



A DEEP CLEANSE & NEW BEGINNING IMMERSION

Sacred Reset

*You don't want to carry into 2027
what you carried in 2026.*

JANUARY 23 – 28, 2027 · 6 DAYS / 5 NIGHTS

Twelve guests, held with intention · Playa Grande, Costa Rica

THE INVITATION

Something has been building.

In the body, in the mind, in the places where energy should move but has gone still. You have tried to address it. You have not been able to shift it all the way through — and what you are carrying has a weight that is physical, emotional, and mental at once.

You are ready to remove what no longer serves you, on every level. The body has been waiting for this kind of permission.

- ◆ Excess weight the body won't release
- ◆ A cloudy mind that cannot focus or decide
- ◆ Fatigue, poor sleep, waking unrested
- ◆ Inflammation you know is affecting your health
- ◆ Autoimmune or chronic conditions medicine hasn't resolved
- ◆ Stagnation, and the inability to choose what feels aligned



12 GUESTS MAX	3 KAMBO	2 AYAHUASCA	6 DAYS
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Inflammation is not a symptom. It is the source.

Modern research increasingly confirms what indigenous healing traditions have understood for generations: chronic inflammation sits at the root of the majority of illness. It drives autoimmune conditions, disrupts hormonal function, clouds cognitive clarity, and creates the persistent heaviness no diet or willpower has fully resolved.

Kambo addresses inflammation at its physiological root. Its bioactive peptides work directly through the lymphatic and immune systems, triggering a deep purge of what the body has been holding. Three sessions in close succession — the traditional initiation series — compound and consolidate this clearing in a way a single session cannot.

PANEMA

In Amazonian tradition, the heavy, stagnant energy behind fatigue, fog and lost direction. Kambo clears panema at the source.

THE PEPTIDES

Bioactive compounds with antimicrobial, immune-modulating and anti-inflammatory properties — activating the body's own defenses rather than suppressing them.

AFTER THE PURGE

Deep rest, then mental clarity, emotional lightness and physical energy that persists for days into weeks.

Purge, rest, receive. Then weave what comes next.

This immersion is built around a precise sequence. Kambo opens and clears. Ayahuasca receives and reorients. Integration grounds what shifted into language, intention, and a direction you can carry home. Four movements, held as one arc.

MOVEMENT ONE

Nervous System Reset

Somatic, trauma-informed facilitation and the physiological impact of Kambo bring the nervous system out of a chronic stress state. Fear held in the body begins to release when the body is no longer carrying the weight.

MOVEMENT THREE

Emotional Release

What is carried emotionally is carried somatically. As the body releases, the emotional field follows. Ayahuasca ceremony and integration move what has been layering the spirit, so what is underneath can surface and lead.

MOVEMENT TWO

Physical Cleanse

Three Kambo ceremonies in the traditional initiation series work through the lymphatic and immune systems to address inflammation and restore the body's own capacity to function clearly. Juicing supports the detox arc throughout.

MOVEMENT FOUR

Vision & Re-Weaving

A clear mind thinks differently than a clouded one. The final day names what was released and articulates, with intention and witnesses, what you are choosing to grow. The word has power when it is spoken from a clean place.

The final ceremony, The Offering, is held through the night into sunrise — the last of the old year's weight surrendered, and what grows in its place woven by intention.

Three Kambo. Two Ayahuasca.

One medicine, held in two distinct ways — each ceremony building on what the last one opened.

KAMBO · THREE CEREMONIES

The Deep Purification

Applied in the traditional three-session initiation series across the first four days. The acute phase — a powerful physiological purge through the lymphatic and immune systems — typically runs 15 to 40 minutes, followed by deep rest. It is not repetition; it is a compounding process. What the first session loosens, the series resolves.

AYAHUASCA · CEREMONY ONE

Yawanawá Lineage

The first ceremony is held in the traditional way of the Yawanawá, honoring the integrity and power of the Amazonian lineage from which this medicine descends. Carried by the songs and prayers of the tradition, what Kambo has cleared, the ceremony receives and works with at depth.

AYAHUASCA · CEREMONY TWO

The Offering

A whole-night ceremony built on the four gates of manifestation. We walk the Mesada together, sustaining a shared prayer through the night into sunrise. This is where the shedding of what was transforms into the planting of what comes next — releasing the old, stepping into the new.

