

THE VOICE OF YOUR INTUITION

A JOURNEY
BACK TO
YOURSELF

AUGUST 14-18 2026

3rd Edition, Sierra Nevada de Santa Marta. Palomino, Colombia.

Tierra Faro & Kuraca Ancestral

Tierra Faro & Kuraca Ancestral | Retiro | Intuición



KURACA
Espiritualidad Ancestral



TIERRA
FARO

An immersive retreat with **ancestral medicines** between the jungle and the sea.

Intuición Retreat is a space born and woven in Colombia, emerging from the Amazon rainforest of Putumayo, the Sierra Nevada de Santa Marta, and the Andean mountains of Antioquia.

It is held and nurtured from a feminine altar that welcomes with tenderness, offering safety, care, and deep respect for each individual's process.

This is a sacred and meaningful space that arises from the heart to strengthen the inner voice and support a deeper, more authentic connection with intuition.



Retreat | Ancestral Medicines
a return to your inner voice

An immersive four-day retreat with ancestral medicines, carefully designed for those who feel the call to deep self-exploration and healing, through the millenary wisdom of the plants of power.

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"Everything you are looking
for you will find within yourself."

- Ram Dass

Spiritual teacher and American author. He taught about consciousness, meditation and unconditional love, reminding us to live fully in the present.



Retreat | Ancestral Medicines
a return to your inner voice

Welcome to Tierra Faro

Tierra Faro is a boutique space of profound transformation, where your heart marks the pulse of return to the natural state of your Being: love.

We create **carefully curated spaces** of encounter between the human and the sacred, integrating **ancestral wisdom and contemporary tools** with respect, to bring the expansion of consciousness—clearer perception of oneself and of reality—into everyday life.

We honor the curiosity of the seeker as the impulse toward the most important journey. **That of knowing oneself.**

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PURPOSE: AN ENCOUNTER WITH
YOUR INNER VOICE

THE VOICE OF YOUR INTUITION

Intuition is an encounter to free the body and the mind, transform the perception of the past, reconnect with our inner nature, awaken joy and curiosity for life, and experience sacred rituals in a responsible, loving and sustained way.

More than a sensory experience, this gathering is an opportunity to receive deep information from the unconscious, cleanse the body and prepare the ground for new understandings.

True transformation occurs when that clarity is translated into decisions, habits and concrete ways of living.

This is not a retreat of escape, but a space of presence. A call to slow down, to observe, to allow what is real to reveal itself without effort.



In THE VOICE OF INTUITION we create a **safe space** where you can immerse yourself in expanded states of consciousness to listen to what lives in your unconscious, and **discover, within yourself, your own answers.**

"True wisdom is in recognizing what is not seen, what we feel in the heart."

**Maria Sabina
Mexican**

Medicine Woman and Healer,
Shaman and Poet.
Precursor of the ceremonial
and healing use of *psilocybin*
mushrooms.

*"And always remember: you
are the medicine."*

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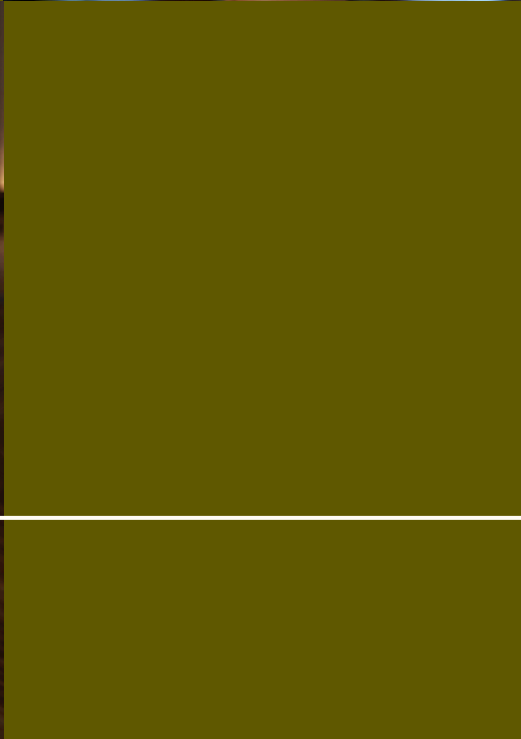




