two weeks, but one month is ideal.
7. No Strong Pharmaceuticals – Certain medications, especially SSRIs (antidepressants), MAOIs, and other psychoactive substances, can be dangerous when combined with ayahuasca. Consult your facilitator about any necessary medications.
8. Eat Light & Clean – Prioritize fresh fruits, vegetables, whole grains (quinoa, rice), legumes, and nuts. Simple, clean eating allows for a clearer connection with the medicine.
9. Hydrate & Drink Herbal Teas – Drink plenty of water and herbal teas, avoiding caffeine and sugary beverages. Staying hydrated supports detoxification and energetic cleansing.
10. Mental & Emotional Preparation – Meditation, journaling, and breathwork can help prepare the mind and heart for the journey ahead. Set intentions and begin reflecting on what you wish to heal or gain from the experience.

This disciplined approach not only enhances the effects of ayahuasca but also shows respect for the medicine, allowing for a deeper and more meaningful experience.





# Medical Recommendations

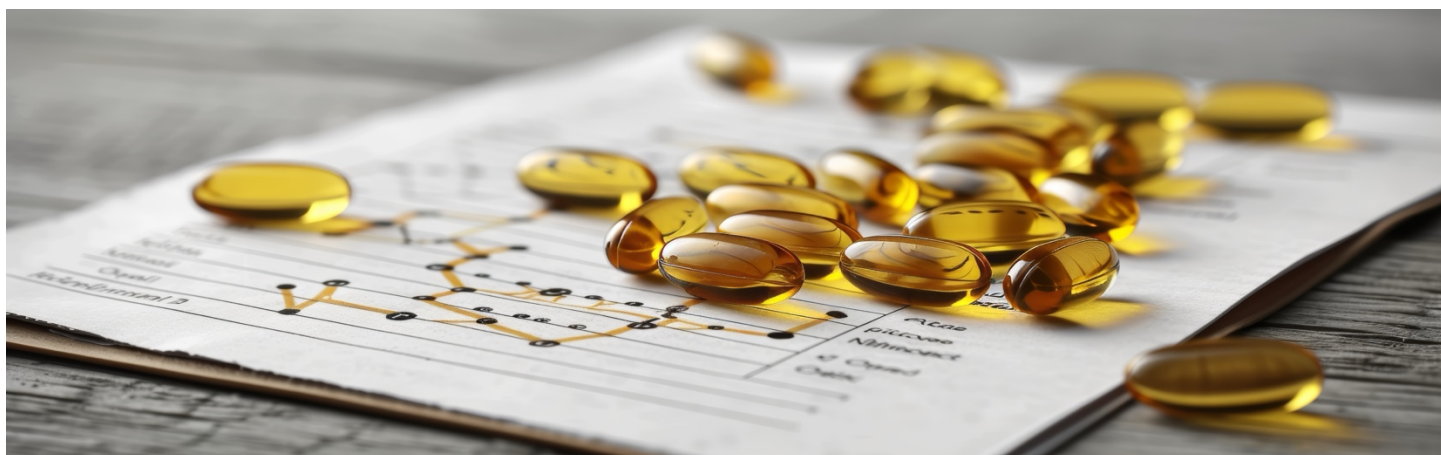
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Participating in an ayahuasca ceremony requires careful medical preparation to ensure safety and maximize the benefits of the experience. Since ayahuasca contains MAOIs (monoamine oxidase inhibitors), it can interact with certain medications and medical conditions, making proper screening and preparation essential. Below are key medical recommendations:

## Medication & Supplement Restrictions

Many medications can have dangerous interactions with ayahuasca, particularly those affecting serotonin levels. It is crucial to consult with your doctor before stopping any prescribed medication.

- Antidepressants (SSRIs, MAOIs, SNRIs, TCAs, etc.) – Must be discontinued at least 4-6 weeks before the ceremony to avoid serotonin syndrome, a potentially life-threatening condition.
- Antipsychotics & Mood Stabilizers – Medications such as lithium, risperidone, or quetiapine should be stopped under medical supervision.
- Blood Pressure Medications – Some medications for high blood pressure can cause unsafe drops or spikes when combined with ayahuasca. Consult a physician if you take these.
- Stimulants (ADHD medication, weight loss drugs, etc.) – Medications like Adderall or Ritalin should be discontinued at least 2 weeks before the ceremony.
- Recreational Drugs & Alcohol – Avoid cannabis, cocaine, MDMA, ketamine, and alcohol for at least 2-4 weeks before the retreat.
- Supplements & Herbs – Certain supplements, including St. John's Wort, 5-HTP, and ginseng, can interact with ayahuasca. Avoid them for at least 2 weeks before the retreat.



