

March 24 - April 4 2024

TunaKaramtai & Natemamu

Ancestral Powers of Ayahuasca Waterfall Cleansing

12 day Retreat in the Amazon of Ecuador

Waterfall, Ayahuasca and Chonta Rituals of the Millenary Shuar Tradition
Ceremonies, Temazcal, Workshops with Taita Hilario Chiriap and Family

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Program 2024

Previous assessment required.

Cost: \$1900 USD

EarlyBird: \$1800 (until Jan.25).

	March 23	Arrivals to Macas, Centro Yankuam, +/- 8 hrs from Quito by bus). Welcome
Day 1	March 24	Temazcal (sweatlodge), Opening Ceremony (night, ayahuasca) Full Moon
Day 2	March 25	Chonta Festivities: UWI IJIAMA, music & dance, preparing chicha, night ritual for chonta deity.
Day 3	March 26	Harvest and planting of medicine plants
Day 4	March 27	Shuar dances and traditional teachings
Day 5	March 28	Visit to Shuar community, stay-over
Day 6	March 29	TunaKaramtai: tobacco and waterfall ritual, and nighttime medicine ceremony
Day 7	March 30	TunaKaramtai waterfall bath, return to Yankuam, rest
Day 8	March 31	Day 1 of Natemamu ritual Early rise, preparation of Natem medicine, Ritual
Day 9	April 1	Day 2 of Natemamu ritual Early rise, preparation of Natem medicine, Ritual
Day 10	April 2	Day 3 of Natemamu ritual Early rise, preparation of Natem medicine, Ritual
Day 11	April 3	Day 4 of Natemamu ritual Early rise, preparation of Natem medicine, Ritual
Day 12	April 4	Temazcal and Closure of Natemamu Night: San Pedro medicine ceremony
	April 5	Closure of the retreat, Departures or additional stay

* program may have minor adjustments.



Medicine

Vision

Strength

Cleansing

Healing

Participation

This retreat invites you to a deepening of your relationship with plantmedicine, the jungle and your higher self. An ancestral rite of the Shuar people, seeking way to the waterfall while fasting; receiving a spiritual name and the powerful purification of the descending water, seeking strength and vision for a four day quest, a cleansing ceremony drinking large amounts of tea from the natem (Caapi) vine. As much as the inner journey is full of gifts, one is seeking perseverance. Additionally there's several nighttime medicine ceremonies, sweatlodges, hikes, a Shuar cultural event, workshop and ecological activity: harvesting, planting and cooking medicine.

It takes place at locations in the jungle and near Macas, Ecuador, about 8hrs by bus from Quito or Guayaquil airport. There's very basic shared accommodation available (limited) and it's possible to camp. We'll be hiking and camping in the pristine Amazon jungle. You must be in reasonable physical condition and fit enough for the hiking. Participation is subject to a personal health assessment and a signed statement. This journey and plant medicine is not suitable for those who are on some (psychiatric) medication, have psychological disorders or serious health issues. These can be treated in a personalized retreat and diet. Participation may be confirmed after a personal health assessment, signed form and payment. Please contact us if you have doubts about this retreat or your condition.

The contribution for this 12 day retreat is USD \$1900 p/person. Early bird: \$1800 (pay in full before Jan. 25 2024) and is subject to a basic cancellation policy (www.ayamtai.com/natemamu). It includes the ceremonies and rituals, some local transportation, basic lodging (shared cabin or campsite) and all meals. It does not

include your own travel costs and additional lodging. You can register and pay 50%, after a personal assessment, and pay fully before Jan 25 (Early) or before March 21. A longer stay after the retreat is beneficial and can be arranged at USD \$35 per day for lodging and all meals. Individual healings, ceremonies and treatments can also be planned.