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Key Experiences

- **Purification rite with ancestral medicines:** rapé (sacred tobacco), kâmbó ceremony and vibrational therapy (harmonizing sound journey).
- **Niños Santos (mushrooms) ceremony,** ancestral sounds and ceremonial cacao.
- **Yoga,** breathing and conscious meditation sessions.
- **Ancestral Earth offering (Pagamento)** ritual guided by a *Mamo*, spiritual leader of the Arhuaco community of the Sierra Nevada.
- **Sound therapies,** sacred fire and medicine songs under the stars.
- **Mindful walks** in nature, **tubing on the Don Diego River,** and creative connection **rituals.**
- Fresh, **local meals** prepared with intention.
- **Intimate group** for a genuine and sustained encounter.





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a return to your inner voice

ETHE SACRED
TERRITORY

La Sierra Nevada Colombia

“Heart of
the World”

We will enter the foothills of the powerful Sierra Nevada de Santa Marta, known by the living ancestral communities as “The Heart of the World.”

A portal of transformation, a tropical jungle wonder located between snow-capped mountains, rivers and the sea, that offers the spiritual strength necessary to sustain processes of deep introspection.

Tierra Faro & Kuraca Ancestral | Retiro | Intuición

Río Don Diego
Sierra Nevada de
Santa Marta



My name is **María Mónica,**

"In days without sun, sunflowers look for each other's gaze."

I am an intense explorer and student of self-knowledge tools for more than ten years. And a walker of diverse ancestral medicines for more than six years.

Passionate about yoga, chants and cacao, and custodian of the Obsidian pipe (Chanupa) of the Ometotzinmetztli Dance Circle. Sound therapist through the Gong and Tibetan bowls.

Business and Finance Administrator, with an MBA. Dedicated to sharing responsible and loving tools and practices for self-exploration, and a life lived with fullness and joy.

María Mónica

Mexican and Colombian

Guardian and guide of sacred spaces. Creator of @tierrafaro_ and @lyla.cacao @mariamonicafdc

"Care, listening, joy and deep feeling – joy is also medicine."



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a return to your inner voice

+ 10 years
living experience

Integration of
ancestral and
contemporary
technologies

Practices and rituals
for everyday life

Guidance oriented
to personal
empowerment

Safe, honest, organic
and sensitive processes

Our Guide

Lina María Killa
Colombian
Medicine Woman
Co-creator of
@kuraca_ancestral
@linaluna_killa

"Healing with
love."



KURACA
TECNOLOGÍA ANCESTRAL



Medicine Woman **Lina María**

Walker and apprentice of the ancestral medicines Yagé, Mambé and Ambil for more than eleven years.

Plastic, humanistic artist, composer and medicine musician.
Guardian of the medicines of Temazcal, Mushrooms, Kambó and Rapé.

Vision Seeker Teotlac. Dual moon dancer, carrier and custodian of the Obsidian pipe (Chanupa) of the Ometotzinmetztli Dance Circle.

Co-founder, together with her family, of Kuraca Ancestral Technology — a medicine house located in Medellín (Colombia), dedicated to the preservation and transmission of ancestral knowledge.

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Our Guide

María Villa

Venezuelan

Holistic Therapist.

Sound and Music Researcher.

Yoga Instructor.

Writer and Art Historian.

Creator of

@yog_sonido_jiujitsu

*"Harmony between body,
mind and spirit for a
full life"*



KURACA

TECNICIDAD ANCESTRAL



Holistic Therapist María Villa

Researcher of the body, word and sound as paths of consciousness.

Bachelor in Literature (Art History), with master's degrees in Latin American Literature and Creative Writing.

