EMBODIED MASCULINE ™

“ORIGINS” A SACRED CO-ED RETREAT

THE SACRED VALLEY OF PERU (MAY 1-6, 2024)

Space is limited to 12 participants

A once In a lifetime experience

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Immerse yourself in the transformative power of The Origins co-ed retreat, nestled in the heart of Peru's Sacred Valley, a place renowned for its spiritual significance and healing energies. From May 1-6, 2024, this retreat offers a sanctuary where deep practices and sacred ceremonies open the door to profound personal growth and transformation. As you walk the land once trodden by the Incas, you will engage in deep, spiritual practices that have been carefully curated to unlock your innermost potential and foster a powerful transformation within. The serene beauty and mystical vibrations of the Sacred Valley serve as the perfect backdrop for this journey of self-discovery, inviting you to connect with your true essence in a way that transcends the ordinary.

The Sacred Valley of Peru, with its rich history and spiritual legacy, offers more than just a retreat—it provides a path to healing and renewal. Drawing upon the valley's long-standing tradition of spiritual cultivation and its natural healing energies, The Origins co-ed retreat is an opportunity to experience a deep connection with the earth and the ancient wisdom that permeates this sacred land. Through sacred ceremonies and practices held in this historic setting, participants will tap into the valley's transformative power, facilitating a journey of healing, insight, and profound personal change. Embrace this unique opportunity to align with the healing essence of the Sacred Valley, paving the way for a life marked by greater clarity, purpose, and harmony with the natural world.

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WHAT TO EXPECT

EMBODIMENT, SOMATIC & SHAMANIC PRACTICES

Most days, you will be led through one or two practice sessions consisting of Embodiment, Somatic, and Shamanic. The power of embodiment, coupled with shamanic and somatic practices, lies in their ability to bridge the physical and spiritual realms, offering a holistic approach to healing and self-discovery. Shamanic practices often involve connecting with the wisdom of ancient traditions, engaging in rituals that transcend the ordinary, and tapping into the energetic essence of existence. When integrated with somatic practices, which focus on the awareness of the body and its sensations, these modalities become a potent catalyst for transformation. By grounding spiritual experiences within the body, individuals can cultivate a deep sense of presence, self-awareness, and a harmonious connection to the natural world. Embodiment practices, including breathwork, movement, and mindfulness, serve as gateways to unlocking the intelligence housed in the body, facilitating the release of stored trauma and tension. This integrative approach acknowledges the inseparable link between mind, body, and spirit, emphasizing the importance of a balanced and conscious relationship with oneself and the broader cosmos. Through these practices, individuals may discover a profound sense of vitality, resilience, and a harmonious alignment with the flow of life.

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WHAT TO EXPECT

SACRED CEREMONIES

We will be offering three sacred ceremonies at "Origins": Grandmother, Kambo & Tea. These sacred ceremonies, encompassing various traditions, hold a unique and potent capacity to unlock the depths of human consciousness. These ceremonies are deeply rooted in ancient cultural practices and are revered for their ability to facilitate transformative experiences. The power lies not only in the biochemical effects of the plants or secretions themselves but also in the intention, ritual, and guidance experienced practitioners provide. Through a safe ceremonial space, individuals are encouraged to explore the realms of their psyche, confront suppressed emotions, and gain profound insights into the nature of existence. These are spiritual allies, offering a mirror to one's innermost self and providing an opportunity for healing and personal growth. While these ceremonies have gained attention for their therapeutic potential in addressing mental health issues, addiction, and existential questions, it is crucial to approach them with reverence and respect, acknowledging both the risks and rewards that come with the exploration of the profound mysteries of the mind and spirit.

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WHAT TO EXPECT

LUXURY SUSTAINABLE LODGING

Your lodging is situated in a beautiful Eco Resort (see below), a unique refuge with the highest sustainability standards in Ollantaytambo. We offer three types of lodging, from private luxury tents to shared occupancy.

The facility uses a minimal-impact architecture that blends with the environment. The tents are insulated to be thermally efficient and to offer our guests a very comfortable stay with the highest finishes. Solar energy is used for all lighting needs.

REJUVENATE BODY & SOUL

We will be offering one bodywork session during your free time. If you’re inspired to receive more treatments from Las Qolqas, you’re welcome to do so. This is a time for deep Introspection and deep nourishment.

