

Master Plant Dieta Schedule

Wednesday, March 10

6 pm – Dinner in Pucallpa

Thursday, March 11

6am – Leave Pucallpa on boat headed for Contamana

2pm – Arrive to Contamana

4pm – Dinner / Orientation

Friday, March 12

9am – Tobacco cleansing ceremony

< rest >

3pm – Lunch

< Dieta begins >

Saturday, March 13

8am – Breakfast

< One on one consultations >

12pm – Lunch

3 pm – Light yoga (Optional)

7pm – Ayahuasca Ceremony

Sunday, March 14

9am – Breakfast

10am – Integration circle in the Maloka

12pm – Lunch

5pm – Dinner

7pm – Plant Bath and tarot readings (Gather in Maloka)

Monday, March 15

8am – Breakfast

12pm – Lunch

3 pm – Light yoga (Optional)
7pm – Ayahuasca Ceremony

Tuesday, March 16

9am – Breakfast
10am – Integration circle in the Maloka
12pm – Lunch
5pm – Dinner

Wednesday, March 17

8am – Breakfast
12pm – Lunch
3 pm – Light Yoga (Optional)
7pm – Ayahuasca Ceremony

Thursday, March 18

8am – Breakfast
10am – Cut dieta together in dining area
10:30am – Integration talk in Maloka
12pm – Lunch together
5pm – Dinner together

Friday, March 19

8am – Breakfast together
< head out to hot springs after Breakfast >
< enjoy hot springs, camp out at reserve >

Saturday, March 20

6am – Hike up to lookout spot for Macaw nest
Lunch whenever we return (at reserve)
Return to Inti Yacu
6pm – Dinner together

Sunday, March 21

8am - Breakfast

< leave for Contamana >

12pm - Flight to Pucallpa

Dinner together in Pucallpa