Yoga guide and teacher for more than 18 years, with training in Hatha, Ashtanga, Vinyasa, Bikram, Yin Yoga, Pranayama and Sound Healing, in India, Venezuela, Colombia and Europe.

Her medicine integrates movement, breathing, meditation and sonic vibration as portals of self-knowledge, presence and deep healing.

Holistic therapist, guardian of the art of touching with intention:

Ayurveda Massage, Acupuncture, Marma Therapy and healing through sound as the language of the soul.

Author, student of martial arts and practitioner of Brazilian Jiu Jitsu, she embodies the union between discipline, sensitivity and conscious strength.

APPROACH: AN INTEGRAL PATH OF PREPARATION,
EXPANSION AND INTEGRATION.

a call towards deep exploration and healing

INTUITION goes beyond a traditional retreat with ancestral medicines. We offer you an experience created to accompany you toward listening to your most subtle voice, where the master plants — such as kâmbó, rapé, sananga, cacao, mushrooms and sound — intertwine with ancestral and contemporary practices of integration such as yoga, meditation, breathing, silence and conscious movement.

Our approach, from **Tierra Faro** in co-creation with **Kuraca Ancestral Technology**, is a holistic methodology that accompanies a complete path: preparation and cleansing, expansion of consciousness with psychoactive medicines in natural environments carefully sustained with emotional containment, and integration through practices and tools that bring transformation directly into everyday life, providing a transcendent shift in perspective and lasting tools for your personal process.



First day

Arrival & Grounding

The first day is a gateway into this process. We allow ourselves to **release the rush of the outside world and open to the experience**. Through a slow session of **yin yoga and Gong sound** to relax the nervous system.

We will make **an offering to the Earth**, guided by a **spiritual leader (Mamo)**, from the living traditional communities from la Sierra—a gesture to ask permission, honor, and give thanks to the land. This act helps us connect with the environment and prepare to receive from a place of respect and balance.

We close with a warm ritual with the **obsidian pipe** (tobacco), where we get to know each other and plant the intentions that will guide the retreat.

Session of Yin Yoga &
Sound Bath

Pagamento Ritual

Circle of intention and word -
Obsidian Pipe (Chanupa)

**Sound Therapy
Tibetan Bowls**
Release of tensions
through vibration.



Second day

Purification & Preparation

This day is dedicated to opening space through **purification rites** to prepare the body and mind for the experience with the psychoactive medicine.

Through the kâmbó ceremony, rapé, sananga and the temazcal, we carry out an integral purification that **releases physical toxins, mental blockages and emotional densities**.

To purify is to let go — so that the medicine can find us more open, lighter and receptive.

During these ceremonies, you may experience sweating, physical purging and emotional releases for a deep sensation of relief and mental clarity.

Copal

Tree resin.
Used to cleanse and harmonize.

Opening with Copal, Rapé and Sananga

Kâmbó Ceremony and Temazcal

Sound Journey - Vibrational Therapy

Sea Bath and Word Circle



Third day

Expansion & Immersion

Ancestral Sounds
Vibrations that heal and accompany the medicine.

This day invites us to look inward to our Being. The **sacred mushrooms, accompanied by ceremonial cacao, silence and ancestral sounds**, help us see more clearly the emotions, thoughts and memories that influence our way of living.

In a safe environment, this experience allows the **release of emotional burdens, reconnection with one's own sensitivity, and reconnection with the natural capacity for wonder and love.**

During the ceremony, you may experience intense bodily sensations, symbolic visions, memories or deep emotions and moments of profound connection with nature, the body and life.

Hatha Yoga and
Meditation

Sacred Mushroom (Niños Santos) & Cacao Ceremony

Ancestral Sounds

Sacred Fire and
Medicine Music



Fourth day

Integration & Reflection

Oracle Messages
Guidance of the universe.

This day is dedicated to integrating the experience and allowing the information from the medicine to settle in the body.