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MACHU PICCHU EXCURSION

Visiting Machu Picchu is a transformative journey that transcends mere tourism, immersing individuals in the mystique and grandeur of an ancient civilization. Nestled amidst the breathtaking Andean mountains, Machu Picchu, with its enigmatic ruins and awe-inspiring architecture, invites contemplation and a profound connection to history. The power of this experience lies in its ability to evoke a sense of wonder and reverence for the Inca people's ingenuity and spiritual wisdom. Walking through the meticulously crafted terraces, temples, and residential areas, visitors are transported to a bygone era, where the harmonious integration of architecture with the natural landscape speaks to a deep understanding of the environment. The panoramic views from Machu Picchu's vantage points contribute to a spiritual elevation, fostering a deep appreciation for the intersection of human achievement and the natural world. This UNESCO World Heritage Site not only showcases ancient engineering prowess but also invites introspection and a recognition of the profound interconnectedness between humanity, history, and the awe-inspiring beauty of the Andes.

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WHAT TO EXPECT

ORGANIC PERUVIAN CUISINE

Delight your palate with our organic Peruvian cuisine. The Eco Resort restaurant offers each guest incredible views of the surrounding mountains and the best of Peruvian Andean cuisine. The menu changes daily based on what our chef can find in local markets and those of our neighbors.

AIRPORT TRANSFERS

When you arrive at Cusco Airport, your transportation is covered with a private car that will pick you up and drive you directly to the resort. Your trip back is also taken care of

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WELLNESS & THE DOME

The Geodesic dome (seen In the above Image) is nestled at the foot of the Apu Pututuyuc, an 800-meter cliff where many condors nest and call home. It is surrounded by fruit trees and aromatic herbs used in meals we will be sharing. Its private setting lends itself to a relaxing and peaceful experience. Its wooden skeleton and the floor are made of Misa wood (‘Brazilian oak’) with wall panels of reinforced glass, providing 360-degree views of the surroundings.
All our yoga sessions, practices, and two of three ceremonies will be held here.

The facility also provides a myriad of treatments. Included in your registration is one full-hour bodywork session; during your free time, you’re welcome to look at the myriad of other treatments to support your experience.

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SACRED CEREMONIES

GRANDMOTHER CEREMONY: This ceremony is a profound and transformative experience that has been embraced for centuries by indigenous Amazonian cultures. At its essence, grandmother medicine is renowned for its capacity to induce altered states of consciousness. The ceremony will be guided by a seasoned shaman (Kano Mai) with assistants from co-facilitators. This experience provides a unique opportunity for self-discovery, healing, and spiritual growth. Grandmother medicine is believed to act as a wise and nurturing guide, offering insights into the deepest recesses of the subconscious. Participants often report gaining profound wisdom, experiencing a heightened sense of interconnectedness, and undergoing significant personal transformations. The power of this medicine ceremony lies in its ability to facilitate a sacred journey of self-exploration, connecting participants with ancient wisdom and fostering a deep understanding of the interconnectedness between the self, the natural world, and the spiritual realms.

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SACRED CEREMONIES

KAMBO CEREMONY: Kambo acts on the whole being, balancing mind, body, spirit, and emotional realms, returning the subtle energy of the body back into harmony.
In the Amazon Rainforest, this medicine is known to bring happiness to those who take it, to bring luck, and to unblock and circulate the heart chakra, among many other benefits. The indigenous tribes say the main reason for receiving the natural vaccine is to remove “Panama,” which is the thick cloud of haziness that sits on top of a person's energy field. It brings the person back to his/her natural state of perfect harmony and highest physical, emotional, and spiritual potential, reconnecting one to self.

TEA CEREMONY: Tea ceremony is a space where we can settle into a quiet, grounded place inside ourselves. Where we can slow down, outside of the harried pace of day-to-day life, with the medicine of tea as our guide. She is a gentle teacher who meets us exactly where we are, asks nothing of us, and opens the door to the awakened presence and a peaceful sense of connection. The centuries-old ritual of Cha Dao, or “the way of tea”, incorporates the elements of nature in a dance of fire, water, earth, and space. The ceremony is held in noble silence as we have the opportunity to tune into ourselves mindfully, our breath, our senses, and into the tea itself...slowing our minds, opening our hearts, and inspiring our spirits with a deeper connection to ourselves and to Nature.