## Pre-Screening for Medical Conditions

Ayahwasca is not recommended for individuals with certain medical conditions, as it can cause severe physical or psychological reactions. Consult your retreat facilitators and a medical professional if you have:

- Heart conditions – Ayahwasca can raise heart rate and blood pressure, which can be risky for those with cardiovascular disease.
- High blood pressure (Hypertension) – Those with uncontrolled hypertension should not participate, as ayahwasca can cause blood pressure fluctuations.
- Epilepsy or Seizure Disorders – The medicine can lower the seizure threshold, making it dangerous for those with epilepsy.
- Severe mental health conditions – Those with schizophrenia, psychosis, or bipolar disorder should avoid ayahwasca unless under specialized guidance.
- Diabetes – Blood sugar levels can fluctuate during the ceremony, which may be risky for diabetics. Consult a doctor before participating.





# Retreat Experience

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This 8-day retreat offers a structured private space for personal healing and inner exploration through traditional Amazonian and Andean plant medicines. Participants will engage in three ayahuasca ceremonies and one huachuma (San Pedro cactus) ceremony, each guided by an experienced and qualified shaman trained in ancestral practices.

The retreat begins with a traditional cleansing ritual upon arrival, intended to energetically and physically prepare the body and mind for the ceremonial work. Throughout the retreat, participants will also receive a one-on-one healing bodywork session tailored to individual needs.

Meals will be prepared by a private chef following a diet supportive of the medicines, emphasizing clean, plant-based foods with minimal oils, salts, and processed ingredients. This nutritional approach helps deepen the connection with the plants and supports the physical integration of the experiences.

Each ceremony will be accompanied by group preparation and integration sessions to provide context, emotional support, and guidance. There will also be time for personal reflection, rest, and time in nature.

The retreat is intended for individuals who are called to work seriously with plant medicines in a safe, respectful environment. Prior experience with plant medicine is not required, but participants must complete a screening process to ensure the retreat is a good fit for their health and intentions.

Key elements included:

- 3 Traditional ayahuasca ceremonies
- 1 Huachuma (San Pedro) ceremony in nature
- 1 Cacao ceremony
- Daily Yoga, Pranayama and Meditation classes
- Arrival day energetic cleanse
- 1 personalized healing bodywork session
- Private chef-prepared dieta meals
- Preparation and integration support
- Optional individual guidance sessions with the shaman

The location, daily structure, and additional details will be shared with confirmed participants. Medical, psychological, and medication screenings are required before acceptance.

## Location: Munay Sonqo

Our private space in Munay Sonqo retreat center is nestled in the heart of the Sacred Valley of the Incas in Peru. The energy in this place inspires guests to expand, heal, and transform. This sanctuary is more than just a destination – it's a sacred space where individuals can embark on a profound journey of self-discovery and personal growth.

Embraced by the majestic Andes mountains and their guardians, the Apus, Munay Sonqo, offers a loving, natural space able to create a powerful and transformative atmosphere. This location features: state-of-the-art facilities, a private spa for additional services, a private retreat area and shala space that embodies the energy of the land and the wisdom of the ancient Incan culture.



## Shamanic Team: Selva, Priestesses & Musician

Our ceremonies are guided by a devoted team of women who carry deep wisdom and experience in the ways of plant medicine. At the heart of our circle is an experienced medicine woman, who has walked the path of sacred healing for many years, bringing with her ancestral knowledge, intuitive guidance, and a profound connection to the plants.

Supporting her are two priestesses, guardians of ritual and ceremony, who weave intention, prayer, and sacred ícaros into each gathering. Together, they create a safe and nurturing container where participants are held with compassion, respect, and love.



Through the singing of ícaros, live music, guided practices, and the presence of these three women, each ceremony becomes a journey of healing, awakening, and remembrance—an invitation to reconnect with your inner wisdom and the medicine of the Earth.



