

SHIPIBO PLANT MEDICINE RETREAT

with

MAESTRA EUNICE

**CURANDERA SHIPIBO
SPECIALIZED IN MASTER PLANT DIETAS**

and

DRAGONFLY AWAKENINGS

HEALING, INTEGRATION & WELLNESS RETREAT CENTER

La Fortuna, Costa Rica

CEREMONY DATES

January 6-8, 2026

January 9-11, 2026

January 12-14, 2026



A New Year, A New You!

BOOK NOW

506-6046-1109

dragonflyawakenings@gmail.com

BOOK YOUR DISCOVERY CALL

www.dragonflyawakenings.org





ARE YOU READY TO...

...release the beliefs and emotional patterns that have held you captive and kept you from your highest truth?

...commit to the deep integration work required to weave your profound healing into the fabric of your daily life?

...trust the sacred guidance of Maestra Eunice, a Shipibo medicine woman initiated into the wisdom of the plants since the age of five?

...be truly seen, heard, and felt in a safe, non-judgmental space committed to your transformation and spiritual rebirth?

...remember the inherent potential of your humanity and embrace the life you were meant to live?

...step into the clarity, renewal, and purpose that awaits you in the New Year?

A New Year... A New You!

Begin the new year with a sacred journey of transformation and healing. January is a powerful time to release the old and welcome newer energies into your life. Through the wisdom of the plants, the guidance of Maestra Eunice and the sacred traditions of the Shipibo people, you are invited to step into clarity, renewal and purpose for the year ahead.

This retreat is more than an experience – it is a rebirth into your true self.

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JANUARY 2026



Grandmother Ruanbena
1945-2015



Maestra Eunice

Shipibo Medicine Woman

Maestra Eunice had her first contact with the spirits of the plants at just five years old, when her grandmother Ruanbena, a Shipibo medicine woman, initiated her with liquid mapacho and the ritual of the stones. At ten, she entered her first plant dieta with Piñon Colorado and Toe, and soon after began learning ancestral recipes for plant baths. At twelve, she was initiated into the wisdom of Ayahuasca by her grandfather Yosi Ocha.

Since childhood, she has walked the path of plant medicine with devotion. Today, as a mother of four and grandmother of two, she continues to dedicate her life to helping people heal and transform through the spirits of the plants. Her vision is to carry forward her lineage by building Bena Caya in Iquitos — named in honor of her grandmother Ruanbena. In the Shipibo language, Bena means "new" and Caya means "spirit." Bena Caya — "new spirit" — will be a school and retreat dedicated to the rebirth of the spirit and the ancestral teachings of plant medicine.

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Maestra Eunice's Support Team

INÉS

Since 2012, Inés has been dedicated to the medicine of Ayahuasca, spending much of the last four years living and working at a retreat center in the Peruvian Amazon. During this time, she also served as an English-Spanish translator, supporting participants as they navigated their ayahuasca journeys with clarity and care. Over the past seven years she has completed intensive plant medicine studies and plant diets with Maestro Niwen Koshi, and for the last two years she has apprenticed with Maestra Eunice, receiving their wisdom and blessings.

Trained in integration at the Escuela de Psicovegetalismo (School of Psychovegetalism) and ICEERS Academy, Inés serves as a bridge between Amazonian and Western worldviews. Today, she offers preparation and integration sessions to support others on their healing journeys, weaving together ancestral wisdom and modern understanding. As a visual artist, Inés also channels the teachings of the plants into creative expression, sharing the medicine of beauty and vision with the world.



INÉS



SAFFRON

SAFFRON

Saffron StarFire walks the path of a light worker and medicine woman with deep reverence and humility. She is devoted to holding sacred space for others as they release what no longer serves them, guiding them to remember their wholeness and step more fully into their truth.

Specializing in the release of trapped emotions from the body, Saffron serves the sacred medicines Kambo and Bufo with great care and devotion, honoring them as profound teachers in her own healing. She continues to apprentice under Maestra Eunice, whose wisdom shapes and deepens her journey. With compassion, presence, and respect for the sacred path of healing, Saffron offers her work as a prayer of service to the collective.

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ADDITIONAL OFFERINGS

The following services are available for an additional cost

The Ancient Shipibo Magnetism Plant Bath

From the heart of Pucallpa, Perú

For the first time beyond the Peruvian rainforest, an ancestral secret of the Shipibo people is being shared. This sacred plant bath prepared with devotion and reverence was once reserved only for the community that carried its wisdom for generations.

Hours of care go into its creation. Master plants and trees are handharvested, ground slowly with mortar and pestle, then blessed by the sun for days until their spirit awakens. The result is a shimmering potion of the forest itself—alive with the magnetism of the Amazon.

Known as the Magnetism Plant Bath, this ancient ritual is said to draw intentions toward you with extraordinary speed. Step into the bath and feel its power amplify what you call into your life love, abundance, health, good fortune, clarity of mind, or stability of heart.

