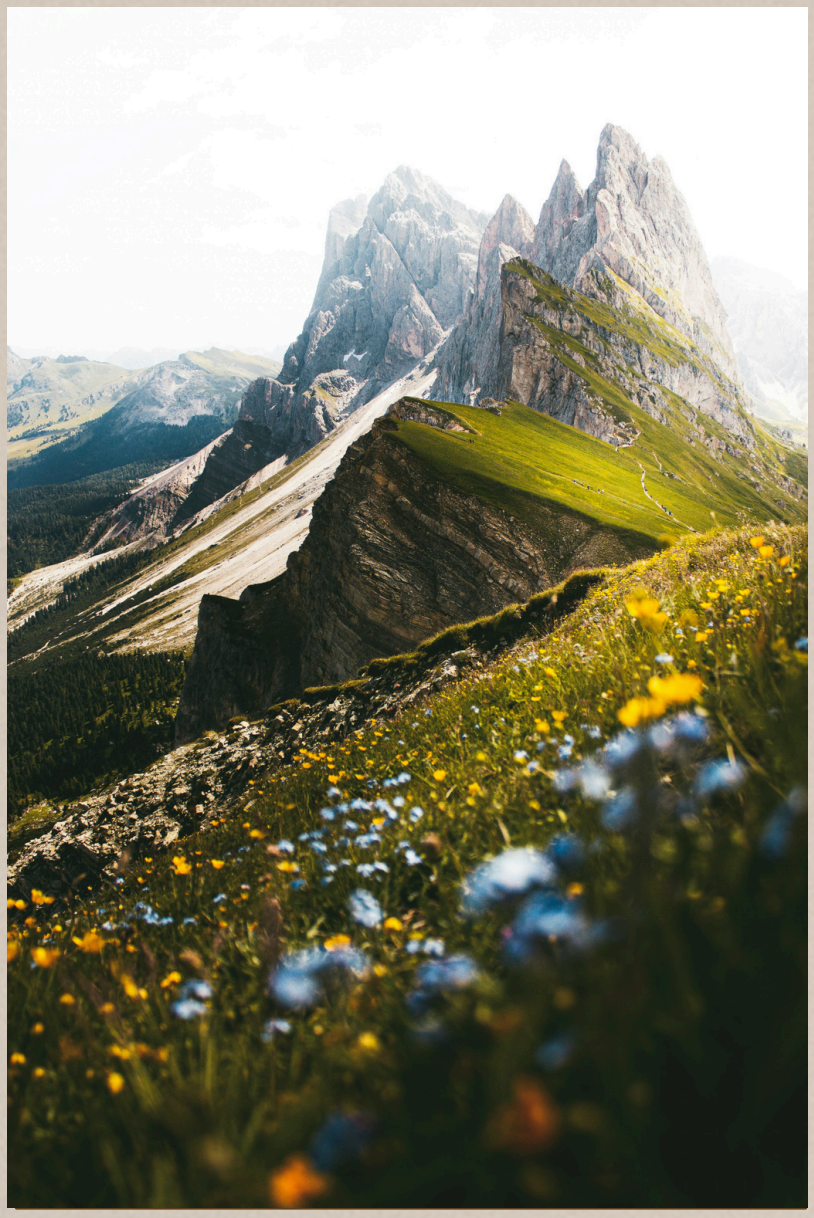
RETREAT INFORMATION GUIDE

WWW.FIGUREITOUTRETREATS.COM



WWW.FIGUREITOUTRETREATS.COM

We'll Figure it Out...

A HEALING AND MEDICINE RETREAT & JOURNEY

Welcome Friend

There comes a point in life when the noise begins to fade.

The constant pressure.The expectations.

The familiar patterns that once felt unquestionable.

And in that quiet, something steadier begins to rise.
A voice that feels older than your habits.
A voice that reminds you to return to your center.
To stand again on solid ground, where the Earth feels steady beneath your feet.

This is where we begin.

This retreat is for those who feel the call to slow down, to listen more deeply, and to meet themselves with honesty. Not through force or performance, but through presence, clarity, and courage.

In the mountains of the Sacred Valley, we step away from the noise of everyday life and into a space designed for real transformation.

