



Sacred
PATHWAYS

IFS & Ayahuasca Retreat in Brazil

TRAVEL ARRANGEMENTS



TABLE OF CONTENTS

Essential Information About Paraty & The Atlantic Rainforest (Aldeia Rizoma)	3
How To Arrive At The Retreat Location – Aldeia Rizoma	4
Important Tips For A Smooth Journey	6
Packing List	9
How To Minimize Jet Lag	12
During Your Stay	13
Check-In	13
Retreat Location	13
Guest Recommendations & Tips From Aldeia Rizoma	14
Retreat Program	16
Daily Schedule	16
Meals During The Retreat	16
Post-Retreat Integration	17
Contact Information	17

ESSENTIAL INFORMATION ABOUT PARATY & THE ATLANTIC RAINFOREST (ALDEIA RIZOMA)

Aldeia Rizoma is located in the lush Atlantic Rainforest (Mata Atlântica) near Paraty, on the southern coast of Rio de Janeiro state. This region is known for its vibrant biodiversity, pristine rivers and waterfalls, and the calming presence of the forest. The environment offers deep tranquility and natural beauty, making it an ideal setting for healing, inner work, and cultural connection.

- **Weather in April:** Expect warm, humid rainforest conditions with daytime temperatures around 25–27°C (77–81°F) and cooler evenings around 17–20°C (62–68°F). Rain is still common in April, so pack a light waterproof jacket, comfortable walking shoes that can handle mud, and a quick-dry layer for evenings. The forest is especially lush and alive at this time of year, with alternating periods of sunshine and tropical rain.
- **Time Zone:** Brasília Time Zone (BRT), UTC -3.
- **Language:** Portuguese is the official language. While many locals may not speak English, your retreat facilitators will provide support in English.
- **Currency:** The local currency is the Brazilian Real (BRL). We recommend exchanging some cash when you arrive at São Paulo International Airport (GRU) or withdrawing from an ATM there, so you have local currency before traveling on to Paraty. While Paraty is a touristic town where cards are widely accepted and ATMs are available, the retreat center is located in a more rural area, and it's still useful to carry some cash for small purchases, tipping, or local services.

A Wise card is a reliable option in Brazil and generally works smoothly in shops, restaurants, and ATMs. Having both a bit of cash and a working card such as Wise gives you flexible and easy payment options throughout your journey.

HOW TO ARRIVE AT THE RETREAT LOCATION – ALDEIA RIZOMA



We understand that traveling to a new continent can be both exciting and challenging, especially when navigating unfamiliar places and cultures. To make this journey as seamless as possible, we've crafted this guide with care to support you every step of the way. Our goal is to ease any travel-related worries so you can arrive feeling grounded, relaxed, and ready for the transformative experience that awaits you at Aldeia Rizoma.

Arrival Airport: São Paulo – Guarulhos International Airport (GRU)

São Paulo Guarulhos International Airport (GRU) is a major international hub, making it a convenient entry point for travelers worldwide. For this retreat, we recommend that all participants book their flights to São Paulo Guarulhos (GRU). This is Brazil's largest international airport, offering the widest range of international flight connections and a smooth onward journey to the retreat.

From GRU, our team will arrange group pick-ups and shared transportation directly to Aldeia Rizoma. This allows you to relax after your long flight and enjoy the beautiful 3.5-hour drive toward Paraty.

1. Flight and Arrival at São Paulo (GRU)

Once you land at GRU on the retreat's arrival day, there is nothing further you need to arrange. Our team will coordinate everything from that point onward.

Please share your arrival time with us as soon as you have your ticket, so we can place you in the group departure that aligns best with your arrival.

2. Group Pick-Ups from GRU

We will organize complimentary group pick-ups from the airport based on participants' arrival times. The driver will meet you at a designated point inside GRU and guide you to your shared vehicle.

The drive to Aldeia Rizoma takes approximately 3.5 hours, depending on traffic. You will receive your exact pick-up window approximately six to eight weeks before the retreat, once we have everyone's flight details.

The transfer from GRU to Aldeia Rizoma is included in your retreat package. There are no additional transportation fees, and you will be taken all the way to the retreat entrance. After arriving at the property, our team will welcome you and assist you as you settle in.

