



NAFAS

J O U R N E Y S

PERU

SOULVENTURE

Sacred Valley, Cusco

Sept 20 – 29, 2023

NAFAS JOURNEYS

NAFAS is an Arabic word which translates to “**Breath**”, and its origins go back to that which is Alive > **Soul / Spirit / Self**.

Our Peru Journey is dedicated to your **Spirit**. Join us for an adventure deep into the source of existence with our Sacred Master Plant Journey that will be held in magical Cusco.

NAFAS Journeys offers a unique and different experience for our tribe allowing Disconnection in order to **Re-connect**.





AWAKEN YOUR SOUL

Our carefully curated Journey focuses and taps into your higher self. Our mission is to set the stage allowing our tribe members to **awaken their true inner spirit** & to **transcend their minds**.

The active **10-day** journey is designed to energize your body, nourish the **Soul** and allow for healing to take place.

Through the guided process we focus on putting you in a state of **deep inner connection** and **relaxation**.

SOULVENTURE

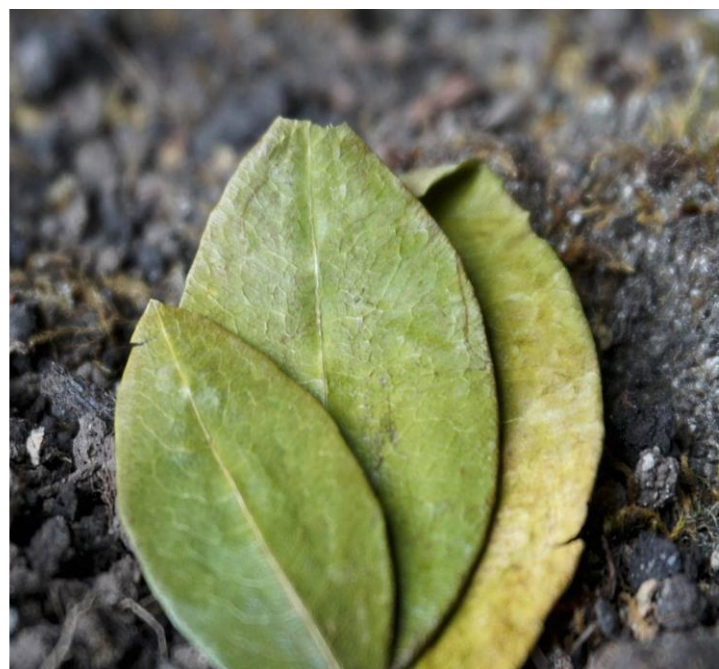
The NAFAS Soulventure (an adventure for your soul) will take you on a Journey where your teachers will be the Master Plants of Sacred Cacao, Mama Coca, Tobacco, and some of the strongest Master Spirits of the plant world: **Ayahuasca, Huachuma & Psilocybin.**

This combination of teacher plants is far more than the sum of its parts, a unique approach to natural healing that has been proven to be the strongest and most efficient way of facilitating **life changing transformation.**





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DESPACHO & TEMAZCAL

Before beginning any Shamanic venture, it's important to first and foremost **present yourself to the Spirits of the land** with offerings. It is also important to begin with a **purification ceremony**.

A **Despacho** is a traditional Andean offering ceremony for the Earth. With the support of our elders, we will introduce ourselves to the Spirits of the Apus while presenting our individual and collective **intentions** for our time together.

A **Temazcal** Ceremony (Sweat Lodge) held by our Peruvian elders will **cleanse us inside and out** so that we may properly receive the blessings.

CACAO CEREMONY

Cacao has been used in ancient ceremonies for thousands of years. Also called 'Food of the Gods'.

Pure Cacao is used as a heart-opening medicine for people to safely experience awakening, revelation, and inner healing.

Cacao is used in a sacred medicinal ritual, where intentions are set, and once consumed, euphoric states are unlocked, negative emotions are released, and we are able to connect with ourselves and the loving energy in our body.



