

RETREAT WITH THE AMAZONIAN SACRED PLANTS

of the SHIPIBO-
CONIBO



1-8 JUNE 2025

Sacred plants
Well-being
Connection with the nature

For the third time, the Maison de Paille welcomes Peruvian healer Reshin Nika, who will be accompanied by his wife Kate, as he was last year.

Our centre has a **great deal of confidence** in him and has a **high regard** for his way of working, which puts people and their needs at the centre. **Individual meetings** with him are scheduled at the beginning and end of the retreat. **Two external therapists** and the **two managers** of the Maison de Paille will also be involved in supervising the group.

With this retreat, we aim to offer **an experience as close as possible to what one might experience at a center in the Amazon**, while staying in a familiar and secure environment. As such, the offer focuses on the **sacred plants and rituals** that Reshin Nika and Kate offer at home.

Important: people who wish to take part in the night ceremonies without taking any plants are welcome!

It is also planned that the meals offered during the retreat will follow the prescriptions of the **traditional Shipibo diet**, which is one of the strictest among Amazonian peoples working with these sacred plants. Participants must also follow this diet in preparation for the retreat.

French-Spanish **translations** will be provided throughout the retreat; English and German speakers can also join the group.



To take part in this retreat is to dare to open up to yourself and to others. It's an intense, transformative, unforgettable and deeply enriching experience.

PROGRAM

Sunday, June 1st

3-4 pm

Arrivals & Welcome

5 pm

Opening circle, presentations

8 pm

Dinner

PROGRAM

Monday, June 2nd

9 am Information circle about the ceremonies and rituals with Reshin Nika

10 am Tobacco cleansing ritual

1 pm Lunch

3 pm Individual interviews with Reshin Nika in preparation for the ceremonies

Nightfall Sacred plants' ceremony

PROGRAM

Tuesday, June 3rd

10 am

Breakfast

11 am

Circle with Reshin Nika

2 pm

Lunch

3 pm

Mucura ritual with Kate

4-8 pm

Walk in the nature
Massages with Mylène

Nightfall

Sacred plants' ceremony

PROGRAM

Wednesday, June 4th

10 am

Breakfast

11 am

Circle with Reshin Nika

2 pm

Lunch

3 pm

Mucura ritual with Kate

4-7 pm

Weaving workshop with Kate
Massages with Mylène
Free walks

PROGRAM

Thursday, June 5th

7 am

Diet with chiric sanango

10 am

Breakfast

2 am

Lunch

3-7 pm

Walk in the nature
Massages with Mylène

Nightfall

Sacred plants' ceremony

PROGRAM

Friday, June 6th

7 am

Diet with chiric sanango

10 am

Breakfast

2 pm

Lunch

3-7 pm

Walk in the nature
Massages with Mylène
Individual interviews with Reshin Nika

Nightfall

Sacred plants' ceremony

PROGRAM

Saturday, June 7

10 am

Breakfast

11 am

Circle with Reshin Nika

1 pm

Individual interviews with Reshin Nika

2 pm

Lunch

3-7 pm

Walk in the nature
Massages with Mylène
Individual interviews with Reshin Nika

8 pm

Closing dinner

PROGRAM

Sunday, June 8th

10 am

Breakfast

11 am

Closing circle

1-2 pm (aprox.)

Departures

HEALER

RESHIN NIKA



Reshina Nika, 58, is a traditional healer from the Shipibo Conibo people. This people, originally from the Peruvian Amazon, are renowned for their medical skills. His name, “birth” in the Shipibo language, comes from his grandfather, Birri Mano. At the age of 15, Reshin Nika began his study of the medicinal world with his grandfather. He began with plants, including those of power, and this was the start of a long journey. He went through intense processes, as it took concentration and above all discipline to learn with plants before starting to help people. Today, he shares his knowledge to accompany people who need help to heal. Healers like him are open to providing help and at the same time sharing with each other.

The Maison de Paille Association is providing financial support for a project close to Reshin Nika's heart: the creation of his own healing center in Peru.

For more information and for donations please scan this QR code:



HEALERS

KATE



Kate is 49 years old and is the wife of Reshin Nika.

She is a specialist and teacher of traditional Shipibo handicraft.

Initiated as a child by her mother, she has spent her whole life knitting, embroidering, making ceramic objects and painting the sacred geometries of the spirits of the jungle and the Universe.

She accompanies her husband on ceremonies and herself offers a ritual with a plant called “mucura”. It's thanks to him that she feels on the right track, and she supports him in everything.

Kate will be offering her creations for sale during the retreat. The proceeds of her sale are exclusively for her.

