



Centro Escuela
SPAL ALMA
Conéctate con tu Alma

The Path of the Turtle

*Retreat:
Medicines from Earth*



OUR PLACE

SPAL ALMA:

We are Spal Alma, a magical and natural place. A well-being centre and school. Focused on your healing, well being and self development.

Integrating a variety of disciplines to develop states of greater consciousness, inner peace, self healing and personal growth.

We offer support and training in alternative psychological and spiritual healing therapies. By building on ancestral knowledge and using new technologies, we work towards healing the physical and fostering a new creating a new humanity.

We are located in eastern Antioquia, 7 minutes from the José María Córdoba Airport in the village of La Mosquita Guarne, via the airport-Medellín Bogotá highway.



START YOUR INNER JOURNEY

- ❖ Opening Sacred Space
- ❖ Initiation of the Shamanism's world
- ❖ Assembly of the Sacred Altar
- ❖ Relationship with Nature
- ❖ Ritual of initiation
- ❖ Rapé Ceremony
- ❖ Temazcal



Day 1

Temazcal

The Temazcal or Inipi is an Ancient Native American Ceremony whose purpose is the purification the Body and the Soul.

Purification through the four elements:

 Earth

 Water

 Air

 Fire



Day 2 and 3

Drum Workshop

- ❖ Elaboration, tempering and painting your own drum.
- ❖ Guided meditation to meet your power animal.
- ❖ You will learn the 8 drumbeats to enter a trance and do your own healing.
- ❖ Drumbeat around the fire.

