



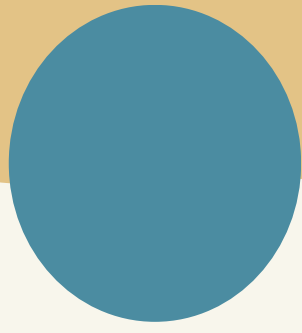
Retreat with Amazonian Medecine from SHIPIBO-CONIBOS



1 - 8 JUNE 2023

Sacred Amazonian Plants, Inipi Medicine, Kambô,
Yoga, Meditation, Tantric Breathing, Tibetan
Bowls, Reiki Usui Tibet, Singing Circles

*This retreat was born out of unconditional love for life
and all living beings on this beautiful planet...*



Together, we will follow a path of alchemical liberation to create more space in our essence, in this way we will be able to:

- heal physical and psychical diseases;
- to feel radically free to be oneself;
- to radiate our light and truth;
- to grow in sovereignty;
- accept all our emotions as deep guidance from our higher self;
- being in the infinite present.

At the beginning of the retreat, you will be invited to follow a diet with sacred plants from the Amazon to make a powerful physical, psychic and spiritual cleansing and transformation. This moment creates a space of connection with nature and with oneself allowing a deep physical and energetic cleansing. This diet favours the elimination of toxic substances that blocks sensitivity and come from poor nutrition, the consumption of drugs and medications, as well as environmental contamination. It also performs a "polishing" of the energetic body. This psycho-emotional unblocking leads to the strengthening of the body, the amplification of perceptions, the reconnection with one's repressed emotions, introspection, a clearer mind and the discovery of the sacred dimension. The dream production is stimulated and allows the appearance of powerful, meaningful dreams, which bring to consciousness buried elements of the psyche and forgotten memories that will guide you in your personal quest.

PROGRAM

DAY 1

10am-12 Welcoming and greetings

12.30pm Light meal together

2pm Introduction

- Presentation of the group and the medicine women and men with stick-word
- Pachamama cleansing
- Intentions with candle

5pm Inipi Medecine (Arturo Nahui Cuahutli)



PROGRAM

DAY 2

- 8am Diet with sacred plants (Reshin Nika)
- 12.30pm Light meal together
- 3-6pm Treatments by reservation: Tibetan bowls and Usui Reiki (Elisa Moglia and Tolio Joon)
- Night Open dialogue with the Shipibo-Conibo Shaman (Reshin Nika and Isa Rina)
- Night Sacred medicine ceremony in the Tipi (Reshin Nika and Isa Rina)



PROGRAM

DAY 3

8am Diet with sacred plants (Reshin Nika)

12.30pm Light meal together

3-6pm Treatments by reservation: Tibetan bowls and
Usui Reiki (Elisa Moglia and Tolio Joon)

Night Open dialogue with the Shipibo-Conibo Shaman
(Reshin Nika and Isa Rina)

Night Sacred medicine ceremony in the Tipi
(Reshin Nika and Isa Rina)



PROGRAM

DAY 4

8-11am Kambô by reservation (Jacques Froidevaux)

Free access to breakfast

9am Yoga, Tantric breathing, meditation
(Elisa Moglia and Tolio Joon)

12.30pm Light meal together

3-6pm Treatments by reservation: Tibetan bowls and
Usui Reiki (Elisa Moglia and Tolio Joon)

Night Singing circle (Arturo Nahui Cuahutli)
Musical instruments are welcome



PROGRAM

DAY 5

8-11am Kambô by reservation (Jacques Froidevaux)

Free access to breakfast

9am Yoga, Tantric breathing, meditation
(Elisa Moglia and Tolio Joon)

12.30pm Light meal together

3-6pm Treatment by reservation: Tibetan Bowls and
Usui Reiki (Elisa Moglia and Tolio Joon)

Night Sacred medicine ceremony in the Tipi
(Reshin Nika and Isa Rina)



8-11am Kambô by reservation (Jacques Froidevaux)

Free access to breakfast

9am Yoga, Tantric breathing, meditation
(Elisa Moglia and Tolio Joon)

12.30pm Light meal together

3-6pm Treatment by reservation: Tibetan Bowls and
Usui Reiki (Elisa Moglia and Tolio Joon)

Night Sacred medicine ceremony in the Tipi
(Reshin Nika and Isa Rina)



PROGRAM

DAY 7

8-11am Kambô by reservation (Jacques Froidevaux)

