



CEREMONY

AT PEACE

Sweat Lodge & Cacao Ceremony

with Alejandro

The Sweat Lodge is a traditional native american purification ceremony, also known as "Inipi" which means "to live again". We gather in a small, round, closed structure, representing the womb of Grandmother Earth. We bring fire heated rocks into the structure and pour water on them to create steam for purification and healing. The ceremony lasts four rounds, also known as "doors" representing the four directions - north, east, south and west. The Sweat Lodge is a sacred experience, life's starting place, to be born again.

Cacao has been used in ancient ceremonies throughout the Americas for thousands of years. It comes from the cacao bean, which is also used to make chocolate, and is considered a medicinal plant with heart-opening capabilities. We gather in ceremony and drink ritual cacao which is made from cacao beans, water, cacao butter and other herbs. This medicinal brew awakens our ancestral memory and allows us to connect with the heart. Alejandro uses shamanic tools and modalities such as drumming, feather cleansing, smudging, and shamanic sound journeying during the experience.

The Sweat Lodge traditionally lasts around 2 hours. We take a break to shower and clean up afterwards followed by a light dinner. The cacao ceremony begins shortly thereafter, and lasts into the night, for about 3-4 hours.

Duration: 7 hours in total (approx 3pm-11pm), Cost: \$150



CEREMONY

AT PEACE

Full Moon & Cacao Ceremony

with Robbie

These beautiful full moon and cacao ceremonies (either separately or in combination) are for individuals and groups at Peace Retreat who are looking for a softer, more feminine approach to healing. These rituals honor the full moon and open the heart through the use of sacred Cacao, the ultimate heart opener. The intention in these spaces is to focus inward, set intentions, flow emotions, and transmute energy to feel safe and empowered. Ceremonies are usually held in the evening at 7pm. Bring a journal and pen.

Duration: 1 hour, Cost: \$40

Sacred Rapé Ceremony

with Franco

Rapé (pronounced "rapay" or "hapay") is a blend tobacco powder, Amazonian medicinal plants, trees, leaves, seeds and other sacred ingredients. During the ceremony, we will sit in meditation and Franco will delivery the mixture into the nose and pineal gland. Once ingested, the rapé has a powerful grounding effect which quiets the mind, aligns and opens the chakras (energy centers of the body), and allows for the release of physical, emotional and spiritual tension. These ceremonies are usually held in the evening at 7pm. It is suggested to eat light before engaging in energy work.

Duration: 1 hour, Cost: \$50