FEATHER CROWN RETREAT ITINERARY

BREAKFAST: 8:30am. **LUNCH:** 1:00pm. **DINNER:** 6:00pm. **QUIET HOURS:** 9:00pm.
AYAHUASCA CEREMONY DAYS: No food after lunch. 6:30pm: Guayusa in the dining room.

01	**4:00pm:** Arrival, rest, getting to know the place and the river. **6:30pm:** Group meeting in the dining room and introductions.
02	**10:00am:** Preparing Ayahuasca in the ceremonial temple. Wear work clothes. Photos are allowed during this activity. **2:30pm:** Aromatic plant bath. Apply natural insect repellent beforehand, especially around the ankles. **7:00pm:** Ceremony preparation talk in the temple in English. Please read the ceremony information in the retreat PDF guide beforehand. Bring: a flashlight, blanket and pillow from your room, and warm clothing. **8:15pm:** First Ayahuasca ceremony.
03	**10:30am:** Post-ceremony integration meeting in the temple. **2:30pm:** Making an Ayahuasca amulet in the dining room. **7:00pm:** Gathering around the fire: traditional Yawanawá songs, Indigenous tobacco, and the story of how our center began.
04	**10:00am:** Jungle excursion. Bring: rubber boots (provided free of charge), a raincoat, hat, water bottle, preferably long sleeves and trousers, and a swimsuit. **2:30pm:** Aromatic plant bath. **3:00pm:** Presentation of embroidered Shipibo textiles in the temple, with an opportunity to purchase them. **3:30pm:** Application of Sananga eye drops in the ceremonial temple. **8:15pm:** Second Ayahuasca ceremony.
05	**10:30am:** Post-ceremony integration meeting in the temple. **2:30pm:** Continue making the Ayahuasca amulet in the dining room. **4:00pm:** Walk to the river and make a natural shampoo from the bobinsana plant. After applying it, do not wash your hair with shampoo for the rest of the day. **7:45pm:** Guided night walk in the jungle.
06	After breakfast, our staff will clean your room (mopping the floor and changing the bed sheets). **10:00am:** Jungle excursion. **2:30pm:** Aromatic plant bath. **8:15pm:** Third Ayahuasca ceremony.
07	**10:30am:** Post-ceremony integration meeting in the temple. **3:00pm:** Music and dance with Kichwa people in the hut with the altar. **8:15pm:** Personal healing with the shaman for those who have booked a session (an individual consultation is required). Everyone else, please observe quiet hours and keep the lights off.
08	**10:00am:** Walk through the gardens around the retreat center and introduction to medicinal plants. Sneakers, a hat, camera, notebook or voice recorder are sufficient. Meet in the dining room. **2:30pm:** Aromatic plant bath. **8:15pm:** Fourth Ayahuasca ceremony.

09	**10:30am:** Post-ceremony integration meeting in the temple. **2:30pm:** Trip to the waterfall and petroglyph stone. Bring the standard jungle gear; sneakers are also suitable. A waterproof case for your phone or camera is recommended. **8:15pm:** Additional optional Ayahuasca ceremony.
10	The retreat ends after breakfast. Meet at **9:30am** at the lower parking area.