Free access to breakfast

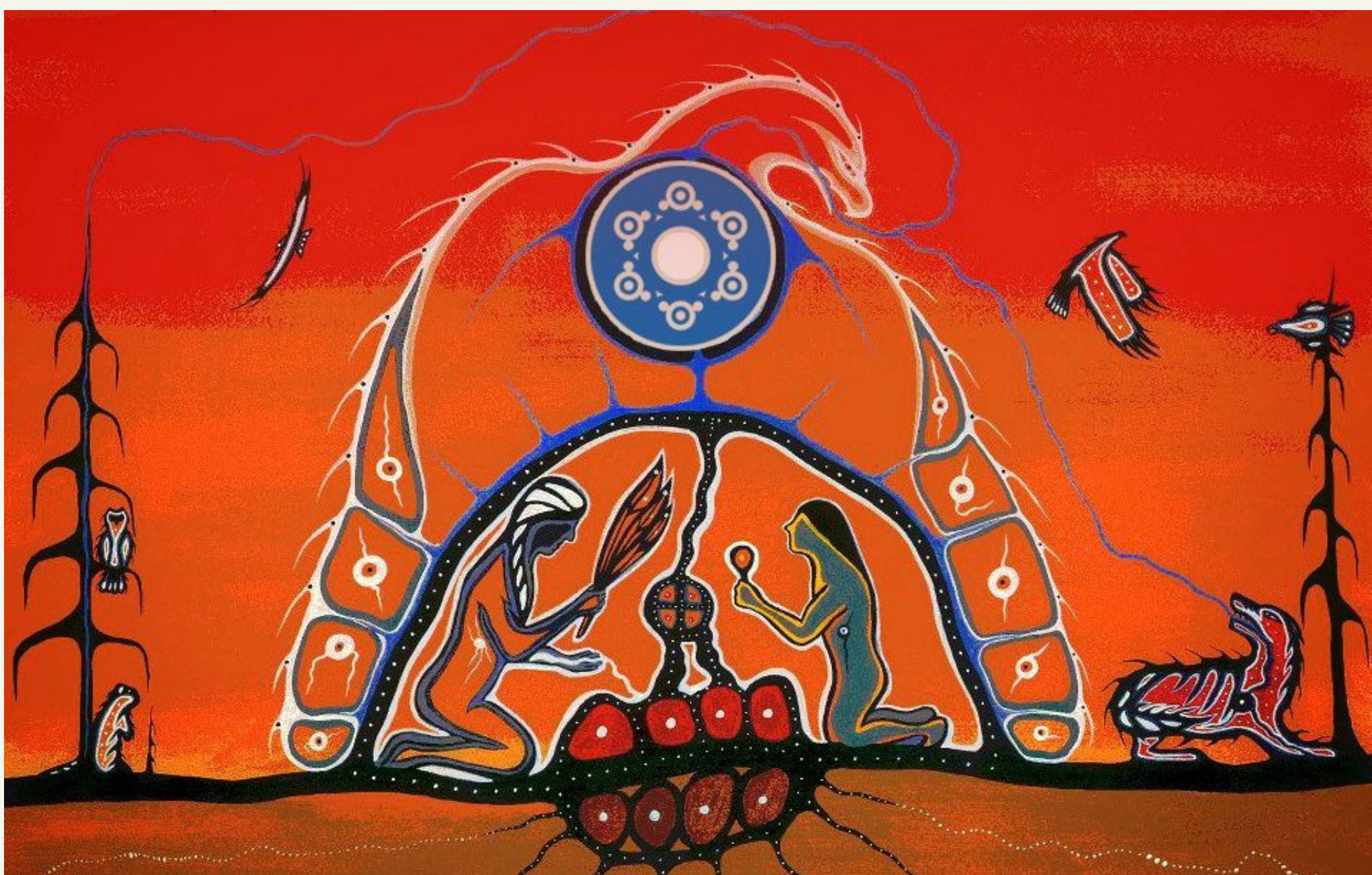
9am Yoga, Tantric breathing, méditation
(Elisa Moglia and Tolio Joon)

12.30pm Light meal together

3-5pm Treatment by reservation: Tibetan Bowls and
Usui Reiki (Elisa Moglia and Tolio Joon)

6pm Inipi Medecine (Arturo Nahui Cuahutli)

Night Festive dinner



Morning time

- Last circle with the stick-word
- Creating a ball of energy together for all living beings on this planet



Departure before 12 o'clock



Reshin Nika



Reshina Nika is 56 years old and is an educator. He lives in the Santa Clara indigenous community (Yarina Cocha, Pucallpa - Peru). He belongs to the Shipibo-Conibo ethnic group, so his family traditionally works with natural medicine. At the age of 15, he began his study of the medicinal world of sacred plants. He started with herbs, even power plants and it was a long process. His grandfather, whose name was Birri Mano, was his first teacher. When you are strong in spirit, the spirits choose you to teach, so he went through intense processes because it took concentration and especially discipline to learn about medicinal plants before he started to help people. His grandfather, his mentor, gave him his name Reshin Nika, "birth" in the Shipibo language. He shares his knowledge to accompany people who need help to heal. He wants to be a helping hand to those who believe in healing with medicinal plants; healers like him are open to providing help and at the same time sharing with each other. We are souls living an earthly experience to transcend into a new consciousness.