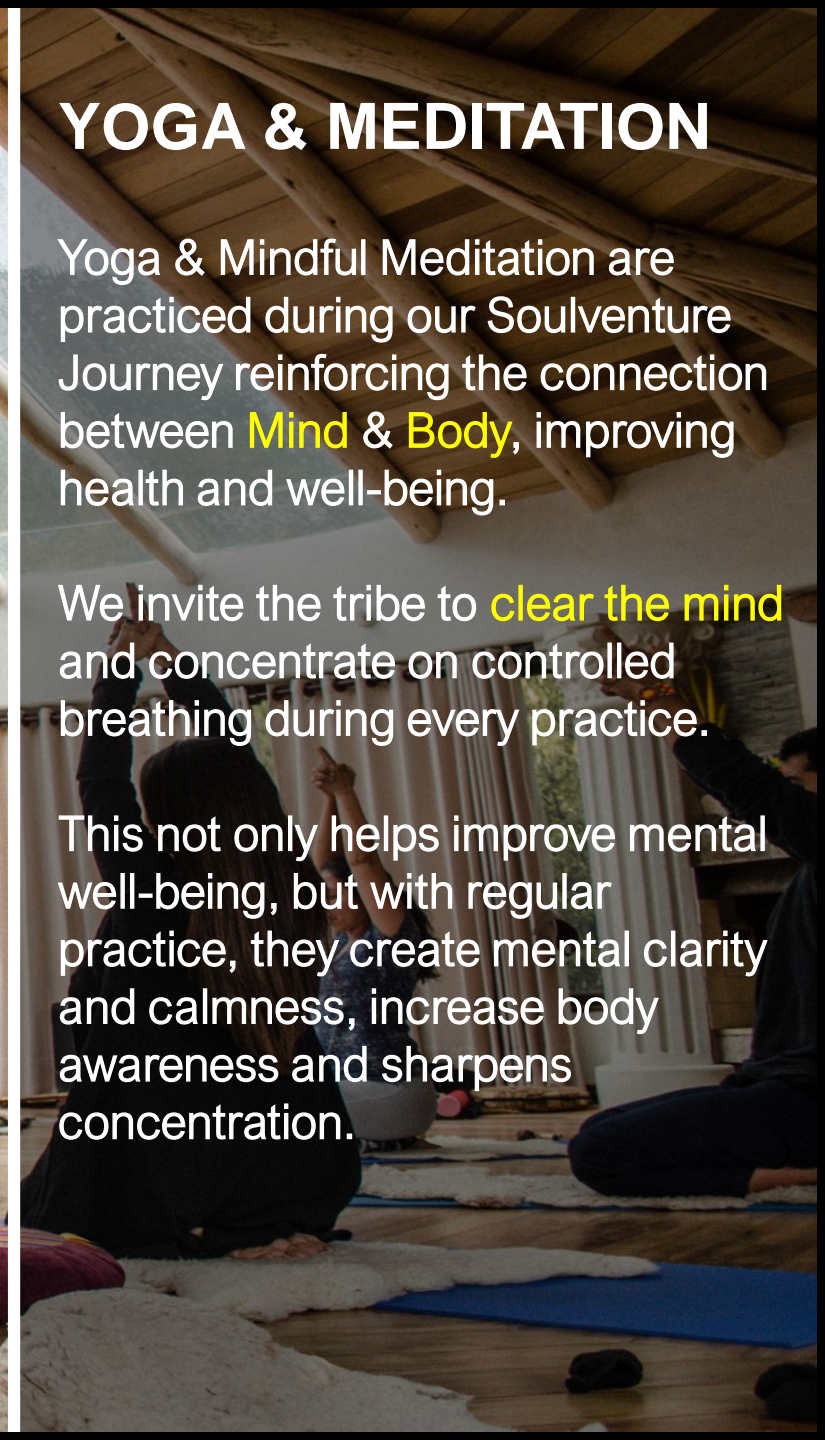


YOGA & MEDITATION

Yoga & Mindful Meditation are practiced during our Soulventure Journey reinforcing the connection between **Mind & Body**, improving health and well-being.

We invite the tribe to **clear the mind** and concentrate on controlled breathing during every practice.

This not only helps improve mental well-being, but with regular practice, they create mental clarity and calmness, increase body awareness and sharpens concentration.



SHAMANIC BREATHWORK

An experience combining breathing, music and a sacred space to facilitate expanded states of awareness for **Self-Exploration & Healing**.