What to bring? We recommended you to travel lightly, but bring at least: a **sleeping bag** and a **small mat** to lay on, **bathing suit, soap** and **towel**, a **reusable water bottle**, warm clothing, a rain-suit or poncho, **rubber boots (available to buy in Macas)** or **hiking boots** that can get very wet and muddy, a pair of **flip-flops** or **comfortable (water-)sandals**, a **knife**, a **LED flashlight**, some waterproof **band-aid** (for blisters), **mosquito repellent** (preferably non-toxic), and a strong **medicinal ointment** to cure the skin of mosquito and insect bites. If you wish, **you may also bring a traveler's first-aid kit, a piece of plastic to cover your backpack, a hammock and/or a small tent, a mosquito net. We highly recommend you to get a travel insurance.**

Where? We'll be at the **Centro Yankuam, in Macas**, in the province of Morona de Santiago. There's a shower with warm water and Wifi in case needed. Food is mostly vegetarian, but may include chicken or fish sometimes. Do let us know if you have any specific dietary requirements. The weather is usually warm, humid and rainy, and commonly chilly at night. The currency in Ecuador is USD. It's recommended to arrive to Guayaquil or Quito Airport, and from there continue by bus to Macas, in 7 to 9 hours. Details about how to get to Centro Yankuam will be provided. In Macas, Internet café's can be found, there are also hotels, a hospital, cashpoints, Western Union, laundrettes, restaurants, a market and handicrafts.



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www.ayamtai.com



Centro Holístico Yankuam

