



## THE HUACHUMA PROJECT

[www.TheHuachumaProject.com](http://www.TheHuachumaProject.com)

### 3-Night San Pedro Retreat Schedule

#### Day 1: Arrival & Opening Ceremony

- **2:00 PM - 5:00 PM: Arrival & Check-In**
  - Guests are greeted at our retreat center and shown to their accommodations. Rooms are gender-specific dormitories, and camping is available for those who prefer it. Guests are encouraged to settle in and familiarize themselves with the space. Complimentary transfers from Faro airport are available for guests arriving in the morning and afternoon.
- **5:30 PM - 7:00 PM: Optional Kambo Ceremony**
  - For those who feel called to engage with Kambo, an optional session will be offered. This powerful frog medicine helps detoxify the body and prepare participants for the deeper work with San Pedro. Fasting for at least 6 hours prior is required.
- **7:30 PM - 9:00 PM: Group Welcome Talk & Dinner**
  - The retreat begins with a warm welcome by Austin and the team. This is an opportunity for introductions, sharing intentions, and setting the group energy. The evening includes a hearty plant-based dinner and an opening circle where participants can share their intentions for the weekend.
- **9:00 PM - 10:00 PM: Evening Fire & Storytelling**
  - After dinner, we gather by the fire for storytelling, Icaros, and live music to set the tone for the coming days. This time is for grounding, connecting, and preparing for the first journey with the Grandfather medicine the next day.

## Day 2: First San Pedro Ceremony

- **8:00 AM - 9:00 AM: Lite Breakfast**
  - A light, nutritious breakfast is served to provide energy for the long ceremony ahead. Participants are encouraged to eat mindfully and take time for themselves to set their intentions for the day.
- **9:30 AM: Gathering & Intentions**
  - We gather in the ceremonial space to open the day's journey. Each participant is invited to share their intentions and prayers. This process sets the stage for a meaningful and individualized experience.
- **10:00 AM: First San Pedro Ceremony Begins**
  - The first serving of San Pedro is administered. The journey can last anywhere between 10-16 hours, depending on the participant's personal process and the flow of the medicine. Up to 3 drinks will be offered during the day, and the atmosphere is supported by live and recorded music, guided meditation, and Icaros to aid the process.
- **2:00 PM: Optional Second Serving**
  - The second serving is optional, based on individual needs and how each participant is connecting with the medicine. Austin and his team provide guidance, support, and safety throughout.
- **Evening: Integration by the Fire**
  - As the ceremony draws to a close, participants are invited to join the group around the fire. This space allows for gentle reflection, sharing, and continued support. Nutritious, grounding food is served when everyone is ready to eat.
- **Late Night: Rest & Recovery**
  - Guests are encouraged to rest deeply and hydrate, as the medicine may continue to work subtly through the night.

## Day 3: Second San Pedro Ceremony

- **8:00 AM - 9:00 AM: Lite Breakfast**
  - A light meal is provided to sustain participants for the second day's ceremony. The focus is on nourishing the body without overloading the system.
- **9:30 AM: Gathering & Intentions**
  - Just as on the first day, we come together to set personal and collective intentions. The group is invited to reflect on insights from the first ceremony and prepare for another deep immersion.
- **10:00 AM: Second San Pedro Ceremony Begins**
  - This session often builds on the first, diving deeper into the healing and transformational process. The initial serving is a combination of the three servings from Day 1, allowing for a potent and balanced start. Up to 2 additional drinks may be offered based on participant needs.
- **2:00 PM: Optional Second Serving**
  - As with the first ceremony, a second drink is optional and depends on individual readiness. Participants are encouraged to trust their intuition and guidance from the facilitators.
- **Evening: Sacred Fire Circle & Closing**

- The ceremony transitions into an evening of integration around the fire. Storytelling, music, and sharing continue as participants begin to anchor the insights and transformations from the weekend. A nourishing meal is shared when the ceremony concludes.

## **Day 4: Integration & Departure**

- **8:00 AM - 9:30 AM: Breakfast & Gentle Morning Gathering**
  - A final breakfast is shared as the group slowly returns to ordinary reality. This time is for savoring the sense of connection and reflecting on the journey so far.
- **9:30 AM - 11:30 AM: Integration Circle**
  - The morning is dedicated to an integration circle, where participants can share their experiences, insights, and challenges. Austin and the team provide tools and practices to support the continuation of the work beyond the retreat.
- **12:00 PM: Departure or Optional Extension**
  - Guests can either prepare for departure (with transfer to Faro airport) or extend their stay on the land. Those leaving are encouraged to allow themselves plenty of rest time after the retreat, as the medicine may continue to integrate in the days and weeks to come.

## **Additional Information:**

- **Location:** 115-acre off-grid farmstead in the Algarve, Portugal.
- **Group Size:** Maximum of 20 participants, supported by a dedicated team.
- **Dietary Needs:** All meals are plant-based and tailored to support the medicine work. Please notify us in advance of any specific dietary requirements.
- **Safety Protocols:** Our team ensures a safe and supportive environment throughout, with a dedicated focus on physical, emotional, and spiritual safety.
- **Preparation & Integration:** Participants receive detailed guidance for pre- and post-retreat preparation, including dietary suggestions and support resources.

We look forward to welcoming you into this sacred space, where profound healing and personal transformation await.

With heart,

Austin Romero, Medicine Man & Founder, The Huachuma Project