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MEET YOUR FACILITATORS

AMIR KHALIGHI: Amir is a Shamanic practitioner, founder, and lead facilitator at Embodied Masculine™. His journey into self-actualization started during his college years with study in existential philosophy and comparative religious studies. His work with men began 30 years ago at the age of 23. Through his 20s and 30s, he worked with hundreds of men centered around addiction and personal development through martial arts. Subsequently, his work has matured and now encompasses Jungian archetypal psychology, somatic healing, shamanic practices, and Hermetic & embodiment methodologies.

KERI KHALIGHI For the last 15 years Keri has devoted to studying, training, and practicing with teachers from various Tantric lineages, somatic knowledge, shamanic wisdom, and subtle energy work. Life has led Keri to do her richest internal work in the realms of feminine embodiment, somatic healing, sacred intimacy and sexuality, the path of motherhood, conscious communication, and the way of tea. She is passionate about working with women to reconnect them to the power and truth of who they really are – both individually and collectively – in this potent time as the divine feminine reemerges to take Her rightful seat once again.

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KANO MAI: Kano is a professional musician, a transformational coach, a shamanic practitioner and a mens work facilitator. He has many musical endeavors under his belt and began a massive life transition through addiction recovery. Kano has studied extensively in the Amazon jungles of Peru with Indigenous healers, learning and teaching the ancient ways of sacred ceremonial work, as well as developing healing music inspired by different tribes and traditions. He has passion not only for his own personal growth but also helping others achieve their true potential. Guiding those who are ready to a deeper connection with their authentic selves.

OLKA YAKIMENKO: Olka is an Advanced Kambo Practitioner and a Shamanic Practitioner. She has been serving Kambo since 2018. Tribes of the Amazon often refer to Kambo as "Hunting Magic" as it strengthens the physical body and the mind. Kambo brings energy and stamina into the body and sharpens the senses. It makes the mind still and allows one to think clearly. The small things that bother us daily do not seem to be as significant following a Kambo session, allowing one to focus on the things that truly matter in life.

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TENTATIVE SCHEDULE

May 01, 2023
- 02:00 P.M. – 05:00 P.M. / Check-In
- 06:00 P.M. – 07:30 P.M. / Welcome Fire Circle
- 08:00 P.M – 09:30 P.M. / Welcome Dinner

May 02, 2023
- 06:30 A.M – 07:30 A.M. / Sunrise Tea Ceremony (Group A)
- 08:30 A.M. – 11:30 A.M. / Kambo Ceremony or Morning Yoga + Practice
- 12:00 P.M – 01:30 P.M. / Lunch
- 02:00 P.M – 05:30 P.M. / Free Time & (Zone A Treatments)
- 06:00 P.M. – 08:00 P.M. / Evening Practice
- 08:30 P.M – 10:00 P.M. / Dinner

May 03, 2023
- 06:30 A.M – 10:00 P.M. / Machu Picchu Excursion

May 04, 2023
- 06:30 A.M – 07:30 A.M. / Sunrise Tea Ceremony (Group B)
- 08:30 A.M. – 11:30 A.M. / Morning Yoga & Practice
- 12:00 P.M – 01:30 P.M. / Lunch
- 02:00 P.M – 05:30 P.M. / Free Time & (Zone B Treatments)
- 07:00 P.M. – 02:00 A.M. / Grandmother Ceremony

May 05, 2023
- 09:00 A.M. – 11:30 A.M. / Integration Circle
- 12:00 P.M – 01:30 P.M. / Lunch
- 02:00 P.M – 05:30 P.M. / Free Time & (Zone C Treatments)
- 06:00 P.M. – 8:00 P.M / Restorative Practice
- 08:30 P.M – 10:00 P.M / Dinner

May 06, 2023
- 08:00 A.M. – 11:00 A.M. / Closing Circle
- 11:30 A.M – 12:30 P.M. / Lunch
- 01:00 P.M – Checkout

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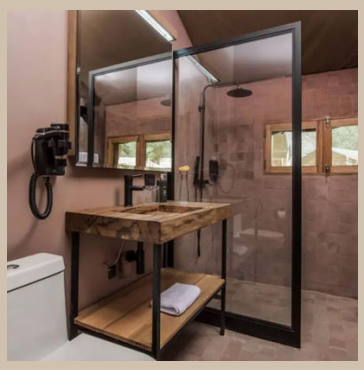
ECO SUSTAINABLE LODGING



REGISTRATION

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HAVE QUESTIONS?

BOOK A CLARITY CALL

EMBODIED MASCULINE
Connection • Empowerment • Purpose

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CONNECTION - EMPOWERMENT -PURPOSE

E-mail info@embodiedmasculine.com
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