

AYAHUASCA & MASTER PLANT DIETA (SAMA) RETREAT WITH SHIPIBO MAESTRA EUNICE IN DRAGONFLY AWAKENING COSTA RICA

January 2026 - 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 new 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 truest self.



About Maestra Eunice

Born into the Shipibo tradition of the Peruvian Amazon, Maestra Eunice carries the wisdom of her ancestors through sacred songs (Icaros) and healing hands. From childhood, she was guided by her grandmother Ruanbena, a revered curandera and master of plant medicine, who opened her path to the spirits of the plants. Later, she deepened her apprenticeship alongside her brother, continuing the family's healing lineage.

Her vision, Bena Caya — meaning “New Spirit” — is both the name of the healing center she dreams to build in the Amazon and the essence of the medicine she offers: renewal, rebirth, and awakening. Through icaros, tobacco prayers, plant baths, massages, and master plant dietas (sama), she creates a sacred space where seekers can release the old, welcome the new, and connect with the spirit world in truth and light.

Maestra Eunice offers personalized treatments and loves to share with others the secrets of the plants, guiding each person into a deeper relationship with the natural and spiritual worlds.



Ayahuasca Ceremony

Enter the heart of the medicine. Guided by Maestra Eunice, each ceremony is a profound journey into the spirit world, offering deep cleansing, healing, clarity, and renewal of your soul.

In the last ceremony, Maestra Eunice will invoke an Arcana — a spirit animal companion of protection that will continue to guide you after the retreat. Whether it is a jaguar, a hummingbird, or an eagle, each carries its own wisdom, power, and world of guidance.

During her teachings, Maestra Eunice will show you how to strengthen this connection, so that the Arcana remains a living ally in your life. This sacred gift of protection and wisdom is yours to nurture, honor, and grow long after the retreat has ended.



Private Consultations

During the private consultation, you will share your intentions directly with Maestra Eunice. She will listen deeply, offer advice, and may ask you questions to ensure full alignment for your ceremony.

At the end of your retreat, you will meet with her again to reflect on your journey. This is your time to ask questions, share insights, or seek guidance on the experiences that have unfolded. With her wisdom, she will help you integrate and carry the teachings forward.



Simple Plant Baths

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.



Special Bath for Good Fortune

A traditional Shipibo bath using unique plants from the Peruvian jungle that enhance your inner magnetism. This sacred ritual is known to increase luck in love, attract prosperity in business, and open new doors in life.

✦ Do you long to attract real love? or/and,

✦ Do you wish to succeed at work and welcome new clients?

This bath is for you.

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.



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.



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.



REVIEWS FROM PATIENTS AND STUDENTS

"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"

From Alex (USA)

"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."

From Olly (England)

"Here you go! 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."

From Eric ()

“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, I 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.”

From Chris W (USA)