We begin with a **walk in silence** to recognize how we feel and observe our thoughts, and then we will **float down the Don Diego River** until it meets the sea.

With an **offering to the Earth** we give thanks, as a symbolic act of closure and renewal.

The rest of the day invites rest, *contemplation and self-care*: writing, receiving a massage or remaining in stillness.

In the afternoon, a session of **free movement, breathing and cacao** to soften and harmonize the body and celebrate.

Conscious Walk & Tubing
Río Don Diego

Offering to the Earth

Breathing, Cacao and

Free Movement
Celebration Dinner



DAY 1

FRIDAY 14

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Arrival &
Grounding

Slow Yoga & Sound

Yin Yoga session & **Sound Bath**,
to release everyday tensions and
bring us to the present moment.

Dinner and Rest

We will have a very rich and light
dinner, with a farm-to-table meal
— and then we can rest.

*From this moment the fast
begins.*

12.00

17.00

18.00

20.00

Arrivals

We will meet at 12:00 at the
meeting location (**Simón Bolívar
Airport, Santa Marta,
Colombia**).

Pagamento, Opening Circle and Intention

We will open our gathering with
a **Pagamento with a Mamo**,
ritual to the Earth, followed by a
sharing circle and intention-
setting, where we will offer
prayers to the four directions
alongside the **Obsidian Pipe**. A
sacred practice that harmonizes
the group's energy and grounds
us in the present moment.



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DAY 2

SATURDAY 15

Purification &
Preparation

Kambô Ceremony — *detox*

We gather for our physical, mental, and energetic purification ceremony, which uses the secretion of the **Kambô** frog to cleanse the body, strengthen the immune system, and release internal blockages.

Sound Journey — Vibrational Therapy

We will enter into an **ancestral ritual** guided by the vibrations of the **Gong and Tibetan singing bowls**, inviting deep states of relaxation, healing, and meditation.

Light Dinner — optional

Light dinner optional. From this moment the fast begins to prepare the body and spirit.

Morning in Fasting.

Energetic Cleansing

Opening with Kogui Ritual of **Pagamento** to the Earth, smoke of **Copal and herbs, Rapé and Sananga**.

Gratitude Table

We will share a **delicious breakfast** with fresh tropical fruits and foods prepared to nourish the body with lightness and vitality.

River Bath & Sharing Circle

We will close the day at the Don Diego River, sharing kind words

08.00

10.00

14.00

16.00

19.00



DAY 3

SUNDAY 16

Expansion &
Deepening

Mushroom & Cacao Ceremony

A deep introspection experience guided by **cacao and the niños santos**, to clearly observe our emotions, thoughts and memories, and reconnect with the meaning and tenderness of life.

The session may last between 5-6 hours.

Closing Circle & Sacred Fire

Around the sacred fire, we share an **offering of tobacco, chants and words of gratitude.**

Morning in Fasting.

Rapé & Intention Planting

We open the ceremony with **rapé and copal, and breathwork** to prepare our body and mind for the planting of our purpose.

Ancestral Sound Healing

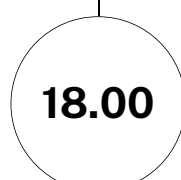
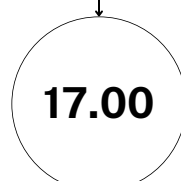
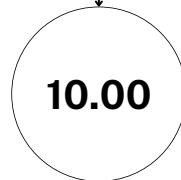
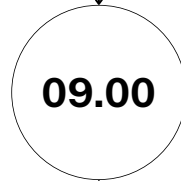
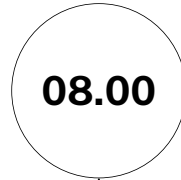
Sound bath with traditional instruments that allows us to enter meditation, helping to relax the body, calm the mind and guide the energy toward states of balance and presence.

Shared Dinner

Farm to table.

Free Space

for reflection and rest..