# Retreat Facilitators

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## Maritere Juan

Maritere Juan brings a unique blend of wisdom, discipline, and heart to her work with plant medicine. With over 15 years of dedicated yoga practice and extensive travels around the world, she has immersed herself in diverse spiritual and healing traditions. She is a certified plant-based chef passionate for creating nourishing, healing foods. Her journey into holistic living, led her to become a cacao farmer and artisan cheesemaker, integrating ancestral practices with modern conscious living. Maritere is also an accomplished attorney with over three decades of experience-her professional background giving her a strong foundation in focus, clarity, and integrity.



## Juliette Rojas

Juliette has dedicated more than 25 years of her life to the yoga practice. She became a certified yoga instructor for kids and adults 11 years ago. Her love and passion for wellness and holistic health has led to her to multiple studies and certifications over the years, such as: Reiki, Pranic Healing, Aqua Yoga, Access Bars, Astrology, Reflexology and Sound Healing. She specializes in working with women and the sacred feminine, creating and leading Women's Circles, Cacao Ceremonies, Birthday Holistic Ceremonies, private classes, lectures, workshops, healing sessions and events. Juliette combines her experience as a producer and entrepreneur with her love for wellness and holistic practices to help people achieve the best version of themselves.



## Johanna Godinez

Certified yoga teacher, lifestyle coach, entrepreneur, and founder of B.A.Y. Lifestyle - Beyond Asana Yoga School. Johanna is passionate about helping individuals integrate the principles of yoga into their daily lives beyond the physical practice. She emphasizes mindfulness, personal growth, and holistic well-being, often blending her expertise in business and wellness to empower others. She is also known for organizing immersive retreats, yoga teacher training programs, and wellness events worldwide, fostering a community focused on self-improvement and balance. Johanna's approach highlights the transformative potential of yoga and natural healing to achieve mental clarity, health, and purpose-driven life.



## Post – Retreat Integration

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The period following the retreat is just as important as the ceremonies themselves. Plant medicine can open deep layers of the psyche, body, and spirit, revealing insights, emotions, and patterns that take time to fully understand and embody. To support this ongoing process, it is strongly encouraged that participants set aside at least two weeks after the retreat for rest, reflection, and intentional integration work. Avoiding immediate re-entry into a busy or stressful environment can help preserve the clarity, healing, and growth that arises during the retreat.

Integration is where the real work begins. To assist with this vital phase, we offer a series of post-retreat group integration sessions via Zoom. These facilitated sessions provide a space for participants to share experiences, receive guidance, and stay connected to the community of support as they navigate the changes unfolding within them. Each session is designed to help participants ground their insights into daily life with practical tools, emotional support, and accountability.

Additionally, we will gather for an in-person cacao ceremony at Lago Las Curías in Cupey, Puerto Rico. This ceremony, held in the weeks following the retreat, offers an opportunity to reconnect with the group, honor the ongoing journey, and deepen the integration process in a natural, serene setting. Cacao, a heart-opening plant medicine, will support participants in cultivating self-love, clarity, and continued healing as they carry their retreat experiences into the next chapter of their lives.



# Retreat Investment Details

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The retreat is all-inclusive from the moment you arrive until the day of departure. All accommodations, plant medicine ceremonies, healing bodywork, cleansing rituals, integration sessions, and all meals prepared by a private chef are included.

## Early Bird Pricing (Available until February 24, 2026)

- Double Occupancy Room: \$3,895 per person
- Single Occupancy Room: \$4,295 per person

## Standard Pricing (For registrations after February 25, 2026)

- Double Occupancy Room: \$4,195 per person
- Single Occupancy Room: \$4,594 per person

All participants will have access to:

- Monthly Zoom sessions every month for 6 months prior to the retreat
- Three in person meetings before the retreat
- Weekly support during the 30-day dieta prior to the retreat
- Airport Transfers from and to Cusco Airport (CUZ)
- Three ayahuasca ceremonies
- One huachuma (San Pedro) ceremony
- Live shamanic music during ceremony sessions
- An arrival day energetic cleanse
- One private healing bodywork session
- Daily yoga and meditation sessions
- Plant-based meals prepared by a private chef (dieta friendly)
- Group integration circles during the retreat
- Closing Cacao ceremony
- Post-retreat Zoom integration sessions
- An optional cacao integration ceremony at Lago Las Curías in Cupey
- A non-refundable \$500 deposit will secure your space, with payment plans available. Final payment deadline is August 1, 2026, and detailed travel information and participation form will be provided upon registration.

Contact [Johanna@bay-lifestyle.com](mailto:Johanna@bay-lifestyle.com) for registration or additional information.

Looking forward to accompanying you on this journey!