We will stay at the Yankuam centre with elder shaman Hilario Chiriap and his family who will guide and support during the retreat and in our processes. The family will provide healthy, mostly vegetarian food during the retreat. If you have special dietary requirements, please inform us in advance.

The community support is an essential part of the Natemamu ritual. Being in the jungle enhances our personal process by showing us an alternative way of living and relating to this world.

It is possible to book a few extra days to stay at Yankuam after the retreat. From experience we know that it can be quite intense to transit from the deep ceremony work back to urban life. By allowing yourself to stay in the healing environment a little longer, you will have a better landing and integration. Also, additional teachings, medicines, healings, ceremonies and therapies can be provided.



Centro Yankuam:

Inipi / Temazcal / Sweatlodge

Sacred Waterfall

“...It is the Ancestral Rite of Initiation, Consecration and Transmission of the Power and Spiritual Lineage of ARUTAM at the Sacred Waterfall. We raise the Consciousness and the Spirit to summon the Guardian Spirits of the Sacred Cascades, imploring the Vision in the encounter with our Father, Arutam, Giver of life, and with ourselves.

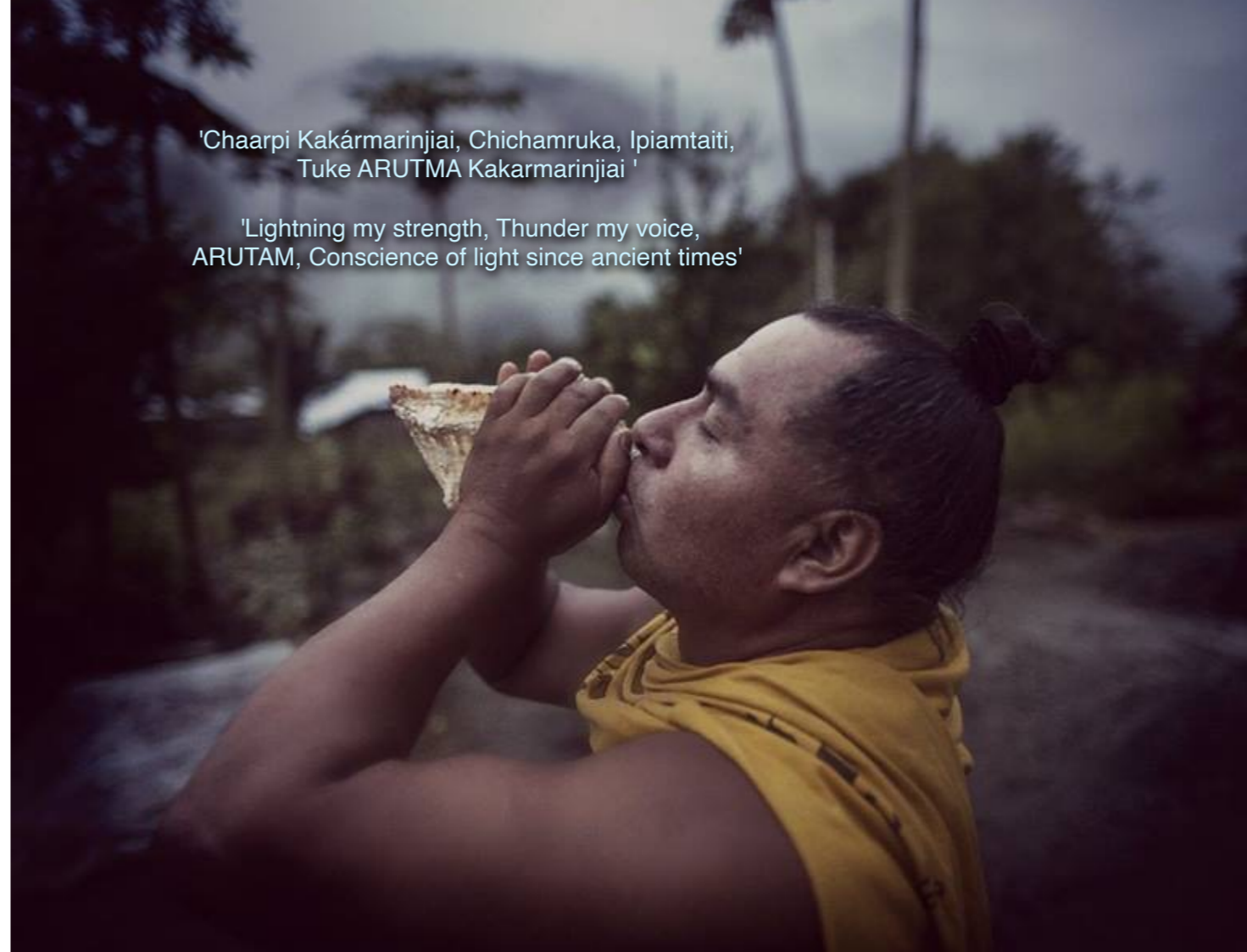
At the Sacred Waterfall before the Altar of the Spirits and through the guidance of the elders and the plants of Power, we receive a spiritual name and we drink the sacred tobacco, to open and awaken the consciousness, purify the being, and to reach a state of consciousness and health.