Isa Rina



Isa Rina is 27 years old and is a psychology student. Her grandmother who is called Isarina gave her the name Isa Rina at birth in Shipibo language. She lives in the indigenous community of Santa Clara (Yarina Cocha, Pucallpa - Peru). She belongs to the Shipibo - Conibo ethnic group, so her family has traditionally worked with natural medicine and she has a lineage from her ancestors. With the wisdom of her grandfather and the teaching of her father, her teachers, she was able to continue practicing and decided to follow this path, feeling the call of the plants as it is by tradition in her culture. She had to go through processes like diets with herbs and master plants. From her first ceremony she found an infinite world full of magic, colors, beauty, harmony and above all lots of love. Although one of the tests is to prove the strength of our spirit, this is what is needed for the plant spirits to teach you. After 3 ceremonies her father started with another process of a deeper regimen, and in this way she was able to prepare herself to help people in their healing process and study the master plants. It was all a process, 3 years ago she started learning with ikaros. Every year is different because of the work and time it takes to constantly learn with the plants. At the same time, her father teaches her to do massages, although the women in her family are mostly engaged in handicrafts, based on painted fabrics and embroidery, in this work. Her mother indeed is the one who teaches her to embroider and paint the looms. Her grandfather is the one who passed on to her the ancestral traditions and her grandparents, made her discover her wonderful culture.

Today, she helps her father to guide the ceremonies. This is what she would like to continue to do: share on this path with the brothers and sisters to sow love and awareness in their hearts, for this is what healing with medicinal plants is all about.

Tolio Joon Suk



Tolio Joon Suk was born in South Korea. He has the soul of an explorer of the visible and invisible world, he is passionate about the tribes of the world and their sacred rituals.

A world artist, from photography to music, will guide you to discover your creativity and infinite potential. During this retreat, he will have the pleasure to share his knowledge and medicines learned during this and all other lifetimes: Tibetan Usui Reiki, Celtic Medicine, Sioux Lakota Medicine, Sacred Plants of Amazonia, kambô medicine, meditation, yoga, Aïkido...

Here and now, he has the mission to help the tribes of the world to defend their knowledge and ancestral rituals to cultivate the richness of our essence on Earth. Without forgetting that echo deep inside us, reminding us that we are passing through. This new crossroads of energy created will allow us to become aware and to be the best version of ourselves and to transmit it with unconditional love.

After a trip to South America, the Universe took him to the Amazon Forest where he met the Shipibo-Conibo tribe, and he is honoured to invite for this retreat Reshin Nika and his daughter Isa Rina future shaman of the tribe..

Elisa Moglia



Elisa Moglia was born in Italy, in the countryside. With her family, she lived by harvesting the fruits of nature. Today, she works as a masseuse.

Through the countries she has travelled to, and the people who have crossed her path, she has acquired the tools to accompany everyone towards a "better being" in the body, in heart and soul.

Through the traditions of Mexico, she learned the Inipi ceremony, the sacred chants and the power of the elements.

Through the traditions of Nepal, she learned the Ancestral Therapy of the Tibetan bowls: a complete treatment to heal and harmonize the chakras, for all pains, for a good sleep and beautiful dreams, and for all mental disturbances... with the frequencies, we can travel!

Through evolutionary astrology, she accompanies people on the path of discovering their gifts by working on their childhood wounds and on their mission in this life.

Through the practice of Tantra Yoga, she can share several techniques of conscious breathing, to create energy and channel it.

Jacques Froidevaux



Jacques Froidevaux was born in 1956 in the Jura. A retired farmer who worked for the development of organic agriculture, he has always lived in community settings and has been responsible for the reception of people in difficulty within the collective with which he lives in Essertfallon for several years. He is a "Carl Rogers" counselling practitioner and has been trained as a psychotherapist. In 2002, he launched the Maison de Paille project, which has since become a recognized seminar center with a particular openness to shamanism and the medicines of primitive peoples. During a trip to Ecuador, he discovered kambô and trained in the use of this medicine in a dedicated center. During this retreat, he will offer several sessions of kambô which is a secretion coming from a giant frog of Amazonia. Kambo is used against infections and to prevent diseases, but also as a physical and mental invigorator and as an analgesic. It has no psychedelic effects and also seems to help get rid of addictions. More information can be found at <https://lamaisondepaille.ch/kambo/>

Arturo Nahui Cuahutli



Arturo Nahui Cuahutli comes from Oxtoyohualco Nomada (Teotihuacan - Mexico). He is a singer and dancer of the sun in various ceremonies of the Crow Dog Clan in Mexico, South America and Italy. With 20 years of experience in ceremonies, he accompanies grandmothers and grandfathers from Mexico and South America.