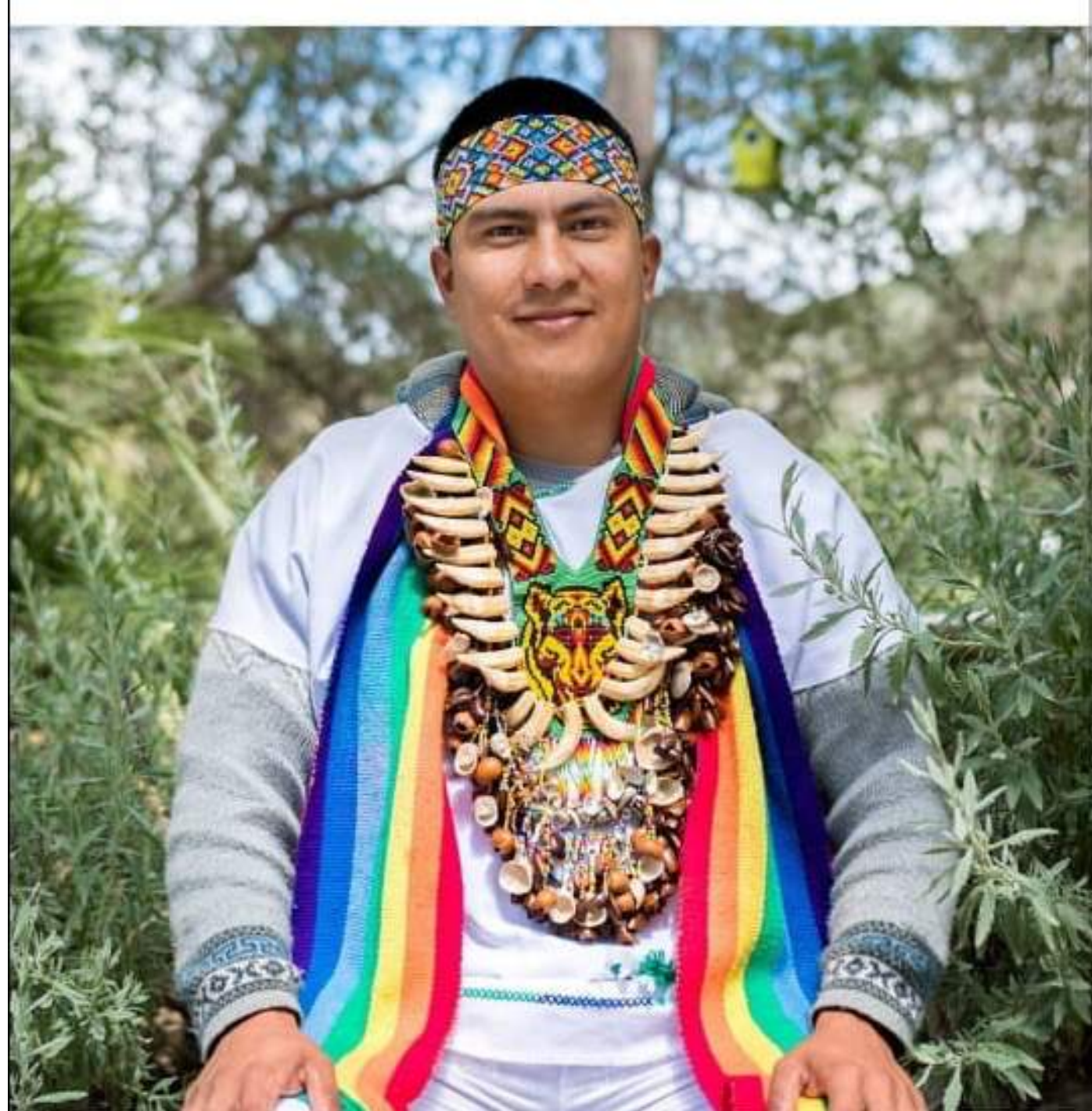


Day 4

Afternoon Rest.

Word Circle.

Yagé process and Yage Ceremony with Taita
Alex Mutumbajoy from Putumayo Colombia.
All night.



Day 5

Walk on Fire



- ❖ Meditation to connect with your Higher Self and your power mantra.
- ❖ Connecting with your Power Animal
- ❖ Empowerment Exercise: Yes-No.
- ❖ Thinking Experiment: Negative Thinking vs. Positive Exercise: We are what we think.
- ❖ Confidence walk and treasure hunt.
- ❖ Exercise: light your inner fire.
- ❖ Recognition tunnel
- ❖ Preparation to walk on fire
- ❖ Holotropic breathwork

Overcome all your fears and beliefs, light your inner fire and transmute what blocks you to activate and connect your maximum potential.

Day 6

Psilocybin and psilocin (Magic mushrooms)

We will prepare ourselves to make a deep journey connecting with the great divine consciousness.

We will use the medicine of the holy children The Fungi Kingdom, where you will be able to discover many things about your soul, heal and understand the human tissue and connection in the world of relationships.





Day 7

Visit to the La Piedra Peñol

includes:

- ❖ Ride to the top of the Piedra (770 steps)
- ❖ Lunch included
- ❖ Ticket to the La Piedra Peñol
- ❖ Meditation: The way of the Itaki



Day 8

Guided visit to Medellín's City

Places to visit:

- ❖ Metro cable Park Arvi Guarne-Medellin.
- ❖ Comuna 13 .
- ❖ Medellín's town center.





Day 9

Walk to the Waterfall and Closing-Celebration

- ❖ Cleaning and flourishing in the waterfall, we will establish a relationship with the elemental water and we will let our emotions flow.

❖ *Closing the retreat*

Types of Accomodation

Egypt Cabin



Tree House



Alpin Cabin



Cost of your Journey

Our proposal includes:

- ✓ Airport pick up
- ✓ Lodging in Alpines Mini Cabin
- ✓ Healthy meals: Breakfast, lunch and dinner
- ✓ Transportation to the places we are going to visit
- ✓ All the activities that we offered above
- ✓ All medicines and materials required for each activity
- ✓ Hotel insurance during your staying.

Value of the proposal per person: USD \$1.550.00

Group offer:

- 10 people, 10% off and your own place free.
- More than 10 people, 15% off and your own place free

Payment Agreement: 50% of the total amount, one month before the event and the other 50% one week before arrival at our place. Not included: Extra meals and air tickets.