This technique involves accelerated breathing, evocative music, bodywork, mandala drawing and group sharing in a safe environment with a trained facilitator.

Through this transformative process, our tribe members journey and experience **Different Realms of Consciousness**, accessing **Greater Love, Wisdom, Transformation, and Healing**.





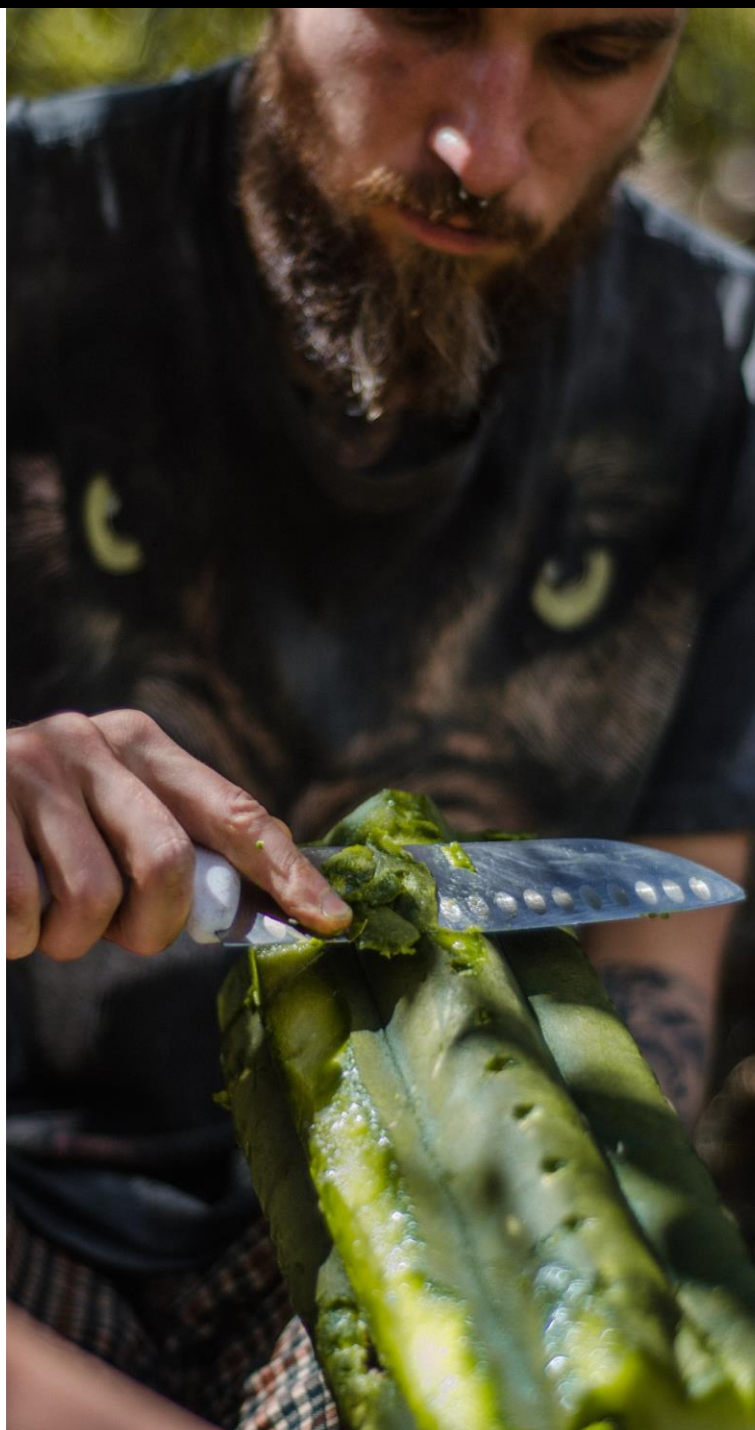
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SOUND HEALING

Sound has been one of the most ancient forms of **healing**. When simplified to its finest form everything in creation has a specific **vibration & frequency**. Sound therapy utilizes extremely finely tuned instruments to bring harmony into our bodies and quietness in our minds which gives us direct **access to our Soul**.

We will experience different healing instruments from around the world to help support our **soul's awakening** and create a soundscape to explore the mystical realms that lie within the **shifts in vibration**.