Immersing yourself in this sacred water is like stepping into a living prayer, a wish woven into your very being. It is not simply a bath it is a communion with the jungle, a doorway into magic, and a chance to align your spirit with the flow of creation itself.

The ritual is performed over three consecutive days. Afterwards, Maestra Eunice will gift you a blessed cologne and instructions for its use once you return home, so the energy continues to support you.

Simple Plant Bath

These sacred baths cleanse and prepare the body for the ayahuasca ceremony. Under Maestra Eunice's guidance, you will learn how to prepare the plants and take part in the ritual, while she sings icaros to call forth the spirits of nature. This ceremony purifies your energy and opens the path for deeper connection.

Healing Shipibo Massage

Also known as Maestra Eunice's specialty, this is a revitalizing and deeply personal massage. Maestra Eunice will use her healing hands to guide the session, working with your body's energy to restore harmony. Each massage is unique—depending on what needs to be worked on, she may blow mapacho smoke onto certain parts of your body or sing icaros to invite specific healing energies into you. This traditional practice clears, restores, and leaves you feeling deeply renewed in both body and spirit.

Master Plant Dieta (Sama)

Also called Sama in Shipibo tradition, the master plant dieta is only offered for long stays. During the first ayahuasca ceremony, Maestra Eunice will prepare your energetic body and open the portal to receive the spirit of the plant you will be dieting with. Guided by the spirits, she will reveal which plant chooses you—Piñon Blanco, Bobinzana, or Ayahuma.

You will not choose the plant; the plant chooses you. Each one carries a unique teacher spirit and its own world of wisdom. By committing to the dieta, you agree to nurture that sacred connection, learning directly from the spirit of the plant. The dieta is observed in silence, creating space for the plant's presence to reveal itself through dreams, visions, or melodies (icaros) that arise within you. Plant dietas are undertaken both to receive teachings from the spirit world and to invite deep personal healing.

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TESTIMONIALS

Alex (USA)

"Maestra Eunice is a fantastic Curandera and human being. Full of knowledge, wisdom, and compassion. I always felt at peace in her presence and knew I was in good-hands"

Olly (England)

"Eunice is a shining star – I have had the deep privilege and pleasure of working with her in the past and she is extraordinary. She's absolute magic – real magic. What a truly wonderful guide through the mysteries. Eunice – you have my heart."

Eric (USA)

"I sure miss Eunice and the team ... sitting here in my boring work cubicle I can't help but daydream about my days spent in the Peruvian Amazon! Eunice is pure kindness and light. Her presence in ceremony was both grounding and uplifting, offering gentle care with respect and grace. When guests needed special attention, she instinctively knew how to help, creating comfort for everyone. At the same time, she carries a lovely sense of humor—her smile, laughter, and quick wit always bring warmth to those around her. Her Icaros, sung with the beauty of an Amazonian bird, filled the space with love, compassion, and deep healing. To sit with Eunice is to feel the spirit of the medicine itself."

Chris W (USA)

"My ceremony with Eunice was one of the most profound experiences I've ever had. From the moment she opened the space, I felt safe and supported in a way that let me truly surrender to the medicine.

When she sang her icaros, it was as if she was opening a doorway for the plants themselves to communicate with me. Through her voice, felt the spirits of the plants guiding, teaching, and showing me exactly what I needed to see. The songs didn't just feel like music—they carried a living energy that reached deep inside me.

Her energy work made this connection even stronger. When she came to me, it felt like she was clearing away the noise so the plants could speak more clearly. In those moments, I wasn't just hearing her—I was hearing the medicine, the forest, and the wisdom of the plants flowing through her.

What touched me most was the way Eunice holds space with such love and integrity. She doesn't force anything—she simply creates the conditions for the plants to do their work, and for each of us to receive exactly what we need. I left the ceremony feeling lighter, clearer, and more deeply connected to myself, the plants, and the spirit world."

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J A N U A R Y 2 0 2 6



Dragonfly Awakenings

Healing, Intetration & Wellness Retreat Center

DENISE & TERESA

We are Denise & Teresa, spiritual beings having an earthly experience (Wayne Dyer), certified psychedelic plant medicine coaches and the founders of Dragonfly Awakenings. We place immense emphasis on preparation, navigation, and processing of natural healing experiences. We understand that true healing and transformation extend beyond the ceremonies, requiring dedicated integration work.

The name "Dragonfly Awakenings" is a powerful symbol of this transformative journey. The dragonfly embodies change, rebirth, adaptability, and self-realization, mirroring the profound renewal individuals experience at our center.

We are committed to creating a safe and compassionate space where individuals can be seen, heard, felt, and understood. We operate with integrity and non-judgment, always striving for the highest good of all. Here, you are not just a guest; you are a valued being embarking on a journey of self-discovery, healing and growth.

Dragonfly Awakenings provides the guidance and support you need to unlock your full potential and embrace the life you were meant to live.

