



The Experience that elevates you

Since 2017, the Holistika team has been facilitating life-altering retreats and workshops, welcoming participants from around the world.

Our approach is both integrative and holistic, fostering genuine core transformations. We transcend the confines of the mind, utilizing expanded states to unlock the potential of the unconscious through cutting-edge techniques.

Merging scientific principles with ancestral methods, our work is ceremonial and sacred, aiming to provide the most exquisite experience. Your well-being and mental health are paramount, and we adopt a therapeutic approach to ensure a secure and enriching experience.

We've crafted a range of retreats, from gentle to intense, tailored to your current stage in the journey and your readiness to explore.

Discover what awaits you!

Holistika Center team

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Wild Spirit: Reveal your essence

Initiatory retreat and a gentle encounter with the expanded states



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Wild Spirit, Reveal Your Essence
*Initiatory retreat and a gentle
encounter with the expanded states*

*Golden Teacher - Shamanic Drumming
Sacred Tobacco - Breathwork
Ceremonies - Microdosing - Live Music*

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Wild Spirit: Reveal your essence

Initiatory retreat and a gentle encounter with the expanded states

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mates.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

+12 experiences and Ceremonies:

- 1 Golden teacher Ceremony.
- 3 Morning yoga/Breath Stretch finishing with Plant infusion.
- 1 day Breathwork workshops including holotropic, Rebirth, cardiac coherence and other techniques.
- 1 day Shamanic drumming workshops with core shamanism from the Foundation for Shamanic Studies by Michael harner. (Totem, divination, healing, extraction, recuperation)
- 2 Integration sessions with group dynamics
- 3 Wisdom Workshops: Sacred plants and Microdosing, Self-discovery and self-coaching, Emotional regulation.
- 1 Sacred tobacco – Rapeh Ceremony, and Sananga.
- On the arrival a Temazcal Ceremony (Depend on the weather) or a Cacao ceremony with Sound Healing.
- Live Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1: Opening & Grounding

- 16:00 Arrivals and Registration
- 18:00 Opening the circle and setting intentions
- 19:00 Sacred Tobacco Ceremony with intake of Sananga.
- 20:00 Temazcal Ceremony *depending on the weather
Or Cacao ceremony with Sound healing
- 21:00 Dinner
- 23:00 Live Music Medicine Concert

Day 2: Core transformation day

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Breathwork Journey - Part 1
- 13:00 Lunch and free time.
- 16:00 Shamanic drumming journey - Introduction
- 18:00 Break until the next workshop
- 20:00 Ceremony Preparation
- 21:00 Golden teacher Ceremony

Day 3: Deep transformation.

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Integration session 1
- 12:00 Breathwork part 2
- 13:00 Lunch and free time.
- 16:00 Shamanic drumming journey - Core Shamanism
- 19:00 Break until the next workshop
- 21:00 Dinner
- 22:00 Fire Ceremony

Day 4: Integration and Closing.

- 08:00 Morning Yoga finishing with an infusion.**
- 09:00 Breakfast
- 10:00 Integration session 2**
- 12:00 Microdosing Workshop**
- 13:00 Closing**
- 13:30 Lunch

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Sacred Family Retreat

Sacred Family: Love, Family and Relationships



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**Sacred Family, a journey for Love
navigating relationships and bonds**

*Golden Teacher - Family Constellation
Sacred Tobacco - Breathwork - Ceremonies
Microdosing - Live Music*

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Sacred Family Retreat

Sacred Family: Love, Family and Relationships

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mats.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

+12 experiences and Ceremonies:

- 1 Golden teacher Ceremony.
- 1 Holotropic Breathwork journey.
- 2 in-depth wisdom workshops on the universal laws of love with the use of Family constellation.
- 2 Psychotherapeutic Integration with the use of family constellation dynamics.
- 4 Workshops: Plant Medicine & Microdosing, Self-discovery, Inner child, emotional management.
- 1 Sacred tobacco – Rapeh Ceremony, and optionally Sananga, Mapacho, and Mambe are available.
- On the arrival a Temazcal Ceremony (Depend on the weather) or a Cacao ceremony with Sound Healing.
- 3 Morning yoga/Breath Stretch finishing with Plant infusion.
- Live Medicine Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1: Opening & Grounding

- 16:00 Arrivals and Registration
- 18:00 Opening the circle and setting intentions
- 19:00 Sacred Tobacco Ceremony - Rapeh and Sananga.
- 20:00 Temazcal Ceremony *depending on the season.
Or Cacao ceremony with Sound healing
- 21:00 Dinner
- 23:00 Live Music Medicine Concert

Day 2: Core transformation day

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop 1: The universal laws of love - Family Constellation 1
- 13:00 Lunch and free time.
- 16:00 Workshop 2: The universal laws of love - Family Constellation 2
- 18:00 Break until the next workshop
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Golden teacher Ceremony

Day 3: Deep transformation.

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Psychotherapeutic Integration 1**
- 12:00 Workshop 3: Inner child with family constellation**
- 13:00 Lunch and free time.
- 16:00 Workshop 4: Emotional management**
- 18:00 Break until the next workshop
- 20:00 Preparation for Ceremony: Self-coaching & Self-discovery**
- 21:00 Holotropic Breathwork**

Day 4: Integration and Closing.