GRANDFATHER

Huachuma is a cactus that has been honoured & revered as a master plant teacher for over 3,000 years in the Andes of Peru. It literally translates to “**removing of the head**” which is a nice metaphor for “**dissolving the ego**”. Huachuma is the medicine of the mountains that helps to support us in **purifying our physical, emotional & spiritual bodies** while **opening our heart** to experience more love.

Huachuma, also known as San Pedro, is considered a very masculine medicine that withholds the **wisdom & light** of our Sun. He helps to support us upon our path by providing **clarity, direction & guidance** through his intricate teachings requiring presence and receptivity. This medicine is very much rooted in this Earthly plane and allows us to deeply reconnect to the elements and truly see the beauty of Pachamama.

GRANDMOTHER

Ayahuasca is an incredibly potent master plant teacher that is here to awaken us to our true nature of being a multi-dimension being living a human experience.

The Ayahuasca brew is a concentrated elixir of two Amazonian plants, Ayahuasca & Chacruna, that when mixed together allow for the naturally occurring tryptamine DMT to be orally active providing a profound experience for 6-8 hours. This allows us to receive a powerful **DNA upgrade** while purifying every cell of our body and allowing us to **look behind the veil of reality**.

We are incredibly blessed to be working with a highly integral, loving, and pure-hearted family who will be facilitating the ceremonies.

The Shamans will share with us their traditional way of healing.





GRANDCHILDREN

Psilocibin (magic mushrooms) are considered within this family constellation to be the sacred Grandchildren.

Psyche (Mind/Soul) - **Delos** (to Show). The Mushrooms have been a part of human culture for thousands of years. When consumed, they produce a **mystical experience**.

Used for **healing, vision quests**, and **divination** by cultures across the globe.

MACHU PICCHU

A Sacred Valley tour to the Inca trails of Machu Picchu 'The Lost City of The Incas' takes place on our final day. A beautiful Journey with the tribe.

A deep connection with Mother Nature in one of the most **energetic centers** in the world, the tribe will hike the Trail together.

A wonderful ending to the Peru Soulventure.





ACCOMMODATION

The NAFAS Soulvventure is held at the beautiful **Raices Inkas** Retreat Center in the Sacred Valley of Cusco, Peru. This retreat space is located in the Andes.

Raices is secluded, privately booked for our tribe, and extremely comfortable. It is the perfect destination for the Transformational Journey.



RACIES INKAS

The location is dedicated to healing the mind, body & **Spirit**, immersed in the energy of the Inka lands.

Different room options are available including rooms for sharing (double or triple) and also private rooms for Single guests.

We will be spending the first 8 nights of our stay at Raices followed by a move to Machu Pichu where we will be staying for our final night.





PROGRAM AGENDA

At NAFAS, we have carefully chosen locations, Yogis & Shamans to deliver such healing. Our schedule has been hand crafted to create a **Graceful & Powerful Journey of Purification, Depth & Embodiment.**

Below is the tentative Program schedule:

Day 1: Opening Circle, Cacao & Despacho Ceremony

Day 2: Huachuma Ceremony, Kinca Cocha Lagoon Hike

Day 3: Hatha Yoga, Ayahuasca Ceremony

Day 4: Sharing Circle, Massage, Rest & Relax

Day 5: Yin Yoga, Ayahuasca Ceremony

Day 6: Sharing Circle, Huachuma Preparation

Day 7: Huachuma Ceremony, Waterfall Hike, Sound Journey

Day 8: Integration, Massage, Shamanic Breathwork

Day 9: Check out, Train to Machu Pichu

Day 10: Magic Machu Pichu Hike, Closing Ceremony

NUTRITION

Our Peruvian chefs will provide us with simple, clean, local, plant-based organic food throughout our time together. Many of the vegetables will come directly from the garden of Paucartika Hacienda Lodge.

Our menu of selected foods provide our tribe with deeply nourishing and conscious **vegetarian** and **vegan** meals during the retreat so you will have the opportunity to deeply nourish your body with the abundance of Pachamama.





JOURNEY COST

All expenses are included, excluding only the airfare. This includes all meals, beverages, plant medicines, accommodation, transport, all experiences, unconditional support & love.