IMPORTANT TIPS FOR A SMOOTH JOURNEY

Traveling together

In order to make your journey smoother and more comfortable, we are happy to help connect you with other participants traveling from similar areas. By gathering in pairs or small groups, you'll have the option to travel alongside others attending the retreat, creating a sense of shared experience and added security. Many participants find that traveling with others not only enhances their journey but also supports their decision to join, especially for those coming from overseas.

Booking Flights

We recommend using Skyscanner or your preferred flight search engine to find the best international route to São Paulo Guarulhos (GRU). Choose a flight that arrives on the retreat's arrival day, and once you have your ticket, please share your arrival details with us so we can coordinate your pick-up from the airport.

Arrival Timing

We recommend that participants arrive at São Paulo Guarulhos (GRU) on April 19th, which is the retreat's official arrival day. Based on your flight times, we will coordinate complimentary group pick-ups from the airport and share detailed transfer information with you closer to the date.

Arrival at Aldeia Rizoma is possible from 3 p.m., when check-in officially opens. After settling in, you are welcome to take your time to ground, rest, and explore the surroundings at your own pace. A nourishing dinner will be served at 18:00.

There are no workshop activities scheduled during the day on the 19th. This day is dedicated to arrival, rest, and gentle landing after your travels. The Opening Circle will take place in the evening around 8 p.m., bringing everyone together as we begin the retreat journey.

Earlier Arrival

For participants wishing to arrive before the retreat start date, please reach out to us directly. We're happy to help coordinate transport arrangements to the retreat location if needed.

Return transfer to the airport

The 26th of April 2026 marks our final day at Aldeia Rizoma. Participants are invited to check out after breakfast, with departure from the retreat center scheduled by noon. A complimentary group transfer to São Paulo Guarulhos (GRU) will be arranged for all participants leaving that day.

For those wishing to extend their journey, we warmly invite you to join the optional 3-day Spirit of Brazil Experience, an immersive continuation that celebrates the spirit and beauty of Brazil. The group for this extended experience will depart right after breakfast.

Managing Money

Exchanging Money

We do not recommend exchanging money to Brazilian Reais (BRL) in your home country, as exchange rates are often unfavorable.

Instead, bring USD or Euros with you and exchange them at a reliable currency exchange office at São Paulo–Guarulhos International Airport (GRU).

Recommended Exchange Offices at GRU:

- Global Exchange:
Terminals 2 and 3, with several branches in both arrivals and departures areas.
- Safra Câmbio:
Terminal 3 (Arrivals level)
- Travelex:
Terminal 2 (Arrivals and Departures)

Withdrawing Cash at ATMs

If you prefer withdrawing money, ATMs are available at GRU airport. You can withdraw in USD, Euro, or directly in Brazilian Reais.

Recommended Banks with ATMs and their locations:

- Santander: Terminal 3, Arrivals level.
- Bradesco: Terminals 2 and 3, in both Arrivals and Departures areas.
- Itaú: Terminal 2, public area (Arrivals hall).

Important Notes:

Check your daily withdrawal limit with your bank.

Be aware of potential fees for withdrawing in Brazilian Reais.

Ensure your card is activated for international use, and notify your bank about your travel plans to avoid issues.

Using Cash and Credit Cards at the Retreat

The retreat location accepts credit cards for additional purchases.

However, we recommend bringing some cash for optional expenses, including for example:

- Massages
- One-on-one treatments with our indigenous committee
- Laundry services

Since the retreat is in a secluded location, there are no nearby ATMs. Your last chance to withdraw cash is at the airport before your pick-up.

Safety Tips

After exchanging or withdrawing cash, keep it in a purse or money belt close to your body for safety.

Avoid handling large amounts of money in public areas.

Passport and Visa

Ensure your passport is valid for at least six months after your travel dates. Check visa requirements for your nationality.

Health and Safety

- Vaccinations: Yellow fever vaccination may be recommended depending on your travel history and the retreat location, but it is optional, as the risk of yellow fever in this area of Brazil is minimal.
- Travel Insurance: Purchase comprehensive travel insurance that covers medical emergencies and cancellations.

