



Inner Soul Retreat **Tenerife**

Guided Shamanic *Ayahuasca* Ceremonies
to unlock your true potential

Realignment Potential development
Mindfulness & Meditation
psycho-shamanic integration work
conscious journeys into the information field



*Body, mind and soul
In harmonious harmony with our inner and
outer world.*



The aim of our work is to reconnect with our origins and to make contact with our very own basis of consciousness. This is the basis for making the unconscious parts of us conscious. In this way, old patterns, concepts and traumas in the body, mind and psyche can be released and freed.

Once the body, mind and psyche are finally aligned, we come back into contact with our true being. To achieve this, we use various tools that we apply in a way that is tailored to individual needs.

Thursday, arrival

Arrival:

Between 16:00 and 18.00

Tour:

Short tour of the house and allocation of a place to sleep.

Individual introductory talk:

Personal introduction. You fill out a questionnaire about your current health and mental state. We also discuss your personal intention for participating in the retreat. Payment is made within this framework.

Time to arrive and get to know each other:

Use the time to familiarize yourself with the house and the retreat grounds, to move into your sleeping place and to arrive in peace. You also have the opportunity to get to know the other participants.

Group preparation for the ceremony night (approx. 19:30):

Welcome and introductory talk about the retreat. Here you will receive all the important information about the schedule, procedure and rules of conduct during the retreat. We will also discuss the topic of Ayahuasca and its effects. At the end there will be an open question and answer session.

Start of the ceremony (approx. 20:30):

Preparation for the ceremony with an optional rapé ritual (shamanic snuff) and a group meditation for relaxation. Together we create a calm and mindful atmosphere for the ceremony. Ayahuasca is taken, the effect occurs after about 30 minutes. After 1.5 hours, a second portion can be taken if desired to deepen the effect.

End of the ceremony:

The effect of Ayahuasca varies from individual to individual, the ceremony usually lasts about 4 to 6 hours. After the ceremony, you can rest in the ceremony room or retreat to your room (double or shared room).

Please note that the time may be changed on site at the retreat as we adapt to the needs of the group.

Thank you for understanding :)

Friday & Saturday



9:00 Kambo ritual or acupuncture treatment

(optional, on an empty stomach before breakfast) 100€/session

The Kambo ritual is a traditional cleansing ceremony in which the secretion of the Kambo frog is applied to small points burned into the skin to cause intensive physical and energetic detoxification.



An acupuncture treatment involves the targeted insertion of fine needles into certain points on the body to harmonize the flow of energy and relieve discomfort. After the treatment, you are welcome to go for breakfast.



9:00 Breakfast together

A delicious, wholesome breakfast offers a balanced mix of fresh ingredients that give you energy and enjoyment for a successful start to the day.



11:00 Integration of experiences

The psycho-shamanic integration combines shamanic practices with modern psychological approaches to support and deepen personal processes. Psychological self-regulation is strengthened by recognizing and harmonizing individual inner dynamics. This psychodynamic integration combines traditional shamanic methods with psychological techniques to promote holistic healing. The term "psychohygeia" describes the state of mental well-being and inner balance that is sought through these integrative approaches.



13:30 Bufo Alvarius (optional, €130/session)

Bufo Alvarius is a toad whose secretion contains the highly psychoactive tryptamine 5-MeO-DMT. When ingested, it can trigger deep, transformative states of consciousness. The effect sets in quickly and often leads to intense spiritual experiences that can dissolve the ego and create a deep feeling of unity and connection.

Until 19:00 free time

Now it's time for free time on the retreat. We recommend that you give yourself some rest, for example by sleeping, taking a walk, meditating or doing yoga. If you want, you can also take a short trip to the beach or the nearby town. There is also the option of booking a Thai osteopathy massage with Aleksei and Dacely from our team. You are welcome to contact them directly on site to make an appointment.



Friday + Saturday

19:30 Start of the Ayahuasca ceremony

Preparation for the ceremony with an optional Rapé ritual (shamanic snuff) and a group meditation to relax. Together we create a calm, mindful atmosphere for the ceremony. Ayahuasca is taken and the effects take about 30 minutes to take effect. After 1.5 hours a second portion can be taken to deepen the effect.

End of the ceremony (between 0:00 - 2:00 in the morning)

The effects of Ayahuasca vary depending on the person. The ceremony usually lasts about 4 to 6 hours. After the ceremony you can either rest in the ceremony room or go back to your room (double or shared room).

Sunday, day of departure

9:00 Kambo or acupuncture sessions (optional)

Please register in good time if you would like to attend a session.


-> If you are not attending a workshop, you are welcome to go straight to breakfast at 9:00.


11:00 Integration of experiences

See previous day for description. Presentation of the participant certificate (only handed out on the last day).

13:00 - 14:00 Departure and farewell

Thank you for your wonderful presence at the retreat. The entire team wishes you all the best and much success on your future path in life.

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Available languages:



Safe Spirit

Human Development Association