The NAFAS team will pick you up from **Cusco International Airport** (CUZ) upon your arrival. We recommend arriving 1 day prior and spending the night in Cusco to acclimatize and relax from your travel.

Bring someone special and share a room with our discounted rate:

Tree House: **Shared Room \$5,100 / person**
Single Room \$5,900 / person

Bungalow: **Shared Room \$5,500 / person**
Single Room \$6,300 / person

*\$1,500 non-refundable deposit is required to book
(Minimum of 10 guests for a private group)*

WALID ABOULNAGA

Walid co-founded, managed and ran multiple successful businesses in the Middle East & North Africa with a team of over 1,400 members from 14 different countries. After witnessing and experiencing first-hand the destructive effects of stress, he sensed a need for a deeper connection with our **true potential** and **awareness** of our mind, body & **Spirit**.

As a result, **NAFAS Journeys** was launched in 2018, a **Transformational Travel Experience** helping those embarking on their lifelong journey and quest for self-discovery by bridging Adventure with Spirituality.

He is a **Certified Shamanic Breathwork Facilitator** and **Ordained a Shamanic Minister**, and more importantly ~ an Adventurer by heart. Walid was a member of the Entrepreneur's Organization for the last 10 years. He currently lives in **Bali** with his wife and 3 daughters.

~ The key is not to complicate life, live free & simple.



INTIWARI YATIRI (Huachuma)

Intiwari is the embodiment of an Andean magus. He was born high above Lake Titicaca where many Incan mythology stories were originated and he carries the Huachumero tradition forward from his grandfather's lineage. A world traveler, the Spirit of Huachuma has been his teacher since he was 13 years old. Intiwari is holding a very beautiful perspective of the Andean cosmo-vision and is one of the most generous elders that I've met in regards to sharing his experiential wisdom.

He's created an incredible temple space in the heart of Ollyantaytambo surrounded by majestic Apus and sacred sites. He's a family man that has been cultivating his own medicine upon the land he's been care-taking for many years now and he's very excited to share his heart with us.



NILTON SANTI (Ayahuasca)

Nilton is originally from Cusco, Peru and he has lived there for more than forty years, specifically in the Sacred Valley of the Incas, nestled in the Sacred Mountains that protect and take care of the inhabitants of this magical place.

He is a descendant of the Andean Quechua culture of Peru, many years ago he discovered the benefits and healing powers of the sacred medicinal plants offered by Pachamama (Mother Earth), and today he shares and serves the medicine to his brothers and sisters who responsibly seek to raise their self-knowledge and consciousness.

Nilton works with local native communities to replant the Ayahuasca vine and Chacruna leaves (the two ingredients used in the Ayahuasca brew), among other permaculture projects.





DAVID & MARCELA (Temezcal)

David & Marcela are a beautiful Andean couple that has been married for over 35 years. They continue to grow deeper in love as they devote their lives to sharing the wisdom they've cultivated through growing up within the Andes Mountains.

The main medicine that they work with is the Temazcal, or sweat lodge, and they make an incredible team with David working the fire and Marcela pouring the water. She's an experienced Moon Dancer and has poured hundreds of sweat lodges, bringing a very grounded, heart-centered prayer making her the perfect mother to support us to purify. We are very blessed to have them sharing their love with us!

WILSON & SANTOS (Despacho)

Wilson & Santos are father and son that live just north of the Sacred Valley in a mountain village. They are Quechan speaking natives that call forth their family's traditional offering ceremony, a Despacho. They bring a very pure, humble, & deep prayer into their offerings and share a lot about the lineage in which they come from.

They both also share a lot of the Quechan translations into both Spanish & English which will give us a solid base to work off in learning some of the important Quechan phrases. They carry a beautiful lightness around them and it's a great blessing to have them come and share their prayers with us for our opening ceremony.