OUR JOURNEY

Despite our diverse backgrounds, a powerful connection sparks between us. We share a passion for healing, a deep respect for the interconnectedness of all living beings, and an unwavering belief in the inherent potential of humanity to transform through the process of plant medicine and its allies.

Each of us had faced our own demons, battled through traumas, and emerged victorious with the help of psychedelic medicine and deep spiritual practice.

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DENISE



TERESA

OUR RETREAT SPACE



Visit our website: www.dragonflyawakenings.org
Send us an email: dragonflyawakenings@gmail.com
Call or WhatsApp: 506-6046-1109

And follow us on Facebook and Instagram [dragonfly_awakenings](#)

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TESTIMONIALS

Cam (England)

"I had a beautiful, profound and life changing time at Dragonfly Awakenings. The opening ceremonies were amazing, the space is wonderful and the integration approach (super important) is the best I have experienced over several years of working with many retreats and some of 'the best in the world'. Can't wait to return when the time is right. Thank you."

Abigail (Australia)

"Can't recommend enough! These girls are now like family to me. They deeply care about everyone that enters their beautiful retreat. They care so much about our safety, and give so much guidance. When I was at the retreat I heard many people say this was the best retreat they had been to! Stop looking and come here !!"

Mary (Costa Rica)

"I can't say enough good things about Dragonfly Awakenings! The wonderful women behind the centre are so integral, genuine and heart-centered. I feel safe and at home whenever I get the privilege to be there. They hold a beautiful container on the perfect piece of land, that is ideal for healing, reflection and inner work. The food is also amazingly nourishing and feeds not only the body, but the soul."

Cindy (USA)

"Discover the Exceptional Retreat Center
Teresa and Denise truly exceeded all expectations, delivering an exceptional experience from the very first introductory call all the way through the entirety of the retreat. Their team skillfully crafted a sacred space that provided the ideal environment for fostering health, wellness, and personal growth."

Elizabeth (USA)

"Magical, safe, beautiful, peaceful, restorative, warm, nurturing, loving. These are but a few words to describe this truly beautiful place filled with so much LOVE. Teresa and Denise, are an incredible team. From the moment you arrive, you will be surrounded by warmth and genuine care for your well-being. The land is magical. The ceremony space offers amazing views of Arenal and serenades from birdsongs and howler monkeys. The bunkhouse, showers, and jacuzzi are lovely and add the perfect touch of comfort. I can't say enough about the beautiful women who have created this space and the special energy that abounds."

To read and watch more testimonials visit us on Tripadvisor, Google, Facebook, Instagram @dragonfly_awakenings and our website
www.dragonflyawakenings.org

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RETREAT PRICING

INCLUDES...

- 2 nights, 3 days in a sanctuary of profound love & peace with the option of staying extra nights.
- 2 Transformative Ayahuasca Plant Medicine Ceremonies: Guided by experienced Shipibo wisdom keeper Maestra Eunice and her team: Connect with nature's healing energy and experience authentic indigenous rituals. (Option to participate in more ceremonies.)
- Personalized Integration Support: Our certified psychedelic plant medicine integration coaches ensure a gentle and seamless journey before, during, and after your ceremonies. Group integration circles prior to each ceremony.
- An Integration Journal designed specifically to help you prepare for, navigate through and process your journeys.
- Wholesome Nourishment: Savor delicious, organically sourced, locally grown meals that complement your dieta and energize your body.
- Resting Space: Comfortable mats for ceremonies and for resting in between ceremonies. (Optional dormroom bed for a nominal fee.)
- Reconnect with Nature: Explore our lush sanctuary, listen to the symphony of the rainforest, feel the energy of the majestic Arenal Volcano and find peace in our tranquil zen spaces.
- Labyrinth walk for nurturing peace, reflection and connection to nature.
- Relax in our Jacuzzi while listening to the sounds of the jungle.
- Traditional Shipibo market.

\$999 USD ALL INCLUSIVE!!

EARLY BIRD SPECIAL - \$100 DISCOUNT UNTIL DECEMBER 1, 2025

See final page for more details on accommodation options and additional nights stay

If you would like to attend this unique healing retreat reach out ...

email: DragonflyAwakenings@gmail.com

Phone/WhatsApp: 506-6046-1109

Visit our website: www.dragonflyawakenings.org

And follow us on Facebook & Instagram (@dragonfly_awakenings)

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ACCOMMODATION OPTIONS



Rancho Resting Space
Included in retreat price

4" thick foam mats with pillow and blanket in
open air ceremony space for resting between
ceremonies



Cozy Dorm Room Shared Accommodations + \$70 x 2 night retreat

2 shared dorm rooms, each with 6 beds
Additional nights & meals \$135

Each bed has...

- a comfy pillow top mattress
- a shelf for personal items
- an electrical outlet for technology charging
- shelves for clothing & personal items
- a small personal fan, and
- a light for reading or journalling
- bottom beds have privacy curtains



Tiny House + \$260 x 2 night retreat

additional nights & meals \$225

- self contained tiny home with bed & bathroom



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