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DAY 4

MONDAY 17

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Walk in Silence & Tubing

A mindful journey along the **Sierra's natural trails** to return to the body, observe our thoughts, and allow the experience to settle with clarity and calm, followed by a **tubing descent down the Don Diego River** to its mouth at the sea.

Free time

space for writing or rest.

Breathwork, Cacao & Free Movement

Through **movement, cacao and breathing**, we give physical form to what was lived and make space for flow, spontaneity and joy.

Departure: Tuesday 18, breakfast included.

08.00

Breakfast

We will have a conscious and delicious breakfast to fill ourselves with energy before our walk.

09.00

Andean Offering to the Earth & Snack

A gesture of gratitude and surrender. We leave in the Earth what we choose to release and give thanks for what we learned, as a **symbolic act of closure and renewal**.

11.00

Lunch in Nature

Farm to table.

14.00

18.00

Celebration & Closing Dinner

A moment to **nourish ourselves, converse, laugh** and gently return to the everyday world, with the heart more present.

20.00

Tierra Faro & Kuraca



the power of ancestral medicines

- **Ancestral medicines are a direct path from thought to the heart.** Unlike other therapies, they do not remain in reason or information: they take us to deep understanding, to that wisdom that truly transforms mind, body and emotion in everyday life.
- **They allow us to observe our thoughts, patterns and our stories without judgment, with compassion,** opening a portal of love for ourselves and for others, reminding us that everything is connected.
- **We access information stored in the deepest part of the unconscious,** impossible to reach only with the mind.
- **We open ourselves to a change of perspective,** where we tell ourselves new narratives and valuable information is revealed for our growth.
- **These medicines return meaning to life,** reconnect us with the innocence of the inner child and its capacity for wonder.
- **They also teach us to hold discomfort,** to look directly at what hurts and discover that this place, although challenging, is a source of power and growth.
- **ey are deeply empowering,** because they show us that all the answers we seek live within us.
- **They help us lose fear of change,** to trust in the natural movement of life.

If you want to know more about the main Ancestral Medicines of our retreat, download the information [here](#).



The Voice of Intuition — Who is this retreat for?

- This retreat is directed to people who have already walked a path of self-knowledge and wish to deepen their inner connection, taking responsibility for their own process.
- To those who seek to integrate their experiences of expanded consciousness into everyday life, giving practical and coherent form to what was lived.
- To seekers who wish to strengthen their intuition, listen to their inner voice with greater clarity and confidence, and reconnect with their natural wisdom.
- It is also intended for those who value a respectful, professional and safe environment to explore deep inner processes, accompanied by ancestral medicines and contemporary integration tools.



*What transformation can you expect in **Intuition**, through Ancestral Medicines?*

- **Change of perspective:** they allow us to see our stories with clarity and compassion, instead of judgment.
- **Emotional release:** they help release accumulated blockages and repressed emotions.
- **Reconnection with the body and intuition:** they facilitate listening to inner wisdom beyond the rational mind.
- **Holding discomfort:** they teach us to inhabit pain and uncertainty with presence, discovering their transforming power.
- **Sense of unity and purpose:** they awaken the feeling of connection with life and with something greater than ourselves.
- **Personal empowerment:** they remind us that the answers are not outside, but within us.
- **Greater confidence and serenity:** by releasing fear and resistance, we learn to flow with the natural changes of life.



What is included?

4 nights in luxury shared accommodation and conscious meals.

Transfer from and to the airport (Santa Marta) to the hotel.

Physical and energetic preparation before the ceremonies (cleansing, meal timing, somatic practices).

Guided work spaces with plants / medicines in circles with professional facilitation.

Integration sessions: yoga, breathing, sound and movement to translate what was lived into concrete actions.

Post-ceremony support: closing circles, practical components to take home (exercises, recommendations).

Does not include transportation from your city of origin to Santa Marta.

Add-ons

Preparation guide.

Personalized welcome gift.

Group integration call after the retreat.

Therapeutic massage and other exclusive experiences (for an additional special cost).