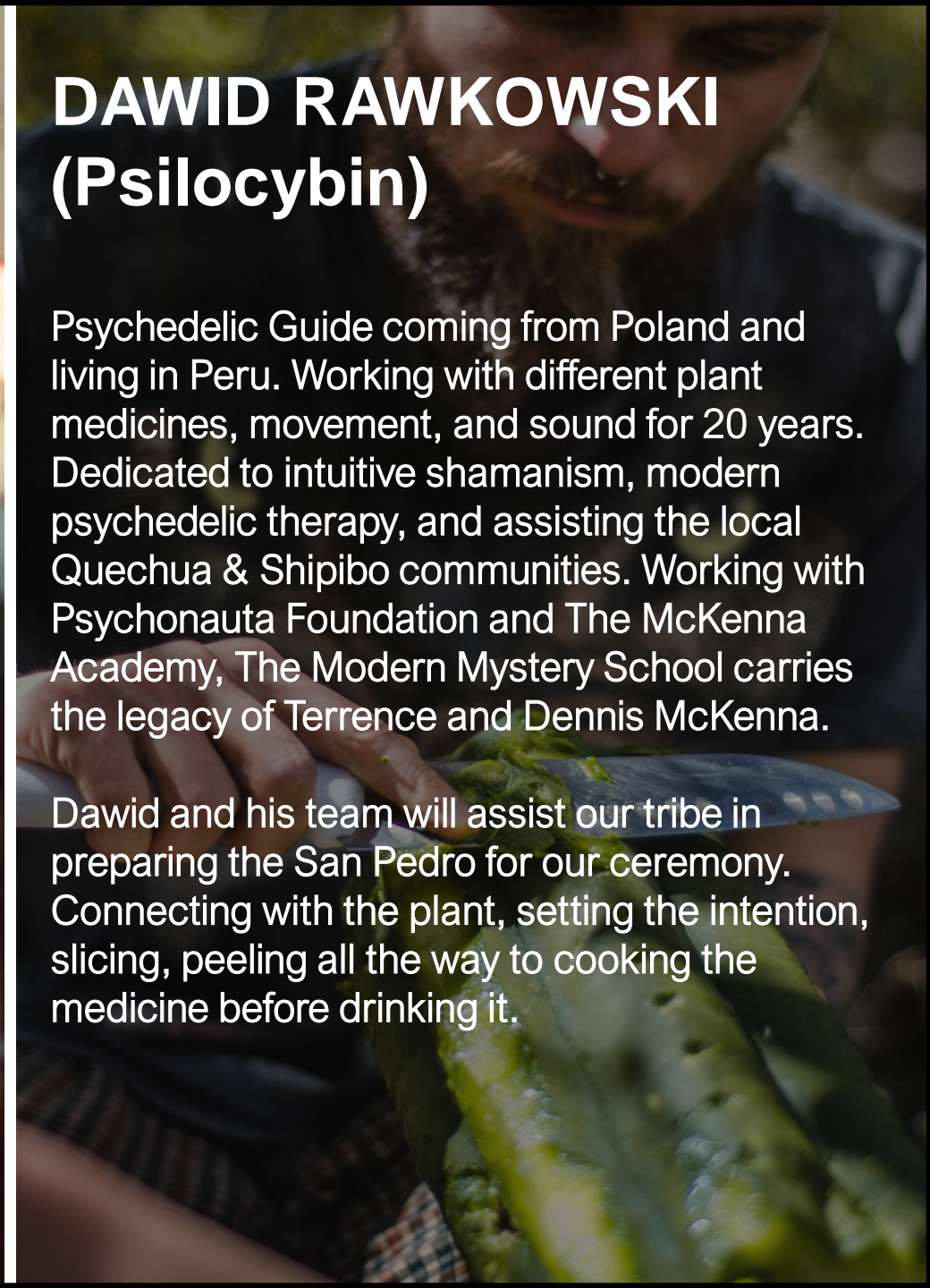




DAWID RAWKOWSKI (Psilocybin)

Psychedelic Guide coming from Poland and living in Peru. Working with different plant medicines, movement, and sound for 20 years. Dedicated to intuitive shamanism, modern psychedelic therapy, and assisting the local Quechua & Shipibo communities. Working with Psychonauta Foundation and The McKenna Academy, The Modern Mystery School carries the legacy of Terrence and Dennis McKenna.

Dawid and his team will assist our tribe in preparing the San Pedro for our ceremony. Connecting with the plant, setting the intention, slicing, peeling all the way to cooking the medicine before drinking it.



METAMORPHOSE ~ NOW

NAFAS aims to allow each and everyone to fully experience their inner power and feel the energy of mother earth to its fullest.

