



TAORAYINÁ

R E S E R V A N A T U R A L

COLOMBIA
SANTAMARTA | SIERRA NEVADA



5 Day Wellness Retreat

Return to the Heart

in Colombia

This meeting is aimed at working from heart to heart, in tune with all the senses, inspired by the jungle, the mountains, the sea, the arts, and the elements, guided by the ancestral wisdom of the indigenous peoples of the Sierra Nevada de Santa Marta, in the Colombian Caribbean.

A photograph of a tropical retreat. In the foreground, a large palm tree with long, dark fronds dominates the left side. In the background, a two-story wooden house with a thick thatched roof sits on stilts, surrounded by dense, lush green vegetation. The sky is a soft, hazy blue, suggesting a misty or overcast day. The overall atmosphere is serene and natural.

This retreat is designed so that people who, trusting in their intuition, have joined this adventure, can connect from the heart of the planet (as the Sierra Nevada de Santa Marta is called by the indigenous peoples who care for and guard it) with their own heart, their senses, their body.

A photograph of a wooden geodesic dome structure, likely a gazebo or shelter, situated in a dense, lush green forest. The structure is made of dark brown wooden beams forming a complex triangular pattern. Inside the dome, a simple wooden stool with three legs and a backrest is positioned. The floor of the dome is made of light-colored wooden planks. The background is filled with various green plants, including ferns and broad-leafed trees. The lighting is soft and natural, suggesting a daytime setting. The overall atmosphere is peaceful and serene.

In the Taorayiná nature reserve and ecolodge, people will recognize in the elements, the virgin forests, the exuberant nature, the Caribbean Sea, dance, music, natural medicines, powerful tools that will help to let go of what is heavy, what is not. necessary, and be inspired to transform and continue new life processes that are calmer, simpler, and more peaceful.

Music, natural medicines, dance, the Art of yoga, meditation, and singing will take us on a route of sensations, emotions, observations, and above all, leaving what does not serve us, and nourishing ourselves with the joy of living!

Activities

- Daily hatta yoga, pranayama, and sunrise meditation classes.
- Cacao ceremonies.
- Psilocybin ceremonies
- Temazcal ceremonies.
- Ancestral Kogi Indigenous ritual.
- Meditation and rapé circle with Sound healing with Tibetan bowls and flutes in the waterfalls.
- Visit rivers and majestic beaches.
- Immersive concert, receptive music therapy.

Benefits of this wellness retreat

- Be more relaxed and refreshed than you've ever been.
- The ideal place to unplug, slow down that fast pace, and get back in touch with nature.
- Become stronger mentally and find inner peace.
- The ideal location to unplug and enjoy the beauty of nature.
- Drop out of "normal life" for a period.
- Have a wonderful time learning a different practice than your own.
- Peace and quiet for the mind, refreshing energy for the body.
- A chance to get away and step aside from all the hustle and bustle of city life.
- Rediscover yourself after too long of feeling disconnected.

What Makes This Retreat Special

This retreat is carried out in one of the most biodiverse places on the planet, the Sierra Nevada de Santa Marta, the highest mountain in the world that is closest to the sea, an ancient place that is still protected and guarded by the 4 groups of Indigenous people that inhabit it.

The magic of the forests in the mountains facing the Caribbean Sea gives magic to the encounter. The arts, music, dance, natural medicines, and sharing with the elements provide a unique experience to the participants of well-being, inspiration, and reconnection with their beings.





What's Included in This Package

- 4 nights accommodation
- 3 daily delicious and nutritious meals
- Water, tea, coffee served throughout the day
- Welcome drink
- Daily yoga classes
- Daily meditation classes
- Daily pranayama classes
- Rituales con música, danza
- Temazcal
- Specialized workshops
- Nature hikes with a trusted guide
- Group excursions/activities
- Wifi connection



What's Not Included in This Package

- Flights costs
- Travel insurance
- Visa fee
- Additional activities not included in the itinerary.



Program

On the day of reception at the nature reserve and ecolodge, lunch will be provided, then opening and integration, rest, cacao ceremony at sunset, dinner, and rest.

The following days there will be yoga, pranayama, and meditation classes at dawn, walks through the forest to waterfalls and natural pools, sound healing and meditation, snuff circles, psilocybin ceremony, temazcal ceremony, medicine music concerts, dances and traditional ancestral Kogui indigenous rituals, as well as horseback riding, ecstatic dance ceremony, and visit to beautiful beach rivers.

First day

Arrival at the nature reserve - welcome and integration - lunch - installation in cabins - rest - cacao ceremony - dinner - sleep.

Second day

Hatha yoga, pranayama, and meditation sunrise class - breakfast - rest - 25-minute hiking through the forest to waterfalls and natural pools - Sound healing with Tibetan bowls and sharing of rapé medicine - return to ecolodge - lunch - rest - psilocybin ceremony - sleep.

Third day

Breakfast - closing of the psilocybin ceremony - yoga practice and conscious breathing - lunch - rest - receptive music therapy and immersive concert - dinner - sharing of indigenous Kogui wisdom with traditional dances - rest.

Fourth day

Hatha yoga, pranayama, and meditation sunrise class - breakfast - Temazcal (inipi) ceremony and Kogui indigenous ritual on the beach - lunch on the beach - return to the ecolodge - rest - dinner and music - medicine concert - sleep.

Fifth day

Breakfast - farewell - departure to the airport (with the option for each person to continue their trip if they so decide).

Food

All meals will be vegetarian, healthy, with seasonal and regional foods.

Meals Provided:

Breakfast

Lunch

Dinner



Location retreat

Taorayiná Nature Reserve

Taorayiná is an ecolodge and natural reserve located in the Sierra Nevada de Santa Marta, in the Colombian Caribbean. It is situated 450 meters above sea level and comprises 60 hectares of humid tropical forest in conservation, just 25 minutes from the nearest beach. This place features an exuberant nature, surrounded by primary forests, from where you can see the Caribbean Sea, very close to the Tayrona National Natural Park.

We are focused on meetings and wellness retreats, experiences of being. through the arts and traditions of the indigenous peoples of the mountains where this beautiful reserve is located, immersed in beautiful primary forests.



Location information

Tayrona área

In our vicinity, there are waterfalls and natural pools, ancient tropical forests, and paradisiacal beaches, among other magical places that are part of the Sierra Nevada de Santa Marta, the sacred territory of four ancient indigenous people: Koguis, Aruhacos, Wiwas, and Kankuamos, who still keep an ancestral legacy and millennial knowledge in terms of the protection and care of life in all its manifestations, peace, and the integrity of the being.

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