We invoke Arutam with prayers to thank and receive the blessings of His Power that descends with the waters from the heart of Father Sky in the form of arrows of rainbow colors and merges in our whole being entering our crown, purifying, healing, ordering, vitalising and illuminating each of our organs, senses and fluids in an integral way: mind, body and spirit, giving us consistency in confidence, firmness, stability and harmony....“

Taita Hilario Chiriap - Uwishin Tii Arutam Tuntiak Charpi Wakani Entsar

'Charpi Kakármariñjai, Chichamruka, Ipiamtaiti,
Tuke ARUTMA Kakarmariñjai '

'Lightning my strength, Thunder my voice,
ARUTAM, Conscience of light since ancient times'





Tuna Karamtai

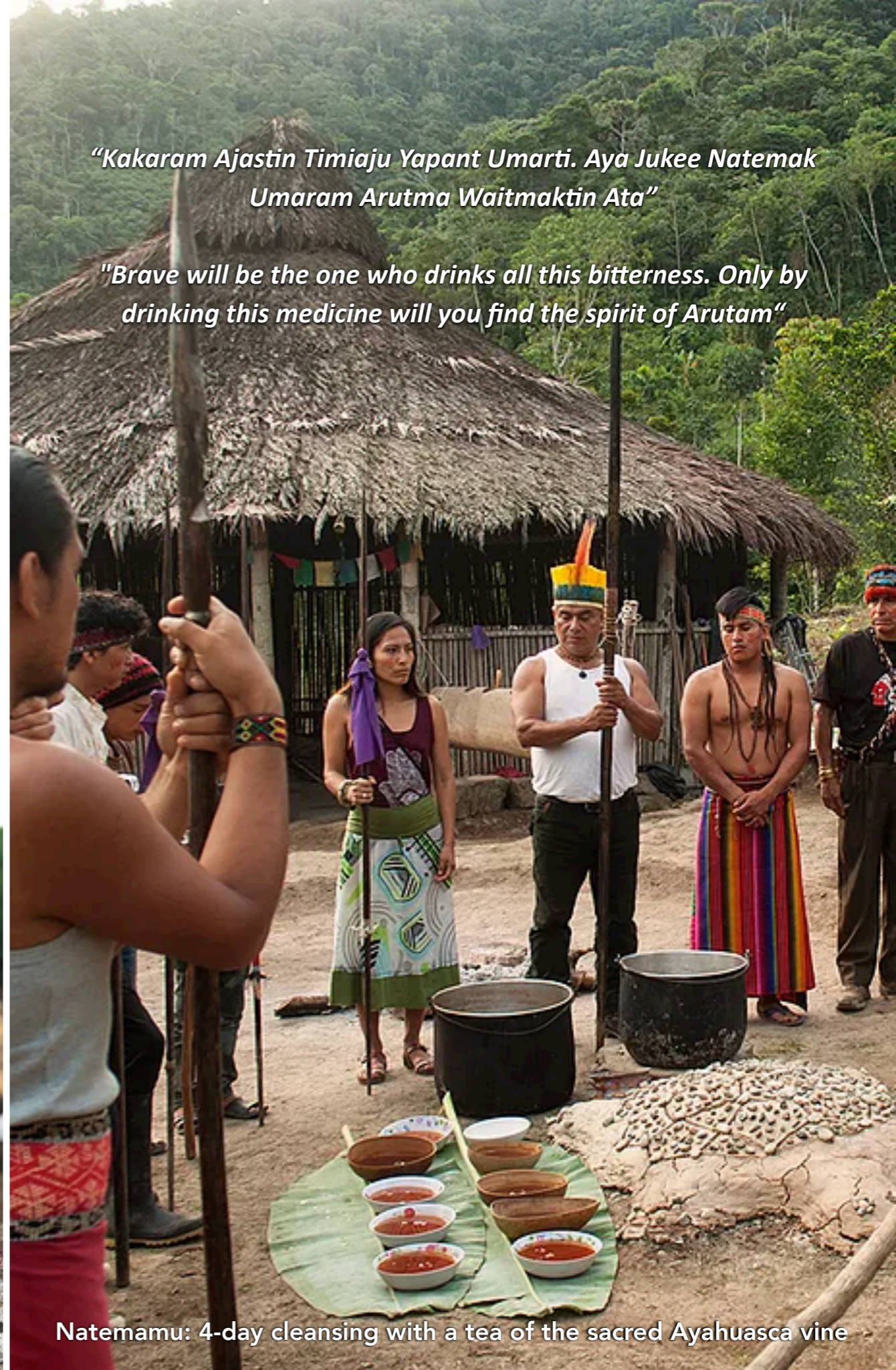
In Shuar mythology, the ayahuasca medicine was given to the people by the Tsunki's, the spirits of the waterfalls. Tuna karamamu is the Shuar's ancestral waterfall ritual.

In the early morning after the opening ceremony we depart for a hike into the mountainous rainforest, to one of the 7 sacred waterfalls of the Shuar, to receive it's strength, cleansing (clarity) and healing.

This is the start of the Tuna Karamtai ritual. We walk, we fast, and we take the traditional Tsaank medicine (tobacco juice) in search of our inner alignment, our endurance, and our waterfall quest or vision. We offer songs and prayers to Arutam, the Great Spirit. We will have our faces traditionally painted, and bathe in the powerful waterfalls to cleanse ourselves from stuck energies by handing them over to Tsunki, the deity of water. Here we will receive our spiritual name. We will stay in the rainforest overnight, near the waterfall and take medicine.

Natemamu

The Natemamu ritual will start upon return from the waterfall, after a night's rest. It is a deep cleansing ritual that invokes a healing process on all levels of our being. For 4 consecutive days we rise early, before the Sun, taking a fresh cold-water shower to remember our alliance with the waterfall, aligning and strengthening us through our crown chakra. After receiving tobacco juice, and a light jungle breakfast, we prepare and cook large quantities of a tea made from Natem, the ayahuasca vine only. Everyone takes turns on the traditional log-drum 'Tundui'. Just before sunset we sing and drink the great quantities of the tea, until it is finished, so to purge and thoroughly cleanse our bodies, minds and spirits. We will be helped by the medicine family to either go to toilet, or lay down to rest.