Through ceremony, plant medicines, movement, time in nature, and honest conversation, we create the conditions for something powerful to unfold.

Because when people gather with sincerity, breathe the same mountain air, and choose to look inward together, something shifts.

Together we work with plant medicines, move through ceremony, explore the natural world, and sit in honest conversation as human beings willing to do the real work of transformation.

WWW.FIGUREITOUTRETREATS.COM

Let's Figure It Out

We'll Figure It Out speaks to something authentic

We grow best when we are willing to show up honestly, without pretending we've got everything figured out. We are all learning, growing, stumbling, and rising again

This retreat is not built on experts standing above others. It is a co-creation built on people coming together and doing the work side by side.

We face what needs to be faced.
We learn what needs to be learned.
And committed to truth and growth, step by step, we figure it out, together.

Let's walk this spiral path together, remembering who we were always meant to be.

WWW.FIGUREITOUTRETREATS.COM

The Mission of This Journey

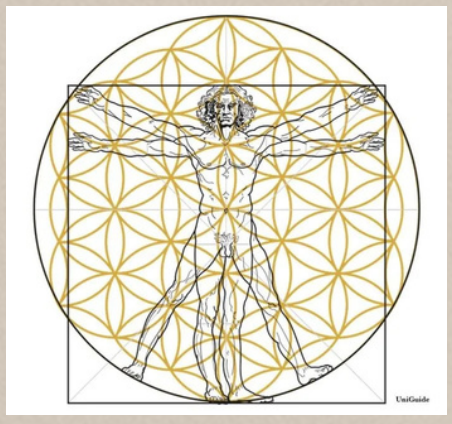
This retreat isn't about collecting experiences.
It's about using ancient and modern tools that cut through the noise and create a authentic, lasting, embodied transformation.

Plant medicines, Earth rituals and ceremonies, movement, honest conversation, adventure, time in nature, and time to rest... all woven together with intention.

But the heart of this work is integration.
Experiences mean nothing if they don't land in your body, reshape how you move through life, and help you show up differently long after the retreat ends.
Here, everything you do is supported, processed, and grounded so the shifts become real and usable.

We don't rush you through a long list of techniques.
We create a steady environment where you can explore your mind, your body, and your inner landscape in a grounded way.
Some moments will challenge you. Some will open you.
Others will feel like coming home.

Everything we offer works together with one purpose:
to help you meet yourself more fully and step back into your life with clarity, strength, and presence.



The Elemental Journey

We move through the Four Elements because they live in each of us.
In the body, the mind, and the emotional realms.

As within, so without. Earth, Water, Fire, and Air aren't just forces out in nature; they're forces working inside you every day.

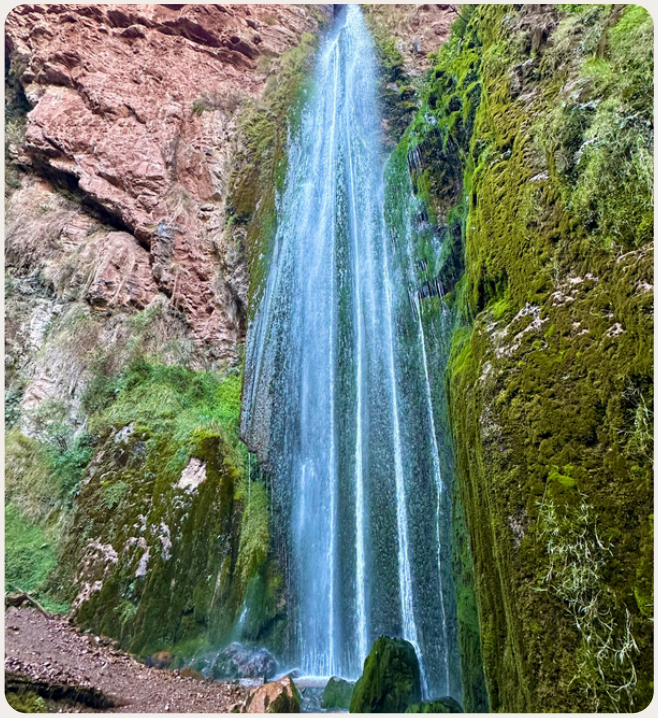
When you learn to work with them
to ground like Earth,
flow like Water,
transform like Fire
and express like Air
you gain the ability to navigate your life with clarity, strength and balance.

