



# SACRED REMEMBRANCE

AYAHUASCA, YOGA, & SOUND  
HEALING JOURNEY

— *Sacred Valley, Peru* —

NOVEMBER 5 - 12

+ OPTIONAL 4 D/3 N  
MACHU PICHU, AUSUNGATE, & RAINBOW  
MOUNTAIN HIKING + CAMPING

NOVEMBER 13 - 16

LED BY SHIPIBO MAESTROS,

KITTY NORMAND, DUSTIN BORLACK  
+ FRIENDS



# DEAR FRIENDS,



There are moments in my life when I pause and feel the weight of what this work truly means.

Recently, my dad has been spending more time at the yoga studio. He has come to me more than once in tears, sharing the conversations he overhears – people speaking about how this work has changed them, steadied them, even saved them.

It reminds me that this is never just another retreat.

It is never just another trip.

It is never casual.

It is a carefully held container for real transformation.

This work is deeply personal to me. It is something I have devoted years of study, practice, and responsibility to carrying well. It is always an honor to open this space for all of us to journey deeper as a collective.

The Sacred Valley retreat is designed as a rite of passage: a space where we slow down enough to listen, courageous enough to look inward, and supported enough to soften.

Ayahuasca is one element of that journey. The medicine has the capacity to illuminate what has been hidden, reorganize what has been fragmented, and reconnect us to an inner intelligence that many of us have forgotten.

Equally important are the structures that hold that experience.

Yoga.

Somatic processing.

Breathwork.

Sound.

These are not add-ons. They are the grounding architecture that help the body integrate what the spirit encounters.

Inside this packet you'll find the orientation, structure, and details you need to discern whether this journey is aligned for you.

If it is, I look forward to meeting you in the valley – with steadiness, clarity, and care.

Love, Kitty

## ◇ THE INVITATION ◇

This is an invitation into a space that is held with care,  
discernment, and depth.

The Sacred Valley retreat is for those who feel a quiet knowing  
that something within them is ready to reorganize; not through  
force, but through presence, honesty, and embodied support.

This is not a retreat designed to escape your life.  
It is a retreat designed to help you meet it more fully.

We gather in the Sacred Valley because this land asks us to  
slow down, listen, and remember what is essential. Surrounded  
by mountains, river, and ancient lineage, we step out of our  
habitual pace and into a rhythm that allows deeper truths to  
surface.

This journey is for those who are willing to:

- engage their inner world with sincerity
- take responsibility for their healing and integration
- approach medicine work with humility and respect
- be in community without performance or comparison

This retreat is not for those seeking intensity for its own sake,  
quick fixes, or spiritual bypassing. It is not an experience to be  
consumed: it is a process to be entered.

Every element of this retreat has been designed intentionally:  
from the ceremonial flow to the integration practices so that  
what arises can be met safely, grounded in the body, and  
supported over time.

If you feel drawn to this invitation, trust that curiosity. Read  
the following pages slowly. Let your body sense whether this  
container is aligned for you.



## ◇ The Architecture of the Journey ◇

A structured arc of preparation, ceremony, and integration for embodied return. While each participant's inner journey will be unique, the overall arc follows a grounded and carefully held structure.

### Phase I – Preparation (Before We Arrive)

Preparation begins well before we step foot in Peru. Meaningful ceremonial work requires physical, emotional, relational, and logistical readiness.

Participants receive:

- Access to our monthly community integration calls, allowing connection with previous journeyers and current participants
- Two live group preparation calls in the month leading up to retreat to meet one another, clarify intentions, and orient to the process
- One individual preparation session to review personal history, intentions, and readiness
- Comprehensive travel documentation including flight guidance, packing lists, altitude considerations, dietary guidance, and logistical recommendations
- A detailed medical intake process reviewed by our medical support team, who assess contraindications and support unique medical situations when needed



PICTURED: THE MALOCA AT OUR RETREAT CENTER

## Phase I (Continued) : Arrival & On-Site Preparation

Settling the nervous system.

Establishing the container.

We recommend arriving a couple of days early to acclimate to altitude, & to the land.

When we arrive together we will acclimate through a ceremonial sound journey to open our space and clear relational agreements.

This phase includes:

- Nervous system regulation practices
- Community agreements and container setting
- Education around ceremony flow and integration
- Cultural context and lineage acknowledgment
- Time to rest, hydrate, and attune to the land

## Phase II – Ceremony

Depth, illumination, and supported exploration.