"Kakaram Ajastin Timiaju Yapant Umarti. Aya Jukee Natemak Umaram Arutma Waitmaktin Ata"

"Brave will be the one who drinks all this bitterness. Only by drinking this medicine will you find the spirit of Arutam"

Natemamu: 4-day cleansing with a tea of the sacred Ayahuasca vine

Medicine & Ceremony

Natem is the Shuar name for Ayahuasca. The Shuar, who are also known as the 'invisible people', 'shapeshifters' or 'people of the waterfalls', know to have received the sacred knowledge of Ayahuasca from the 'Tsunki's': the spirits of the water. These medicinal, spiritual and therapeutic rituals have been part of their cultural heritage for thousands of years.

We will be celebrating several night-time medicine ceremonies to connect with *Madre Selva* (the Mother Jungle), it's people and the ancestral spirits. Also San Pedro may be used. We cleanse, we open ourselves and set the intentions for our journey. If it's your first time with us, you will receive further guidance on how to prepare yourself for the medicine ceremony and the retreat.



Benefits of ayahuasca



Physical: Release of toxins and tensions allowing our bodies to relax more profoundly and become more flexible.



Sensory: Our senses will become sharper. Most people experience their eyesight, hearing and smell increases during the process.



Emotional: Stuck emotions get dissolved creating space for more clarity about our lives and our actions.



Mental: Release of mental concepts that no longer benefit us, resulting in improved concentration and focus.



Spiritual: A sense of deep connection with our natural essence, empowering us to overcome obstacles in our daily life.

Chonta ritual

The UWI Festival Ritual (Chonta Sagrada) is a traditional ceremony of the Shuar people that is celebrated as the end of a cosmic cycle and the beginning of a new one, between the months of March and April. The ceremony is to honor the Divinity of Fertility, Prosperity and Abundance, represented in the God UWI. The ceremony consists of collecting the fruits of the chonta, preparing them in the chicha during the day and performing a sacred dance throughout the night.



Dr.h.c. Hilario Chiriap Tii

Arutam Tuntiak Chaarpi

Wakani Entsarú

Taita Hilario, a doctor h.c., comes from a long lineage of uwishin shamans. The uwishin are traditional healers of the Shuar people in the upper-Amazon of Ecuador. A millenary knowledge of medicine, of health and science, of spirit and arts, a wisdom passed down from generations preserving what has become a very rich and precise healing tradition. Working with sacred plants, taita Hilario aims to keep the origin and essence of the Shuar medicine alive, through preservation, practice, and dissemination. In wise prayers he shares knowledge about a path of remembering, to recall our place as family of the Earth and the Great Spirit.

He is vision quest chief and sundance chief with Fuego Sagrado de Itzachilatlan (Mexico). He' been invited to international meetings and universities in the fields of ethnoscience, art, traditional medicine and spirituality, and represented his people at a unique gathering in the French Alps in 1997, to discuss global concerns with the Dalai Lama and other representatives of the world's spiritual traditions. This gathering has been recorded in the documentary *Fire on the Mountain*: [\[on youtube here\]](#). Hilario has been leading ceremonies around the globe since the gathering in the Alps. With the increasing criminalization of Ayahuasca in the last years, he has decided to receive individuals and groups in Ecuador rather than traveling himself. He welcomes you in Macas based Centro Holístico "Yankuam".



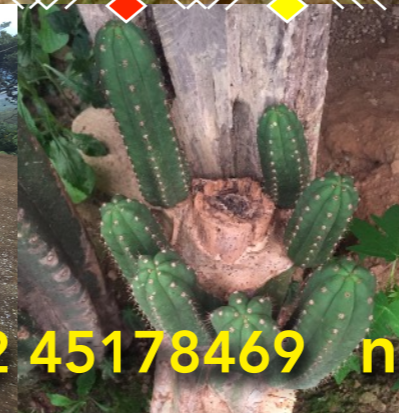
TunaKaramtai & Natemamu

Ayahuasca and Waterfall Cleansing
Rituals in the Amazon Rainforest :
Ancestral Shuar Ceremonies for
Purification, Healing, and Vision

12 Day Retreat: Ceremonies,
Healings, Sweatlodge, Hikes,
Workshop and Shuar Culture.
Shared Cabin or Camping

March 24 - April 4 2024, Macas, Ecuador

Uwishin Hilario Chiriap, Centro Holistico Yankuam, Macas, Ecuador



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