HEALERS

LILIANA MARTINELLI REYES



Liliana works with her intuition and lets herself be guided to communicate with people's spirits. Since childhood, and thanks to her grandparents who educated her and passed on their experience, she has developed skills and knowledge in both shamanic and Western medicine. She has worked with scientists who have enabled her to verify the effectiveness of her work. She is self-taught and empirical. She is able to sense and understand people's emotions and pain, and helps them dissolve the blocks that prevent them from moving forward. She uses several methods and techniques: acupressure, Biowell (a device that measures the magnetic field), acupyramid (which rebalances the body's energy), magnetism, hot stone massage, kabbalah, as well as reading oracles and runes.

She also works with shamans from different cultures who are highly experienced in the treatment of many disorders.

HEALERS

MYLENE COSTA



A traveler at heart, Mylène has always been drawn to the invisible and driven by a profound quest for meaning: why am I here on earth? What is the true purpose of life? After working in her first profession for seven years, she took the big decision to quit everything to experience the famous law of attraction, or simply to open up to the opportunities life had to offer. For over eight years, she has been a qualified and certified masseuse. She began her specialized training in “reboutement” in 2016, and since then, she has never stopped training and evolving. Convinced that body and mind are inseparable, she allows herself to be guided by notions of chakras, inner child and the vital energy that circulates within us, in order to release and harmonize this force, while engaging people's healing power. This enables her to accurately sense the specific needs of each individual at any given moment. Passionate about spirituality, she also has a real passion for sound therapy, which she loves to share during sound meditations. Today, she is also a trainer in her own healing technique, KA Massage. In 2024, an unforgettable month spent with the Yawanawa people of the Brazilian Amazon enabled her to open her voice and learn ancestral chants.

COOK

MATÍAS IBÁÑEZ



Like last year, Matías brings his energy, knowledge and heart to the kitchen.

Originally from Chile, Matías' life took him to the Brazilian jungle some 14 years ago. There he met wonderful people; plants and spirits whispered to his heart and, little by little doors opened onto new dimensions: the path of healing, learning and the family of light.

The curiosity to cook with love and presence was born in him not only to prepare food, but also to connect with the spirits so that they could transform it into medicine and bring us the gifts each of us needs. A beautiful path, which led him to meet his current partner and to settle in Switzerland. Here, for the past few years, he and a few friends have been organizing the Pachamama Festival, where they cultivate awareness and presence in the celebration of life. He also supports the Moondance Suisse, held at the Maison de Paille, where a hundred sisters gather to pray, sing and dance with the spirits for four days and nights, for and on behalf of us all.

He also helps out at Mannefest Switzerland, where around 80 men gather for four days to explore their inner power and connect with the beauty of being human.

Thank you so much for allowing yourself to come and discover the path of healing, of the heart and the gifts of life, for it is full of them, waiting to be opened.

PLACE

THE MAISON DE PAILLE



The Maison de Paille is a retreat center located in the idyllic setting of the Clos du Doubs (Swiss Jura). Founded some twenty years ago under the impetus of Jacques Froidevaux, it was built according to eco-construction principles, using local earth, straw and wood as its main materials. Today, Jacques manages the center with his partner Chiara Zindel. This constantly evolving eco-environment hosts and organizes retreats and seminars, as well as cultural and festive events. The Maison de Paille aims to be a space for sharing and encounters, with great confidence in the profound impulse that lies within each human being. Mutual enrichment through exchange, opening the heart, healing...

The Maison de Paille also includes a teepee village for nature getaways and ceremonies in a very special setting connected to the elements.

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www.lamaisondepaille.ch

COST

GLOBAL OFFER



- Rituals, individual sessions and accompaniment (no obligation to participate in everything!):
 - 4 sacred plants' ceremonies and 2 individual interviews
 - 1 tobacco cleansing ritual
 - 2 mucura rituals
 - 2 diets with chiric sanango
 - 1 massage (registrations on spot) and other well-being activities
 - 1 weaving workshop
- Meals: diet according to the Shipibo tradition
- Accommodation: in a double room (limited) or in a dormitory, with shared bathroom (please indicate your preference when registering so that we can assess the real needs of each person)

All-inclusive costs: CHF 1650.-

CONTACT

REGISTRATIONS



For further information and to register, please write to the following address:

contact@laisondepaille.ch

A telephone interview is scheduled with each person to validate the registration.

The retreat is open to a maximum of 20 participants.

An e-mail with all the practical information about diet and retreat is sent in good time.

LOOKING FORWARD TO MEETING AND ACCOMPANY YOU!