Ayahuasca ceremonies are approached with reverence and under the guides of Shipibo Maestros that I have been working with personally for years. Ceremony is done in the evenings with fasted dinner. We will speak more of detailed ceremony logistics in preparation / group talks.

Ceremony evenings are followed by intentionally structured mornings for integration. There is space to process, move, breathe, rest, and speak what needs to be spoken.

Throughout this phase, participants are supported through:

- Grounded facilitation and clearly communicated safety protocols
- Somatic processing to anchor insight into the body
- Breathwork and yoga to regulate and integrate
- Sound and music to support nervous system stability
- Individualized support when needed

### Phase III – Integration in Community

#### Making meaning & Creating Coherence

Integration is where insight becomes lived experience. In the days, weeks, months, and even years following ceremony, we shift from revelation to embodiment. Through reflection, movement, writing workshops, and relational dialogue, participants begin translating experience into sustainable change.

Support during this phase includes:

- Clarifying key insights and themes
- Identifying nervous system shifts
- Translating experience into relational and behavioral clarity
- Creating post-retreat integration structures

Participants also continue to have access to ongoing integration calls after the retreat concludes, supporting continuity. Every month we host a community integration workshop that is free and open to all past, present, and future passengers of our medicine retreats. Workshops include writing/ reflection workshop, meditations, breath work, life force activation, kriya, non violence communication, and other topics that are led by me or guest facilitators.



## Indigenous Lineage & Cultural Respect

Ayahwasca comes from a long-standing Amazonian ceremonial tradition, carried forward by indigenous communities : including Shipibo-Conibo lineages : who have worked with this medicine for generations.

This retreat is made possible through direct relationship with experienced indigenous ceremonial leaders. Their guidance, songs, and training form the foundation of the ceremonial space.

In a lot of corporate ayahuasca retreat spaces, the healers are often hidden away out of sight and are directed to have limited interaction and not to speak to the passengers. We believe this exploits the healers and the wisdom of their traditions. This is an important distinction in my work with the families. In alignment with this, passengers (participants) are oriented to the cultural context of the medicine, have plenty of time with the healers, appropriate conduct during ceremony, and the importance of respect for the land and people who host us.

Compensation, logistics, and roles are discussed clearly and agreed upon in advance to ensure mutual clarity and professionalism. I also proudly honor their work by regularly hosting retreats on their land often offering 8 - 10 X their weekly pay at corporate retreat centers.

Western modalities offered within this retreat : such as somatic processing, yoga, breathwork, and sound are not replacements for tradition. They function as integration support around ceremony and are tools that are supported and approved by the maestros.

We approach this work as collaborators and guests, with the understanding that we are stepping into a tradition that existed long before us.



## Safety & Screening

Participant safety is foundational.

All participants complete a detailed medical intake prior to acceptance. This includes disclosure of medications, diagnoses, and relevant personal history. Certain medications and conditions are contraindicated for ayahuasca and must be discontinued under medical supervision well in advance - or may require postponing participation.

Our medical support team reviews all intake forms and follows up when clarification is needed. If a situation requires additional medical clearance, that will be communicated directly and confidentially.

Ceremonial safety protocols are clearly explained prior to participation, including dosing structure, night support, and integration pacing.

This retreat is not appropriate for individuals with unmanaged psychiatric conditions, active addiction, or medical contraindications to plant medicine.

### **Retreat Flow (Sample Week Overview)**

While the exact rhythm may adjust to the group and environment, the general arc of the week includes:

Day 1: Arrival, Opening Sound Journey Ceremony, Land Logistics, Dinner

Day 2: Vomitivo (Traditional Stomach Cleanse), Breakfast, Ayahuasca Talk, Saunas, Lunch, Rest, Pre Ceremony Yoga, Ceremony 1

Day 3: Morning meditation, yoga, breath, breakfast, consultations with maestros, lunch, Sauna, Pre Ceremony yoga, Ceremony 2

Day 4: Silent morning, meditation, breakfast, small group check-in, yin yoga, lunch, breath work + Live sound ceremony, dinner

Day 5: Morning yoga, breakfast, waterfall hike, lunch, rest, flower baths, Pre Ceremony yoga, Ceremony 3

Day 6: Morning meditation + yoga, breakfast, workshop, lunch, artist market flower baths, Pre Ceremony yoga, Ceremony 4

Day 7: More Yoga, breakfast, integration workshop, lunch, rest, dance time, dinner!