Master the elements within and you begin to master the way you move through the world.

EARTH - The Ground
Earth is where everything begins.
It holds the seed, the potential, the dark soil of the subconscious.
It nourishes, steadies, and brings you back into your body.

Here, you learn to be held again by the land, by the moment, by yourself

We ground through Qi Gong, yoga, and powerful hikes into the Andes where the mountains teach presence, strength, and humility.
Steadying your mind, settling your system, and giving your work a real foundation.



WATER - The Cleanser, The Flow, The Emotional Body

Water gives life, washes away what's stale, and reveals what's true.
It brings you back into movement

Here you learn the power of letting go and letting life move through you instead of fighting it.

We work with cold plunge and rafting the Urubamba River to practice surrender, trust, and emotional release.

Water teaches you to loosen your grip, to soften where you've been holding, and to allow a new version of yourself to emerge with clarity.

FIRE — The Alchemist

Fire cuts through confusion. It is the master masculine clarity.
It brings sharpness, courage, and the power to transform what no longer serves you.
Here you face yourself directly and step into the heat of change.

We enter the Temazcal, letting sweat, breath, and intention burn away old layers.

We sit together in fire ceremony, naming what must go, calling in what we're ready for, and choosing renewal

AIR — The Voice, The Breath, The Expansion

Air moves fast, clears space, and carries intention.
It is the realm of words, prayers, truth, and the higher mind.
Here you open what's been closed and release what you've held inside.

We work with breathwork, mantra, and honest circle conversation. Like old times, letting your voice move stuck energy out of your system and bringing clarity to your thoughts.

Air teaches expression, perspective, and the kind of mental freedom that changes how you navigate life.

The Itinerary

Day 1 – Sunday: Arrival

- Check-in & settle
- Welcome ceremony
- Intention setting
- Cacao ceremony
- Fire gathering

Day 2 – Monday: Air Day

- Breathwork
- Kambo ceremony
- Rest & relaxation
- Fire share circle

Day 3 – Tuesday: Earth Day

- Morning meditation
- Bufo Ceremony
- Rest & Relaxation
- Optional Hike
- Ayahuasca Ceremony

Day 4 – Wednesday: Fire Day

- Breathwork
- Yoga
- Temazcal (sweat lodge)
- Cold Plunge
- Fire ceremony

Day 5 – Thursday: Water Day

- Meditation
- Yoga
- Whitewater Rafting
- Water ceremony
- Rest & Relaxation
- Ayahuasca ceremony

Day 6 – Friday: Spirit Day

- Breathwork
- Waterfall Hike
- Huachuma ceremony
- Celebration
- Gratitude ceremony
- Final fire share

Day 7 – Saturday: Farewell

- Morning goodbyes
- Optional Machu Picchu adventure

Day 7-10 (Optional Integrations)

For an additional cost stay in the Andes a few extra days to better integrate and process your experience. Price for this is TBD. More info coming soon.

The People Who Walk Beside You

The facilitators of this retreat, are deeply committed to the work of healing and remembrance. We desire to help people come home to themselves. Our calling is to help people find their way back to who they truly are so they can carry that strength and clarity into the world. We believe in raising the vibration of this earth through presence, compassion, and honest connection. We cannot wait to walk beside you and to do the real work as we all figure it out together.

Theo

Theo has been working with sacred medicines as a facilitator for more than twelve years. In recent years he helped manage Arkana Retreat Center, where he supported and guided countless retreats and walked beside people through deep transformational work. He carries a strong calling to work with Huachuma and brings a steady, grounded presence to every ceremony he leads. Beyond his facilitation, Theo is a devoted father and a gifted painter and musician, bringing heart, humility, and creativity into all he does.

Caleb

Caleb is a recently retired nomad now planting roots in the Sacred Valley. He is passionate about helping people remember who they truly are. Called to the medicines three years ago, he has developed a strong connection to working with Bufo and Kambo. Caleb is a regression hypnotherapist and also works with Vedic massage and energy healing. A talented singer-songwriter, he loves helping people understand themselves more deeply through music and meaningful conversation. Caleb brings heart, authenticity, and a spirit of sacred play to every space he holds.