PACKING LIST



Clothing

- **For Ceremonies:** Your attire for the ceremony is an important part of setting the tone and creating a sacred, harmonious atmosphere.
 - **Festive and ideally light-colored clothing:** Participants are encouraged to wear festive clothing in light colors, avoiding bold patterns or large prints. This helps maintain a serene and cohesive aesthetic during the ceremony.
 - **Women:** Long light dresses or skirts are recommended for comfort, contributing to the ceremonial atmosphere. Even if you don't wear dresses normally, you might really enjoy participating in the celebration moments in the ceremony, the Huni Kuin way, wearing a comfortable long dress or skirt that allows you to sit with your legs covered and also move and dance freely if you wish. Bring socks and a shawl, sometimes during the ceremony our body temperature can drop a little.
 - **Men:** Simple shirts, preferably in light colors, are ideal.
 - **Comfort is key:** Ensure your clothing is comfortable enough to allow for long periods of sitting and dancing, while still honoring the festive and spiritual nature of the gathering.
- **Casual Wear:** Lightweight, breathable fabrics like shorts, light skirts, dresses, tank tops, and t-shirts for the daytime.
- **Swimwear:** Bring bikinis, swimsuits, and tunikas for waterfall visits.

- **Evening Wear:** A light sweater or shawl is usually enough for cooler evenings, but you may also appreciate a thin long-sleeve layer for extra comfort, especially in the forest or after rain.

Footwear

- Comfortable sandals or flip-flops.
- Sturdy walking shoes for nature walks.

Other Essentials

- Personal toiletries (preferably biodegradable).
- Sunscreen (reef-safe), insect repellent, and after-sun lotion.
- A waterproof jacket or poncho for occasional rain.
- A wide-brimmed hat and sunglasses for sun protection.
- A refillable water bottle, journal, and a small daypack for excursions.
- a flashlight for walking back to your houses through the forest at night

Ceremony anchors

- Bring a journal notebook, and colour pencils if you like them, or a pen your enjoying writing with.
- Small sacred items you have already a connection with and or bring your favourite crystal. We will create an altar where you can add your contribution and what you would like blessings for.
- Anything you feel it will help you to stay anchored and grounded as you journey through the days. Creating your own 'sacred objects' it is part of the journey. A sacred object can be a stone you like, as long it has meaning to you and your parts is what matters.

For the plane

- Consider bringing your own snacks, prepared food, to avoid temptation of breaking your diet. Drink plenty of water and definitely no alcohol or coffee during travelling.

Documents

- Passport, visa (if required), and copies of important documents.
- Travel insurance policy.

HOW TO MINIMIZE JET LAG

Traveling across time zones can often lead to jet lag, but with some preparation and thoughtful strategies, you can minimize its effects and arrive in Brazil feeling more refreshed and ready to embrace the retreat experience.

Before your journey, consider gradually adjusting your sleep schedule a few days in advance to align more closely with Brazil's time zone. Staying hydrated is essential both before and during your flight, as dehydration can worsen fatigue. To further prepare your body, eat light, nutritious meals and avoid heavy or overly rich foods. Once on the plane, try syncing your sleep to Brazil's nighttime, using sleep masks or earplugs to create a comfortable resting environment. Walking around the cabin and stretching periodically can also help improve circulation and reduce fatigue.

Upon arrival, stepping into natural daylight is one of the most effective ways to reset your internal clock. Aim to adopt local mealtimes and bedtime schedules as soon as possible, even if it feels unnatural at first. Short naps can help you recharge if you're feeling extremely tired, but keep them brief to avoid disrupting your nighttime sleep. Staying hydrated and engaging in light physical activity, such as yoga or walking, can also help you adapt more quickly.



Arriving a day or two before the retreat begins is another great way to ease into the new time zone, allowing you to rest and acclimate without pressure. With these practices, you'll be better prepared to fully immerse yourself in the retreat and its transformative journey.

DURING YOUR STAY

Check-In

Accommodation is available from 3:00 PM on your arrival day. Rooms are shared or private, depending on your selection, and are equipped with comfortable bedding and basic amenities.