1:1 post-retreat accompaniment options (for a special cost).

Intimate environment: a maximum of 10 participants guarantees personalized attention and a deep connection within a circle of care and containment.



OUR EXPERIENTIAL CENTER
AND THE SPACE THAT HOSTS US.

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A shelter in Sacred Land

In Tierra Faro, each experience unfolds in natural environments carefully selected for their beauty, comfort and quality. Spaces that offer safety, calm and the necessary conditions to sustain processes of deep introspection.

Our retreat "Intuition" takes place in a natural reserve and Experiential Center, in the foothills of the Sierra Nevada, crossed by the Don Diego River. An intimate and contemporary space, where comfort coexists with the strength of the natural environment. A place designed to allow nature to accompany the process with its depth and majesty.

Tierra Faro & Kuraca Ancestral | Retiro | Intuición

Natural Reserve,
Don Diego River
Sierra Nevada de
Santa Marta





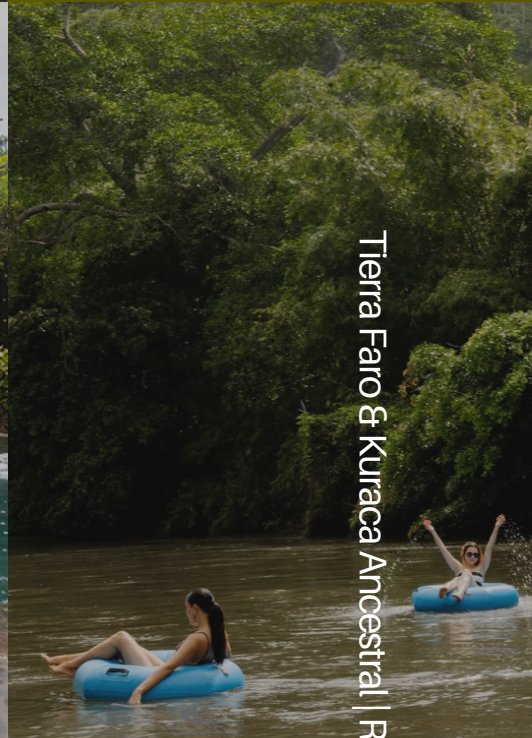
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Includes:

- Conscious accommodation and meals
- Private pool surrounded by nature
- Private terrace with sun loungers to rest in the sun
- Air conditioning
- Double bed with linen sheets
- Private bathroom
- Bathrobe and natural amenities
- Ecological trails through forest and silence
- Tubing Río Don Diego

Additional Services:

- Holistic spa and relaxing therapies
- Personalized experience menu
- Gourmet restaurant with local inspiration



Tierra Faro & Kuraca Ancestral | Retiro | Intuición



Heart,
Wisdom,
Freedom
and Joy.



Luxury
accommodation in
the middle of the
Tropical Jungle.

Shared Rooms
(2 people)

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Food and nutrition

We believe that food is also a form of medicine. That is why, during the retreat, we offer conscious cuisine, mainly vegetarian, prepared with fresh, local and seasonal ingredients.

The food is designed to accompany the work with ancestral medicines, respecting the rhythms of the body and favoring sensitivity, clarity and rest. This implies a light diet, with certain restrictions, cared for with attention and discernment.

We adjust to special requirements.

Facilitators

Our facilitators are professionals with a solid trajectory in working with ancestral medicines, integrative therapies and human development. Each one has made this path their living experience: they walk it, study it and embody it in their day to day.

Their presence combines knowledge and sensitivity. But, above all, their strength is in the warmth and authenticity with which they accompany — from example, not from discourse — creating a safe and human environment where each process can unfold at its own rhythm.





Yin Yoga

Movement, breathing and traditional and integral meditation session.

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Exploration Call

FREE ·
20 MIN

A brief meeting to get to know each other and evaluate if this retreat is right for you.

If you wish to live this experience, we will send you a questionnaire that will allow us to know more about you.