## Optional Closing Pilgrimage:

Ausangate, Rainbow Mountain & Machu Picchu (4 Days / 3 Nights)

For those who feel called, the retreat may be followed by an optional professionally guided 4-day Ausangate trek, including Rainbow Mountain and Machu Picchu.

**Tour Location:** Ausangate region, Rainbow Mountain, and Machu Picchu

**Tour Type:** Hiking, adventure, camping

**Best For:** Those with a strong sense of adventure and good physical conditioning

**Temperature:** Cold; nighttime temperatures may drop below 0°C / 32°F

**Difficulty:** Physically challenging

This extension is intentionally offered as pilgrimage rather than tourism.

After days of inward exploration, walking the high Andes offers perspective : vastness, humility, and embodied integration through movement. The trek culminates with Machu Picchu, where ancient architecture and mountain landscape mirror themes of endurance, intelligence, and continuity.

Participation is entirely optional and requires appropriate physical readiness.

It is a powerful way to close the journey :: but not required for its completion.

This Trek is with a professional company and is at an additional cost not included in your registration.



◇ THE RETREAT CENTER ◇

Munay Sonqo – Sacred Valley, Peru

Munay Sonqo, which translates from Quechua as “Loving Heart,” is more than a retreat center – it is a sanctuary intentionally designed for healing work in the Andes.

Nestled within the Sacred Valley and surrounded by mountains that have held ceremony for centuries, the land itself feels steady, protective, and expansive. The air is clear. The nights are quiet. The stars are startlingly bright. The rhythm here naturally slows the nervous system and invites reflection.

The property blends traditional Andean architectural elements with simple, comfortable accommodations. Stone pathways, open sky, mountain views, and thoughtfully tended gardens create an environment that feels both rooted and spacious.

Ceremony spaces are designed for safety and containment – warm, acoustically held, and energetically intentional. There is room to be inward, and there is room to gather.

Between sessions, participants can walk the land, sit in stillness, journal under the sun, or rest deeply in the quiet of the valley. The surrounding mountains remind us constantly of perspective – that we are part of something ancient and enduring.

November in the Sacred Valley brings crisp mornings, warm midday sun, and cool evenings – an ideal climate for ceremony and integration. Hydration, layering, and rest are prioritized so that the body can adjust gently to altitude and environment.

Munay Sonqo is not luxury in the sense of excess. It is luxury in the sense of intentionality – clean air, nourishing meals, safe spaces, and the felt sense of being held by land that has witnessed prayer for generations.

It is a place that supports depth without distraction. And it is here that we gather.

## Accommodations & Setting

Participants may choose between shared and private room options based on availability.

Rooms are modest, comfortable, and designed for rest. Bathrooms are shared or private depending on selection. Hot showers and clean bedding are provided. November in the Sacred Valley includes warm daytime sun and cool evenings. Layered clothing is recommended/ a detailed packing list is sent to registratants.

## What Is Included

- Retreat accommodations
- 4 Shipibo Led Ayahuasca Ceremonies
- Daily yoga, meditation, and breath work sessions
- Sound healing experiences
- Integration circles and support
- Preparation group calls and individual preparation session
- Ongoing integration calls after retreat
- Van transfer from Cusco to the Sacred Valley and back during designated windows
- All meals during retreat dates

## What Is Not Included

- International & domestic airfare
- Travel insurance (recommended)
- Optional Ausangate / Machu Picchu extension
- Personal expenses
- Tips for local staff (recommended)
- Accomodations before and after retreat



## Investment

Investment tiers are structured according to room selection. Early registration pricing is available for those who commit before the announced deadline. Payment plans are available upon request.

A non-refundable deposit of \$2000 secures your space.  
Final balances are due in cash USD the day of retreat.

### EARLY BIRD PRICING (Ends APRIL 30)

Shared Triple: \$2400

Shared Double: \$2900

Private: \$3800

### GENERAL PRICING (After MAY 1)

Shared Triple: \$2800

Shared Double: \$3300

Private: \$4200

ADDITIONAL MACHU PICHU, AUSUNGATE, RAINBOW HIKE  
+ \$760

