



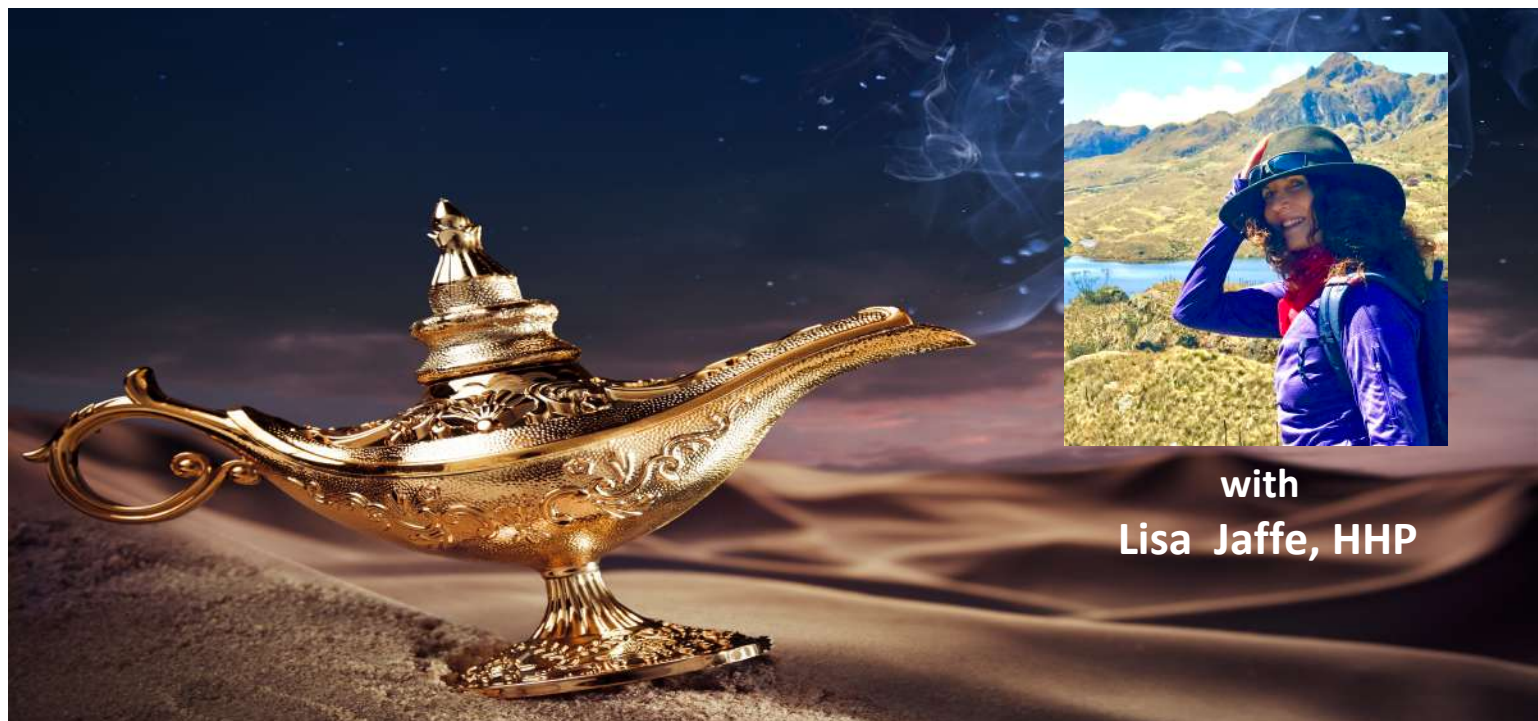
# *SHAMAMA MAGIC!*

AWAKENING YOUR INNER ALCHEMIST

A THREE-Day In-venture Retreat and Getaway

~ APRIL 21-23 ~

A MYSTICAL JOURNEY FROM THE INSIDE OUT



with  
Lisa Jaffe, HHP

- *DISCOVER...* your innate healing power
- *DELIGHT...* as you go out of your mind / come to your senses
- *DANCE...* with your divine self





## Events Include:

### CACAO AND BREATH WORK ~ WITH JAFFE

Re-spirit body, mind and soul with the magic of music, movement and breath. This cacao ceremony – with local cacao - brings sweet sense of peace to your entire being. A gentle and profound way to begin your in-venture, Jaffe leads and conducts sessions *throughout* the event.

### DEEP DIVE AND FEELING ALIVE – WITH WILSON OCHOA

Are you ready for your 'sound bath? Indigenous wind instruments, Tibetan bowls, didgeridoo and aromatic incense invite us to locate and open to the serenity and strength that streams naturally from within... once we find alignment with our heart's deepest knowing.



### SHAMANIC STORY TIME – WITH JEFF SALZ

The shaman/shamama travels between the worlds of form and formless, returning with visions and healing for the people. In this experiential campfire evening you will seek out your own tale of power and explore your personal gifts. (Also, experience a sacred, pre-dawn *guayusa* dream circle!)

### MORNING MAGIC ~ MEDITATIONAL MOVEMENT

Energy Awakening and Body Blessing. Greet the day. Heal and stretch your body, generating *inter-vertebral* space and enhancing breathing and calm with a sense of pleasure and playfulness.

### MAKE YOUR OWN WAND ~ TAKE THE MAGIC HOME!

From the most ancient tales of antiquity to the wizards on film and stage of today, the wand of power holds an essential place. No shaman/shamama worth their cloak would be seen without the sword, staff or wand to activate their personal brand of energy. Be prepared to make your own and ensure you take your unique magic home.





**Lisa Jaffe HHP** is founder of Meditation and Martinis and an experienced international presenter. She has over twenty-five years experience as a holistic health practitioner helping individuals and organizations rediscover their natural joy and vitality.



**Jeff Salz, Ph.D.** began his studies in shamanism in the early 80's living as apprentice with the legendary Peruvian shaman Eduardo Calderon – Wizard of the Four Winds. Fifty years experience as adventure guide and twenty-five as an international speaker, he remains is the only man to have successfully circumnavigated Lago Titicaca in a reed boat.



**Wilson Ochoa** has devoted his life to Clinical Psychology and pursued doctoral studies in neurosciences at Harvard University. He is also a certified yoga teacher, musician, educator and founder/director of Inti Kamari Holistic Retreat center.

**Location: *Inti Kamari*** - a hidden gem and serene holistic retreat center fostering a harmonious way of living outside the demanding vortex of city life in the Valle de Yunguilla. Seventy minutes from Cuenca, we bet once you experience Inti Kamari... you will be back!



**Price: \$195** *(all inclusive from am 4/21 through breakfast 4/23)*

Includes all instruction, use of facilities, accommodation and meals

For safety and interpersonal rapport, group size is limited to 12

Optional: Round trip private/social distance bus- additional \$20

Single supplement : \$13 (includes both nights) Tips are not included.

*Bus departs Cuenca 8am-4/21 / Departs from Inti Kamari 1pm 4/23*

**IMPORTANT :** We will enforce strict bio-security protocols and operate under a reduced capacity for your safety and peace of mind throughout the program. All meals & events take place in open, extremely well-ventilated, protected outdoor environments. Attention is paid to maintaining zero direct physical contact and appropriate distancing between participants at all times.



**Contact: Lisa Jaffe [lj@lisajaffe.com](mailto:lj@lisajaffe.com) or call 098-772-7298**