The People Who Walk Beside You

Tyler Ray

Tyler Ray is a facilitator, musician, and devoted student of yoga, sound, and ceremony whose work centers on helping people reconnect with themselves, their bodies, and authentic community. After five years of service in the U.S. military, his personal search for healing led him into yoga, somatic practices, and the ceremonial traditions of the Amazon. Today he guides retreats, trainings, and men's circles around the world, weaving breathwork, movement, relational practices, and live music into spaces that invite emotional presence, authenticity, and deep transformation.

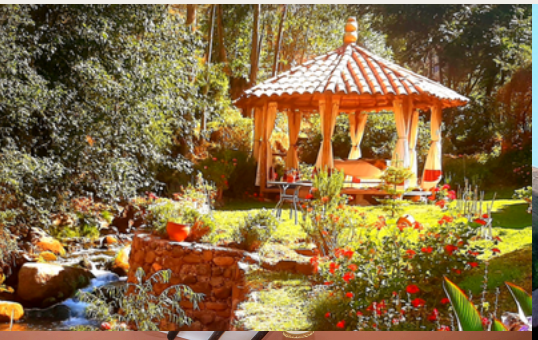
Sofia

Sofia is a nomad from Argentina but in recent years made Peru her home. She has spent the past ten years working as a healer in many capacities and brings a wide range of skills to this work. She is a somatic and trauma release therapist who specializes in nervous system regulation, kundalini yoga, and earth based ritual. She is also skilled in bodywork, energy work, and serves as a Human Design coach. Sofia carries a grounded wisdom and a calm, gentle, and steady presence that helps people feel safe, seen, and supported in their healing.

Villa Magica

THE RETREAT CENTER

Nestled in the heart of Peru's Sacred Valley, Villa Mágica is a serene sanctuary surrounded by the towering Apus—sacred mountains revered by the Andean people—and blessed by the gentle flow of the Río del Carmen. The property sits in a lush valley where gardens, winding pathways, and sacred ceremony spaces blend harmoniously with the surrounding landscape.

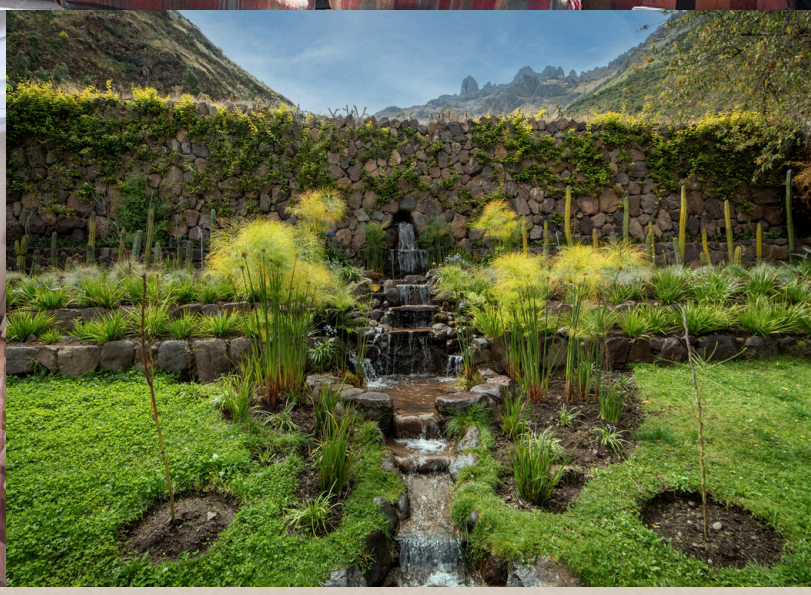


The land itself carries a deep sense of stillness and reverence, offering a peaceful refuge where guests can step away from the noise of everyday life and reconnect with nature, spirit, and themselves.

Fall of 2027

VILLA MAGICA

Nourishment is an essential part of the experience at Villa Mágica. Guests are served organic, delicious, consciously prepared meals made with fresh, locally sourced ingredients from the Sacred Valley, many grown nearby. Herbal infusions, fresh juices, and wholesome dishes are prepared with care, allowing each meal to become a moment of grounding and gratitude.