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Testimonials 2025

Alejandra, Colombia Intuición 2025

“This retreat, for me, was a beautiful reminder of what we can do when we unite, accompany each other and hold one another as human beings.”

Ivo, Alemania Intuición 2025

“In the niños santos ceremony, I felt at home within myself for the first time.”

Laura, Colombia & Germany Intuición 2025

“From the first day I felt that everything was thought out with intention. Arriving at the foothills of the Sierra Nevada and beginning with the pagamento was very powerful. We asked for permission and blessing accompanied by a Kogui community.

I felt safe, supported and very cared for in my first Kambô ceremony and during the work with the niños santos, in a spectacular maloca, surrounded by feminine energy and nature.

This retreat reconnected me with my country after many years away; I felt welcomed, at home. Now we are family. It was a gift from the soul.”



Testimonials 2024

Andrea, Colombia
Intuición 2024

“In 2024 I had the fortune of having my mother by my side, who for my birthday gave me and shared with me the wonderful experience of the Intuition retreat.

Words are not enough to describe how liberating it can be to understand ourselves, to enter our darkness, understand it and release it with love. Being compassionate with myself was one of the many things this incredible experience gave me. Always grateful.”

Jose, Colombia
Intuición 2025

“What I liked the most was discovering the power of the medicine. Realizing that it comes from the Earth, created by God as a tool for introspection.

I was impressed to realize the noise we carry inside and how, if we want, we can silence it and live in a simpler and calmer way. It allowed me to see my feelings with greater clarity.”

Sophie, France
Intuición 2024

“The energy of the team was something truly beautiful and constant, which allowed surrender and inner work with peace and light. This place, in the Sierra Nevada, deeply invites healing the patterns of the past.”



Warnings and Contraindications *(essential reading)*

This space does not replace clinical treatment, nor therapeutic follow-up.

- It is not recommended for people with psychotic disorders, diagnosis of unstabilized bipolar psychosis, or severe psychiatric conditions without medical authorization.
- If you are under psychiatric medication (for example, antidepressants, anxiolytics, antipsychotics or mood stabilizers) or have relevant medical conditions (cardiovascular, pregnancy, etc.), consult your doctor before registering.
- Before the retreat we request a medical and safety questionnaire to personalize the experience and guarantee the safety of participants.
- Our commitment: responsible processes, experienced facilitators and containment protocols. Even so, participation implies personal responsibility and informed consent.



Your Investment.

Cost per person, shared luxury room.

1.700 EUR

1.900 USD

(Includes 4 nights and 5 days of accommodation, transfer from and to Santa Marta airport — at a specific time — all meals mentioned in the agenda, ceremonies, group sessions and accompaniment throughout the entire process.)

Reservation Conditions:

- Reserve with 50%. Reservation deadline: May 15, 2026.
- Total payment deadline: July 10, 2026.
- 10% discount for two people, 100% payment by transfer. Deadline: April 15, 2026.

Bank Details

Fundación Santuario Tierra Faro
ID/NIT: 901731433-0 | Bancolombia Account Nr: 51600006182
Account Type: Savings Account
BIC/SWIFT: COLOCOBM

Card payments available via payment link or Wise.



Refund Policy

Until June 10: 80% refund.
Minus 10% administrative expenses.
From June 15 onward it is non-refundable.

Location

Palomino, Don Diego,
Sierra Nevada de Santa Marta, Colombia

Dates

AUGUST 14-18, 2026



With all our love, we place at your service the tools
and experiences that accompany us to reconnect
with our truth.



Sierra Nevada de Santa Marta, Gonawindúa — “Heart of the World.”
Sacred territory for the Kogui, Wiwa, Kankuamo and Arhuaco peoples.

contact

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Thank yourself for this decision, it is a gift for your soul.

The Lighthouse is the light that conquers your inner territory.

A safe space to be and to feel.

A place that is yours, without judgment.

To assume your process with responsibility is a sacred act.

