

PERÚ

YANASAMYAY JOURNEY

DARK & SILENCE RETREAT

EXPLORE THE UNIVERSE WITHIN

RETREAT NOVEMBER 17TH-25TH

4 DAYS DARK & SILENCE

4 DAYS EXPERIENCES & INTEGRATION



NOT
YOUR
TYPICAL
SHAMAN



YanaSamyay Retreat – Dark & Silence Retreat in Peru

In Quechua, "Samyay" means **inhale, reset, and restore** and "Yana" means **dark**. It perfectly captures the essence of this retreat: a sanctuary to **step away** from the noise, **rest the mind**, and **reconnect** with your **inner world**. Here, darkness and silence become more than absence; they transform into profound tools for self-inquiry. In stillness, the mind slows down, awareness expands, and new insights arise, like a fresh breath filling your being with clarity, healing and transformation.

This ancient practice, honored for centuries, invites you to **pause, breathe deeply, and journey inward**. The retreat begins with **four days of sensory exploration** with workshops designed to awaken your full awareness through sound, touch, smell, taste, and movement, grounding you more deeply in the present moment.

Emerging gently from the dark and silence, the retreat guides you through **four days of integration**. This bridge between your inner journey and the outer world nurtures a lasting transformation, leaving you renewed and truly restored.



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THE PROGRAM

Arrival - Awakening the Senses & Setting Intentions

- **Introductions**

We gather in a welcoming circle, going through introductions, sharing names and intentions for the retreat. This is a space of openness and no expectations, just presence. A brief overview sets the tone for silence, darkness, and deep listening in the days ahead.

- **Tour of the Space**

In awareness, we explore the meditation space, the rooms, dining area, movement spaces, and nature around. Walking mindfully, we connect with the land and settle into the environment.

- **Shamanic Journey**

Shamanic drumming journey to connect with your Power Animal.

- **Dinner and Intention Setting**

We share a nourishing meal. After dinner, we gather for an intention-setting practice. Through meditation, we tune into what is calling us to this retreat. Participants may write, hold, or silently acknowledge their intentions, planting the seed for their inner journey.

- **Fire Ceremony - preparing the body and mind for deep stillness**

As the sun sets, we gather around the fire for opening Directions and a Despacho ceremony, giving offerings to Mother Earth and our Spirits.

The program is subject to change



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THE PROGRAM

Day 1 - Deepening Presence & Exploring the Unseen

Theme: Touch, Sound, and the Subtle Senses

- 7:30 AM – Sunrise Yoga & Breath Awareness
- 9:00 AM – Breakfast
- 10:30 AM – Movement Exploration
- 12:00 PM – Somatic Meditation & Body Awareness
- 1:30 PM – Lunch
- 3:00 PM – Sound Healing
- 4:30 PM – Guided Sensory Walk in Nature
- 6:00 PM – Breathwork Activating the Pineal Gland
- 7:30 PM – Eating with the 6 Senses



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Day 2 - Sensing the Invisible & Trusting the Unknown

Theme: Intuition, Energy, and the Space Between

- 7:30 AM – Yoga and Breathwork: Expanding Beyond the Body
- 9:00 AM – Breakfast
- 10:30 AM – Partnered Sensory Exploration: Feeling Beyond Form
- 12:00 PM – Meditation: Dissolving into Stillness
- 1:30 PM – Lunch
- 3:00 PM – Inner Listening: Sensing the Body & Emotions
- 4:30 PM – Nature Walk and Surrendering to Free Form Movement
- 5:30 PM – Shamanic Breathwork and Sound Journey
- 7:30 PM – Experiencing the 6 Tastes

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Day 3 - Awakening

Theme: Surrender and Rebirth

- 7:30 AM – Awakening in Darkness: Guided Breath Awareness in Silence and Yoga
- 9:00 AM – Silent Meal
- 10:30 AM – Meditation: Resting in the Unknown – Deep Stillness Practice
- 12:00 PM – Sound Gong Healing & Trance Journey
- 1:30 PM – Lunch
- 3:00 PM – Ceramic Workshop
- 5:00 PM – Stillness in Nature
- 6:30 PM – Eating with Balance
- 8:00 PM – Fire Ceremony: Music And Live Jam

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Day 4 - Emerging - Amaru Mother Serpent

- Yoga
- Emerging Ceremony: Light Returns, Removing the Masks
- Yoga Nidra
- Fire Ceremony

Day 5 - First Words - Otorango Mother Jaguar

- Yoga
- First Words Workshop
- Energy Healing Workshop
- Human Design
- Yoga Nidra

Day 6 - Integration - Apu Chin Eagle

- Yoga
- Temazcal
- Yoga Nidra



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Day 7 - Integration - Siwar Q'enti Colibri

- Yoga
- Cacao Workshop
- Authentic Relating Workshop
- Yoga Nidra
- Despacho Ceremony and Closing Circle

Day 8 - Integration

- Voice Activation
- Energy Healing Workshop



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WHAT IS INCLUDED IN YOUR TICKET