He also takes care of the Altar Fire of Oxtoyohualco Teotihuacán in a collective for 13 years. He has conducted lectures on the Inipis and Temazcal as well as workshops and conferences around the world, as part of a Master's degree in Biological and Anthropological Sciences.

An opportunity to share and learn songs and sounds, and to use music as medicine, with the use of the rattle and the ceremonial drum. It offers songs in Nahuatl, Maya, Wixarika, water drum songs, and sun dance songs. It invites you to learn how to recognize the ethnic origin of the songs from the American continent and to share your own songs in the circle.

LOCATION

The Maison de Paille



La Maison de Paille is a seminar center located in the idyllic setting of the Clos du Doubs, in the Swiss Jura. Founded about twenty years ago under the impulse of Jacques Froidevaux, it was built according to the principles of eco-construction, with local earth, straw and wood as main materials. This constantly evolving eco-environment regularly hosts and organizes retreats and seminars as well as cultural and festive events. La Maison de Paille is a space for sharing and encounters, with great confidence in the deep impulse that each human being has within. Mutual enrichment in exchange, opening of the heart, healing...

La Maison de Paille also includes a Tipi village that welcomes nature escapades as well as ceremonies and seminars in a very special setting in connection with the elements.



ESSERTFALLON 43
CH-2886 EPIQUEREZ

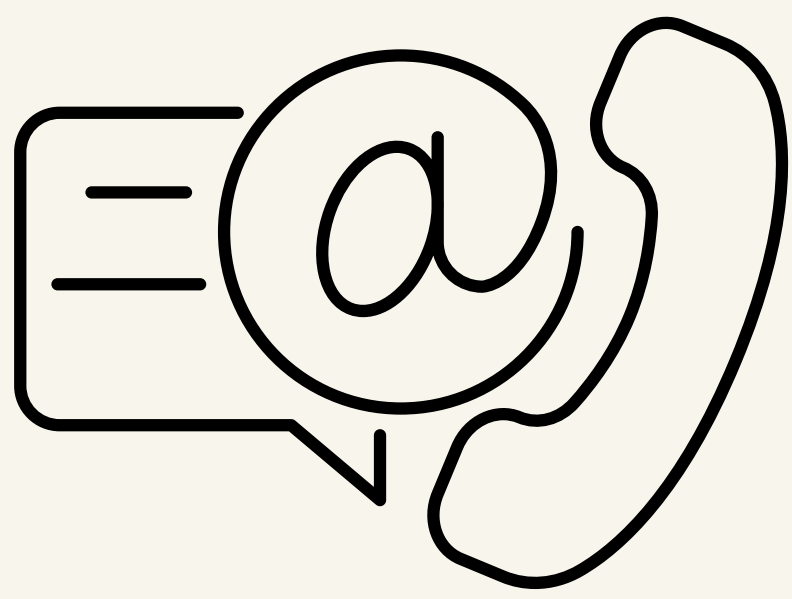
COSTS

Global offer

- Rituals and treatments (no obligation to participate in everything!):
 - 4 sacred medicine ceremonies with a traditional Peruvian Shaman
 - 2 inipi ceremonies
 - 2 diets with sacred plants from the Amazon
 - 3-4 sessions of tantra yoga and meditation
 - 1- 2 sessions of Tibetan usui reiki with 7 Tibetan bowls
 - 1-3 sessions of kambô
 - 1 astral map reading (to be confirmed upon reservation)
- Meals (vegetarian, vegan - inform us if you have any intolerances!)
 - 7 breakfasts
 - 7 lunches
 - 1 ou 2 dinners
 - daily snacks
- Lodging: 7 nights in a single or double room or in dormitory with shared bathroom (to be confirmed upon reservation)



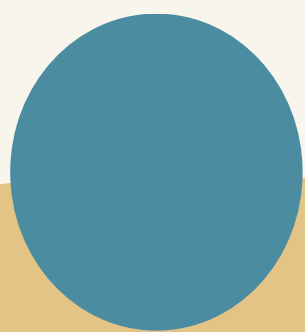
Total cost:
CHF 1600.-



For information about the stay, reservations and rituals/treatments, please contact:

- Tolio Joon Suk: +33 6 10 44 39 33 / toliojoon@hotmail.com
- Jacques Froidevaux: +41 79 776 93 55 / contact@lamaisondepaille.ch

The retreat is open to a maximum of 20 participants.



*A total immersion with our deepest being...
with our divine full moon watching over us...
to be connected to her divine...*