Retreat Location

Aldeia Rizoma - Paraty-Cunha road Paraty - RJ - Brazil

e-Mail: contato@aldeiarizoma.com

Website: <https://aldeiarizoma.com/en/>

The retreat center is nestled in the Atlantic Rainforest near Paraty, surrounded by lush nature, flowing rivers, and serene forest landscapes. Aldeia Rizoma is equipped with a Starlink internet connection, which provides a stable and reliable Wi-Fi service throughout the property. While connectivity is available, we warmly encourage participants to use this retreat as an opportunity to gently unplug and immerse themselves in the natural environment and the experience.

Guest Recommendations & Tips from Aldeia Rizoma

Welcome to Aldeia Rizoma – Sacred Pathways Retreat! To help you make the most of your stay and enjoy a smooth experience, please take note of the following recommendations:

1. House & Safety:

Keep windows closed when leaving your room to prevent insects and small creatures from entering. In spring we have to be specially aware of caterpillars 🐛.

The house is protected against small animals, but keeping doors and windows closed helps ensure comfort and safety.

Every house has a first aid kit that should be visible.

2. Water & Electricity:

Tap water comes directly from a natural spring — it is clean, safe, and delicious! You can drink any tap water you find on your way. Enjoy!

Electrical outlets are 220V.

In case of a power outage, our solar backup system will activate. During this time, please avoid using high-energy appliances such as hair dryers or air conditioner.

3. Exploring the Grounds and Waterfalls:

When exploring the forest trails, wear comfortable sneakers and pay attention to where you step. Please avoid hiking if the wind is too strong.

Always carry a flashlight at night.

Our waterfalls are a little piece of paradise, but please be mindful of the current and step carefully on the rocks. For your safety, please remain near the edges if you are alone or if the current is too strong and avoid visiting during periods of heavy rain.

For houses farther from the Ayuru, our yoga shala, remember to bring everything you may need for the day.

4. Common Showers:

We have two spring cold showers, one close to the temazkal and the other outside the sauna. Hot water showers are also available: one at the jungle gym and one next to the dining area.

Feel free to have a shower at one of these spots anytime.

5. Insect Protection & Comfort:

We recommend bringing insect repellent for outdoor activities.

6. Wifi:

Every house has starlink wifi connection. When needed password is the same abcd1234. You can also get internet access on the trails near the houses.

7. Laundry:

Each house has a basket where you can place the clothes you want washed.

Cost is R\$ 108,00 (US\$ 20) per basket with +/- 20 items.

8. Assistance & Contact:

For any questions, assistance, or urgent needs during your stay, please contact Lucas at +55 24 99222-3178.

Relax, connect with nature, and make the most of your time here!

Retreat program

At your arrival you will receive the comprehensive retreat program with all times, and all activities we have planned. Some will be optional and most will be an integrative part of the experience for the whole group.

Day 1 - Arrival day & Opening Circle

Day 2 - Preparation day

Day 3 - Ceremony #1

Day 4 - Integration day

Day 5 - Ceremony #2

Day 6 - Ceremony #3

Day 7 – Integration day

Day 8 - Check out

Daily Schedule

Each day includes a balance of structured activities, personal reflection time, and integration practices:

- Morning: Yoga, qi-gong, meditation, or nature walks.
- Afternoon: Guided group activities.
- Evening: Ayahuasca ceremonies or integration circles.

There will be time allocated for relaxing, optional nature hikes or swimming in the waterfalls.

Meals During the Retreat

- Fresh, plant-based meals with locally sourced ingredients, adjusted to the dietary requirements of ayahuasca ceremonies will be provided three times daily.
- Herbal teas, and fresh fruit will be available throughout the day.

Post-Retreat Integration

The days following the retreat are essential for grounding and processing your experiences. Resources and guidelines for integration will be provided during the closing sessions. You are encouraged to:

- Continue with your partner self-enquiry for at least 3 more meetings.
- Continue journaling and reflecting on insights.
- Engage in light physical activities like yoga or walking.
- Maintain dietary restrictions for a few days after the retreat.
- We will have two zoom group integration calls.

Contact Information

If you have any questions or need assistance, please reach out to us at:

Daria Szychta - Travel manager

e-mail: d.szychta@lifearchitect.com

We look forward to guiding you on this transformative journey. Prepare with care, travel safely, and arrive with an open heart.