- Accommodation: 8 days/7 nights in the Sacred Valley
- Transportation from and to Cusco airport on first day and last day
- Daily meals expertly crafted by our talented chefs
- Workshops
- Visit and tickets to sacred sites
- Reading call and intention setting before the retreat
- One private integration call after the retreat
- Equipment for Dark and Silence Retreat



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PRICES

TICKET	PRIVATE ROOM *	SHARED ROOM
Early Birds <i>Until September 15th</i>	<u>1990 usd</u>	<u>1690 usd</u>
Couple Early Birds <i>Until September 15th</i>	<u>3380 usd</u>	
3 Month Instalments <i>Until September 15th</i>	<u>800 usd / month</u>	<u>700 / month</u>
General Price <i>Starting September 15th</i>	<u>2390 usd</u>	<u>2090 usd</u>
Couple General Price <i>Starting September 15th</i>	<u>3890 usd</u>	

*Private rooms are limited **

Ask for our group discount

If finance is a stretch, contact us directly, we can always make it work!



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FOOD & CULINARY EXPERIENCE

Nourishing, Intentional Meals

Our retreat offers carefully curated meals designed to nourish both body and soul. Each dish is crafted using fresh, locally sourced ingredients, honoring the rich flavors and traditions of Peruvian cuisine while supporting your journey of transformation.

What to Expect

- Seasonal, **Organic Ingredients** – We prioritize fresh vegetables, grains, and superfoods from the Sacred Valley.
- Balanced, **Ayurvedic**, High-Vibrational Meals – Every meal is designed to energize and support deep inner work.
- **Vegetarian & Vegan** Options – Our menu is predominantly plant-based, but we can accommodate dietary needs upon request.
- **Superfoods & Herbal Infusions** – Enjoy cacao, maca, quinoa, muña tea, and coca leaf infusions, known for their healing properties.

Dietary Needs & Preferences

We honor your unique needs! Please let us know in advance if you have allergies, intolerances, or specific dietary preferences so we can accommodate you.



FAQ

Weather:

We will be in wet season with cooler, cloudy days and frequent rain showers (10–18°C / 50–64°F) and chilly nights (near 5°C / 41°F),

What to bring:

- Light, breathable layers for warm days.
- A warm jacket for chilly mornings and nights.
- Comfortable walking/hiking shoes.
- Rain jacket or poncho.
- Shoes designed for quick and easy removal.
- Hat, sunglasses, and sunscreen for strong UV exposure.
- Reusable water bottle to stay hydrated.
- Daypack or small backpack for excursions.
- Notebook & pen for journaling and manifestation exercises.
- Travel towel & swimsuit.

Refund:

All retreat payments are non-refundable. This is because we reserve accommodations, facilitators, and logistics in advance. If you have a genuine emergency and cannot attend, you may transfer your booking to a future retreat (subject to availability).



FAQ

Altitude sickness:

Altitude sickness (also called soroche in Peru) happens when your body struggles to adjust to lower oxygen levels at high elevations. This is common in places like Cusco (3,400m / 11,150ft) and the Sacred Valley. It can affect anyone, regardless of fitness level.

How to Prevent & Manage Altitude Sickness:

- Take it slow – Allow 1–2 days to acclimate.
- Chlorophyll intake: works by increasing your red blood cell count, which in turn allows your body to take in more oxygen. This helps mitigate the effects of altitude sickness (caused by a lack of oxygen). You can pick some up online before your trip, or check the local herb shops, apothecaries and grocery stores.
- Stay hydrated – Drink PLENTY of water and herbal teas (coca or muña tea helps).
- Avoid alcohol & caffeine – These dehydrate the body and can worsen symptoms.
- Use coca leaves or coca tea – This traditional Andean remedy helps with oxygen absorption.

We will be supplying you constantly with coca or muña tea.

We will also have a doctor accessible on site in case of emergency.



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YOUR HOST: KAMEL - RETREAT FACILITATOR & GUIDE

Kamel is a dedicated space-holder, guiding individuals on their journey of transformation and self-discovery. With a rich background rooted in the Ivory Coast of West Africa, he has traveled extensively across Africa, Europe, and South America, immersing himself in diverse cultures and spiritual practices.

His spiritual journey originates from West Africa, where he learned the way of the spirit. Combining this with a scientific background, Kamel bridges the gap between the physical and spiritual realms, offering a unique perspective on holistic well-being.

Kamel's expertise encompasses a range of modalities, including:

- Shamanism from the Quechuan Tradition: Studied under Dr. Owen and Majella at Green Tara College.
- Initiation as a P'aqo: By Don Francisco Apaza and Don Ricardo Apaza from the Q'ero village of Kolpa Kuchu.
- Tarot Reading: Trained at Green Tara College.
- Master in Energy Healing/Reiki: Achieved through Healing From The Heart with Martha.
- Breathwork: Learned through various mentors.
- Spiritual Coaching: Developed under different mentors.
- Life Coaching: Completed at Rhodes Wellness College.
- Clinical Counselling Hypnotherapy: Studied at Daybreak Therapy.

His retreats blend ritual, movement, music, and deep inner work, offering a space where participants can release, realign, and create lasting change. Whether by the fire, in dance, or through intention, Kamel encourages each person to fully step into their power and vision.

Kamel is committed to helping individuals unlock their true potential and create their best lives.



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