Every corner of the retreat center has been created with intention. Guests may gather beneath the stars around the fire, sit in quiet meditation beside the flowing river, or walk through vibrant gardens alive with flowers, water features, and the energy of the Sacred Valley. The atmosphere encourages both deep inner work and joyful connection with the land and community.

Retreat Information

$2,400 (2026 Pricing) - Seven days and six nights

Fall of 2027

What Is Included

Lodging and Amenities

- Standard bedroom: 2 person room
- Option to upgrade to a private room for an. additional $240

Meals
- All gourmet meals included
- Organic ingredients sourced locally
- Tea, snacks, and fruit available throughout the day

Adventures
- 2 Guided hikes in the Andes
- Whitewater rafting on the Urubamba River

Ceremonies
- Two ayahuasca ceremonies
- One Bufo Ceremony
- One Kambo ceremony
- One Huachuma ceremony
- One Hapé ceremony
- One Mapacho ceremony
- One Cacao ceremony
- One Temezcal ceremony
- Fire ceremonies

Personal Sessions
- One on one Human Design reading
- Sound healing session
- Yoga, and Breath work sessions

Optional Add Ons
- Brain mapping and consult
- Massage and spa options
- Hypnotherapy Session
- Reiki and Energy Work Sessions

Plant Medicine Overview

Mapacho
A sacred tobacco used for protection, grounding, and prayer. Mapacho strengthens intention and helps anchor the mind and spirit during ceremony. It steadies the space and prepares you for deeper work.

Hapé
A traditional snuff used to clear the mind, open the breath, and release stagnant energy. Hapé brings focus, presence, and emotional steadiness, making it a strong ally before a ceremony.

Kambo
A cleansing medicine from the Giant Leaf Frog in the Amazon that clears the body and sharpens the mind. Kambo helps release physical and emotional blocks, resets the system, and brings a strong sense of clarity and focus.

Cacao
A gentle heart centered medicine that encourages emotional openness and connection. Cacao supports creativity, warmth, and honest presence within the group, helping men feel grounded and safe.

Plant Medicine Overview

Huachuma
A gentle yet profound heart opening medicine from the Andes. Huachuma is a beautiful cactus medicine that is heart opening, brings clarity, compassion, and a deep connection with nature. It teaches through vision, reflection, and grounded presence.

Sananga
A traditional Amazonian eye medicine used to enhance spiritual vision and clarity. It supports energetic cleansing, focus, and emotional release. It often leads to a deep sense of grounding and presence.

Ayahuasca
A visionary Amazonian medicine that reveals the deeper patterns and stories shaping a mans life. Ayahuasca guides the process of healing, truth telling, and remembering who you truly are at your core.

Bufo
A powerful medicine from the Bufo Alvarius toad, which contains 5 MeO DMT. Bufo opens the doorway to deep spiritual awareness and often brings a sense of unity, release, and connection to something greater than the self. It is an experience of profound surrender, healing, and remembrance.

Preparation & Integration

We believe the real work of transformation begins long before the retreat and continues long after it ends. For this reason, preparation and integration are essential parts of the journey we guide you through.

Before the retreat begins, you will participate in two one-on-one preparation sessions designed to help you arrive grounded, informed, and ready for the work ahead. The first call is an opportunity to answer questions, discuss any concerns, and share guidance on how to prepare mentally, emotionally, and physically for the experience. The second session includes a personalized Human Design reading. Human Design is a system that blends ancient wisdom traditions with modern science to offer insight into your unique energetic blueprint—how you are designed to make decisions, process emotions, and move through life with greater alignment. This session helps you better understand yourself and provides practical tools you can use throughout the retreat and beyond. Integration after the retreat is even more important.

Research into psychedelic and plant medicine therapies suggests these experiences can temporarily increase neuroplasticity, the brain's ability to reorganize and form new neural pathways. During this window, old patterns can loosen and new perspectives can take root. However, if we return immediately to the same habits, environments, and behaviors, the brain often reinforces those familiar pathways again.

To support lasting change, the retreat includes three one-hour integration coaching sessions following your time with us. These sessions help translate insights into real, sustainable shifts in how you live, relate, and move through the world.