

Trail to Tranquility

A Yoga and Nature Retreat for Self Connection

Option I with traditional shamanic
medicine ceremony

11.11. - 17.11.24

Sacred Valley of Vilcabamba - Ecuador

Andean Panorama Bliss



Embark on a journey to tranquility, where nature's embrace fosters rejuvenation and personal growth. This experience goes beyond a typical retreat, leading to inner peace and physical vitality, and deepening your connection to yourself and the natural world.



Step onto the mat and into a sanctuary of self-reflection and experience dynamic and relaxing yoga sequences, adapted for the individual level of you and your group.

Dive into yourself through various meditations and anchor the transformation you can create within yourself.

Your home



The cozy lodge, set in a peaceful environment, features a lovely yoga shala and a spacious garden with an outdoor pool. With its beautiful flowers and trees, the garden is a calm haven where butterflies and birds often visit. It's a perfect place for guests to unwind and enjoy nature's beauty.

Explore the Andean Mountains around the sacred valley, rich in diverse ecosystems, offering tranquil hiking opportunities amidst stunning landscapes. Immerse yourself in the natural beauty of this region, where every step unveils unforgettable views, creating a memorable retreat experience.



Nourish your soul



Each day, we indulge in a rich breakfast, a fresh midday snack, and a diverse dinner in the evening a lá carte from the Izhcayluma Eco Restaurant. All dietary restrictions can be followed and the meals are organic and well balanced.



The ingredients used are largely sourced from our own garden or the region and are prepared with awareness and love.



Example for a daily routine

08:00 - 09:30 AM: Meditation and dynamic Yoga flow

10:00 AM: Nutritious vegetarian/vegan breakfast

11:30 AM - 3:00 PM: Time for yourself, in the garden, or hiking activities with the group

3:00 PM: Fresh afternoon snack

6:00 - 7:00 PM: Relaxing Yin Yoga or Gentle Yoga Class

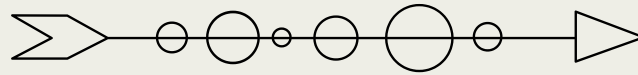
7:30 PM: Shared a lá carte dinner

8:30 PM: Evening ceremonies like Cacao ceremony, dance meditation, or fire ceremony



The time here serves your relaxation, your personal development and the connection of your mind and body. You will learn Self Care rituals for a significant change of life quality in your daily routines. All activities are suitable for beginners and advanced participants alike.

Shamanic nature rituals



Indigine shamans for natural medicine are located in the area and offer a safe space for powerful plant medicines and energetic cleansing.

San Pedro: Emotional healing with cactus medicine.

Mushroom: Spiritual insight through psilocybin.

Kambo: Cleansing with frog secretion.

Rapé: Awareness boost with blown plants.

Energetical Cleaning: Purification for balance.

Flower Bath: Healing soak with floral infusion.



For the jungle and plant medicine treatments, a pre-ceremony check-up is necessary to ensure your readiness for a guided, transformative experience. Feel free to reach out to us beforehand if you're interested in a ceremony or if you have any questions. Please note that the ceremony prices are not included in your retreat package. We'll be happy to assist you with any inquiries you may have.

Make self-prioritization non-negotiable

Retreat prices per person:
Shared double room: 650 \$
Single Room: 560 \$



Eco Resort Izhcayluma • Via a Yangana km 2
Vilcabamba • Loja • Ecuador

Arriving by taxi or bus from
the city of Loja (41 km from
the airport).

Please don't hesitate to
contact us if you have any
questions. Visit our website
for more information:

www.izhcayluma.com/



Retreat Languages: English & German
Shamanic Ceremonies in Spanish with Translation

Your Instructor

I hold space and offer guidance for personal growth and holistic healing. With different tools from cultures all over the world, can I meet you where you are, emphasizing self-discovery and relaxation.

My goal is to motivate you to overcome imagined mental boundaries and accompany you towards your unique potential.



With all my Love, Nicky

Yoga Teacher (300 YAC) Ashtanga-Vinyasa | Yin Yoga | Therapeutic Yoga | Ayurvedic Yoga
| Pranayama | Vipassana Meditation for Stress Management | Systemic Life Coaching

Specialized in Self-Care-based Yoga & Personal Development



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