



RAINFOREST R&R
The Ayahuasca
Healing Retreat

Spirited away

Explore the ancient wisdom and enlightened practices of these seriously alternative-thinking spas

AYAHUASCA HEALING RETREAT **BAHIA, BRAZIL**

The revolutionary programme at this temple of alternative healing is less expensive than psychotherapy and significantly shorter. Our days were spent sunbathing, exploring, meditating and attending seminars on subjects from past-life regression to opening the heart chakra; nights were spent experiencing ayahuasca, one of the strongest natural hallucinogens known to man.

Highlights Highly respected for its nurturing and supportive environment, this exceptional

course is held in a luxurious eco-lodge on the dramatic coastline of the Bahian rainforest. On this sociable eight-day retreat, led by five eminent psychotherapists and Western healers, we enjoyed fabulous organic meals, wonderful massages and nature excursions. The outcome? Heightened self-awareness nurtured in a positive atmosphere that inspires lasting transformation.

Lowlights To benefit fully from ayahuasca, we had to deny ourselves sex, salt, sugar, red meat and alcohol for two weeks prior to travel. Also, ayahuasca can induce nausea.

Insights In the West there is increased interest in ayahuasca, a plant used for millennia by Brazil's native tribes. Brewed as a potent tea by shamans, it works on the spiritual, psychological and physiological planes, inducing profound insights, transcendental states and lasting self-knowledge. Everyone's journey is unique, but the outcomes are identical – deeply life-affirming, energising and cleansing. I found it an intensely moving, challenging but magical experience.

Ayahuasca Healing Retreat (020 7284 4662; www.ayahuasca-healing.net). Eight days full