SACRED TOBACCO

Rapeh Circle

A shared rapeh circle held as both grounding and opening. Sacred tobacco clears the respiratory system, focuses the mind, and connects the group to the medicine lineage — a moment of collective arrival before the deeper work begins.

JANUARY 23 – 28, 2027

Six days. A precise arc.

DAY 1 · JAN 23 Arrival

Arrival, settling, and orientation with the guardian team. Group intention circle. The juicing protocol begins. Early rest before the work.

DAY 3 · JAN 25 Kambo + Integration

Morning Kambo, second session. Deep rest. Afternoon and evening: somatic integration work, group sharing circle, rapeh circle.

DAY 5 · JAN 27 Integration + Re-Weaving

Full integration day. Somatic movement and group sharing. Re-weaving the word: naming what was cleared and articulating the new beginning you are stepping into.

DAY 2 · JAN 24 Kambo + First Ayahuasca

Morning Kambo, first session of the series. Afternoon rest and supported integration. Evening: Ayahuasca in the Yawanawá lineage.

DAY 4 · JAN 26 Kambo + The Offering

Morning Kambo, third and final session. Rest and restoration. Evening through sunrise: The Offering, the all-night Ayahuasca ceremony across the four gates.

DAY 6 · JAN 28 Departure

Final morning together. Closing ritual. Departures begin. The Year of the Goat opens February 6 — you cross that threshold already changed.

What you plant in this immersion has nine days to take root before the new year opens. The Offering is precisely timed as an act of crossing.

YOUR GUARDIANS

Three carriers. One container.

Three experienced guardians hold this immersion, present from your first Sacred Journey call to the final integration. You are never handed off, and never alone in it.



Michal Sanken Koshi

LEAD GUARDIAN · CEREMONY

Lead ceremony guardian at Ananda, trained in both the Kambo tradition and the Ayahuasca lineages held here. His presence in ceremony is anchoring and clear.



Emma Alexandra

LEAD GUARDIAN · GUEST EXPERIENCE

Singer, musician and integration specialist who holds the emotional and energetic tone of ceremony — grounding and opening at once, across every medicine Ananda works with.



Kimberly Ocaña

CO-FOUNDER · SOMATIC FACILITATION

Certified somatic trauma-informed facilitator, ICF Professional Coach and sound healing therapist, weaving deep reverence for the medicines into every container she holds.

Enrollment is based on readiness, confirmed through the intake process. Not everyone is ready for this combination — and that is precisely the point.

EVERYTHING INCLUDED

One investment. All of it held.

◆ Three Kambo ceremonies

The traditional three-session initiation series.

◆ Two Ayahuasca ceremonies

Yawanawá lineage and The Offering.

◆ Rapeh circle

Sacred tobacco as grounding and arrival.

◆ Juicing protocol

Fresh juicing throughout to support the detox.

◆ All meals by Chef Camilo París

Prepared in alignment with the cleanse.

◆ Integration days

Guardian-supported, woven through the week.

◆ Somatic movement & processing

Body-based work that stays with you.

◆ Written integration framework

A guide for the path home.

◆ Accommodation at Ananda Lodge

Ocean-view setting in Playa Grande.

◆ Comprehensive intake

A genuine assessment prior to enrollment.

INVESTMENT · EVERYTHING INCLUDED

Six days of ceremony, accommodation, meals, juicing protocol, guardian facilitation and integration support — from arrival through departure. Two room options are available.

PRIVATE ROOM · SINGLE

\$4,495

Paid in full · \$4,495

Two-payment plan · 2 × \$2,300

SHARED ROOM · OCCUPANCY

\$3,795

Paid in full · \$3,795

Two-payment plan · 2 × \$1,950

BEGIN HERE

Begin with a conversation.

The Sacred Journey call is not a sales conversation. It is a genuine assessment for both of us — that this immersion is the right container for what you are carrying, and that you are ready for what it asks.

1

Reserve your call

A complimentary Sacred Journey consultation.

2

Feel the fit

We listen, answer everything, and never pressure.

3

Hold your place

Capacity is limited to twelve guests, held with intention.

THIS IS FOR YOU IF

You are carrying weight you have not been able to shift; you want to cross into the new year consciously, not passively; and fear is present, but you are no longer willing to let it lead.

NOT THE RIGHT FIT IF

You have active heart or kidney conditions or other Kambo contraindications; you are in acute mental-health crisis or on conflicting medications; or you are seeking a retreat vacation rather than a deep cleanse. Confirmed in intake.

BOOK A SACRED JOURNEY CALL