Our Deep Immersion & unique integrative approach to the Plant Medicine experience are designed to help you **open your heart & awaken you to a new way.**

Follow your hearts call to nature, to adventure, to enlightenment.
Take a deep breath..

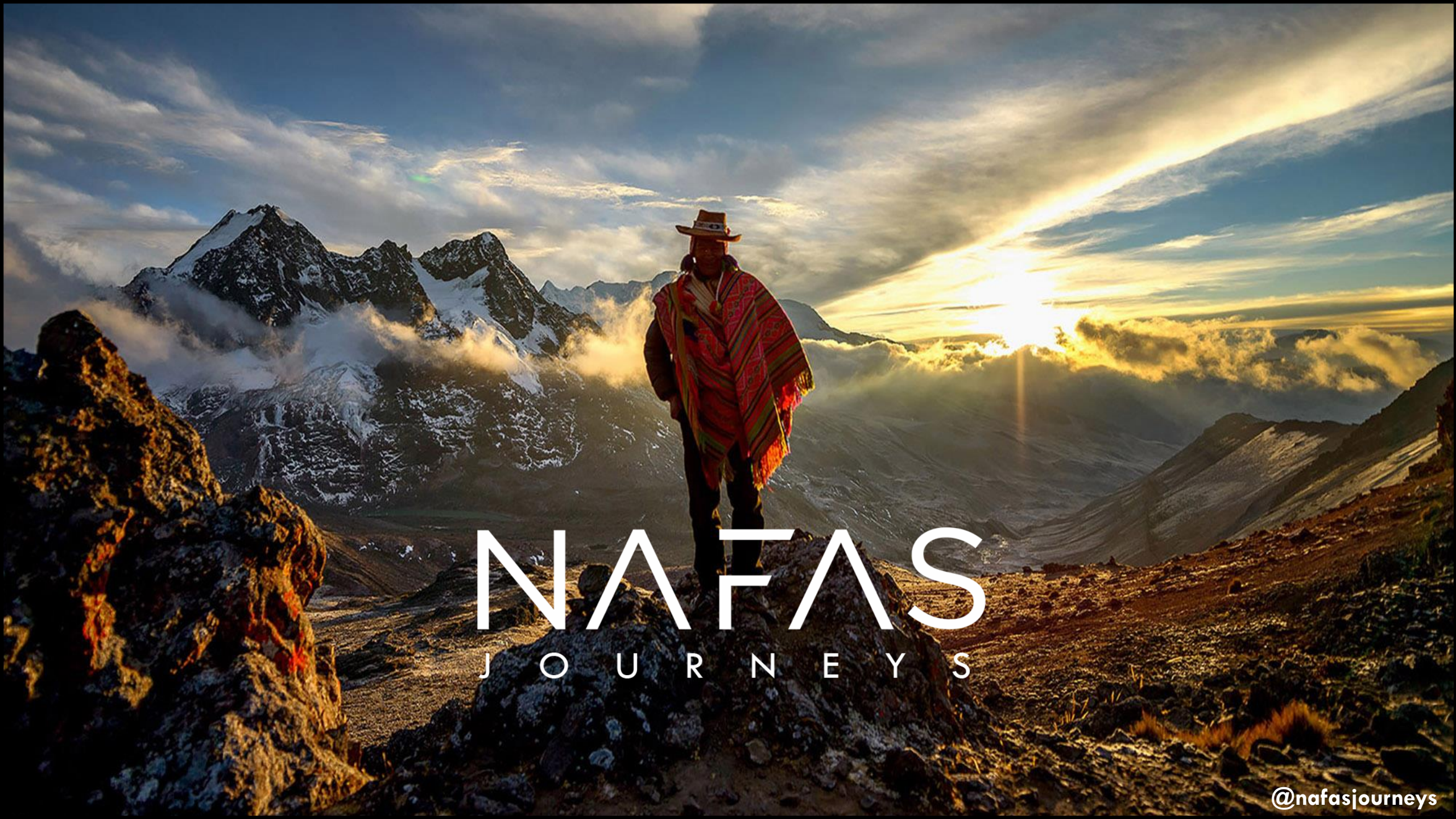
Begin your NAFAS Journey now.

Respond to every call that excites your spirit
~ Rumi

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