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop 5: Sacred plants & Microdosing
- 11:00 Psychotherapeutic Integration 2
- 13:00 Closing
- 13:30 Lunch

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Inner evolution: you are the medicine

An awe-inspiring journey beyond imagination filled with pure love

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Inner evolution, you are the medicine

*An awe-inspiring journey beyond
imagination filled with pure love*

*Sacred Mother Plant - Kambo Cleanse
Toad Medicine - Amazonian Entheogens
Sacred Tobacco - Sananga*

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Inner evolution: you are the medicine

An awe-inspiring journey beyond imagination filled with pure love

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mates.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

Experiences and Ceremonies:

- 3 Ceremony preparation workshops
- 3 Integration sessions with group dynamics
- 3 Ayahuasca ceremonies following the Cofan tradition.
- Individual energy cleaning at the closing of the retreat.
- Microdosing Workshop with optional use of Magic Mushroom.
- Optional with additional cost: Kambo, Bufo Alvarius.
- Sacred tobacco - Rapah, Sananga, Mapacho, and Mambé are available for intake everyday.
- Live Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1: Opening & Grounding

16:00 Arrivals and Registration
18:00 Quick Interview before the ceremony
19:00 Ceremony preparation - Rapah and Sananga.
20:00 Sacred Plants workshop Part 1
21:00 Ayahuasca Ceremony

Day 2: Core transformation day

08:00 Kambo medicine: optional with an extra cost.
09:00 Breakfast
11:00 Integration Session 1
13:00 Toad medicine: optional with an extra cost.
14:00 Lunch
19:00 Ceremony preparation - Rapah and Sananga.
20:00 Sacred Plants workshop Part 2
21:00 Ayahuasca Ceremony

Day 3: Deep transformation.

08:00 Kambo medicine: optional with an extra cost.
09:00 Breakfast
11:00 Integration Session 2
13:00 Toad medicine: optional and has an extra cost.
14:00 Lunch
19:00 Ceremony preparation - Rapah and Sananga.
20:00 Workshop on Microdosing
21:00 Ayahuasca Ceremony

Day 4: Integration and Closing.

08:00 Kambo medicine, this is optional with extra cost.
09:00 Breakfast
11:00 Integration Session 3 & Closing
13:00 Lunch and end of the retreat



Sacred Tobacco



Bufo Alvarius



Ayahuasca



Sound Healing



Constellations



Live Music



Ayahuasca



Cacao Ceremony



Retreat Center

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**Equin Coaching
Heart Coherence**



**Holotropic
Breathwork**



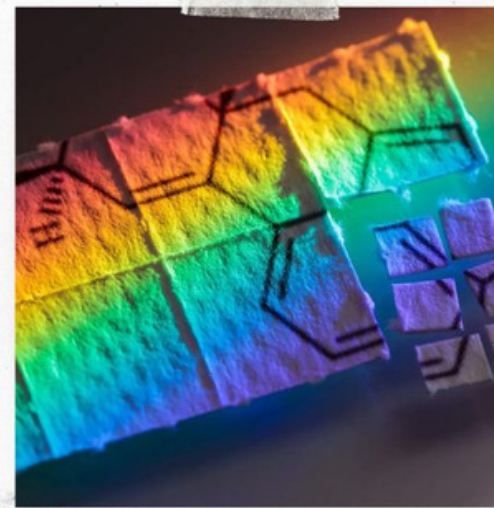
**Integrations
Group dynamics**



Sacred Tobacco



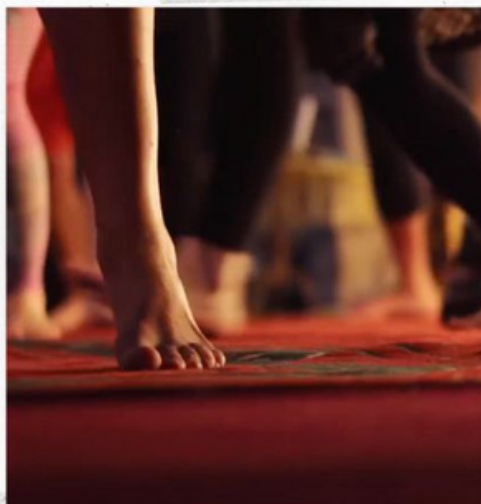
**Yoga - Meditation
Mindfulness**



Microdosing



**Shamanic drums
Voice Therapy**



**Dance therapy
Estatic Dance**



Soufie Dance

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**Art Therapy
Mantra Circle**



Cacao Caremony



**Jungle Experience
Colombia**



**Golden Teacher
Magic Mushroom**



Kambo Clense



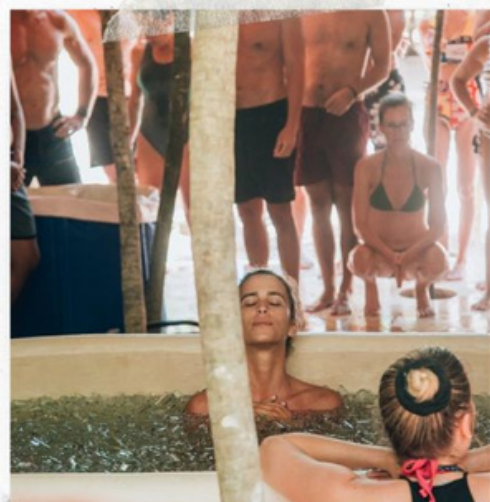
Temazcal



Kambo Clense



**Fire Ceremony
Rituals & more**



Ice Bath

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