



# MINDFUL ALLIANCE CENTER

## **Presents: The Shaman in me: Being a Mindful Healer**

**(Professional Development Hours: 15)**



**DR JAMES BRAMSON AND LYN BENSON PSYCHOLOGIST INVITE YOU TO EXPERIENCE A SPIRITUAL TRANSFORMATION AT OUR WORKSHOP IN PERU!**

**Venue: Peru, Sacred Valley, Cusco and Aguas Calientes (Macchu Pichu)**

**Date: August 8-17, 2013**

Dr James Bramson and Lyn Benson Psychologist invite you to join them on this spiritual journey where we will draw on Ancient wisdom, healing traditions and a blend of Western and Eastern Psychology to find the natural healer within all of us.

Through a combination of didactic and experiential exercises and ritual, we will learn to optimise and use healing traditions and techniques to benefit not only ourselves but our clients and all our significant relationships.

Our luxury retreat includes trips to Inkan ruins. The professional development component also includes interaction with the local Quechua community, authentic Andean ceremonies, and a visit to a local school for mutual ritual exchange. The retreat includes gourmet vegetarian meals, a two-day excursion to Machu Picchu, two days in Cusco, and luxury accommodation at Willka T'ika (Sacred Valley) all in the company of a private guide.

### **Learning objectives**

- Breath awareness
- Body awareness
- Mindfulness meditation practice
- The application of Shamanic healing principles to pain management
- Training in The Four Fold Way method based on the work of Angeles Arriene
- Connecting Shamanic work to Mindfulness based psychotherapy
- Mindful movement based on the teachings of Thich Nhat Hahn and others
- Training in how to manage pain and illness
- Identifying and managing fatigue in daily life
- Cultural Frameworks of Health and Healing
- Shamanism as a pathway to Knowledge and Healing

## Your Presenters:

**Dr James Bramson** Licensed Clinical Psychologist and Organizational Consultant has lived, studied, worked, and facilitated workshops both in the USA and abroad and has over twenty four years of psychotherapy, training, consulting, and teaching experience. He is committed to helping individuals and organizations optimize mind, body, and spiritual integration. Dr Bramson is in full time practice in San Francisco, USA and is the Director of the Mindful Alliance Center ([www.drbramson.com](http://www.drbramson.com)) ([www.mindfulalliancecenter.com](http://www.mindfulalliancecenter.com))

**Lyn Benson** Counselling Psychologist and Family Therapist and has been in full time private practice in Melbourne since 1997. Lyn has extensive experience coordinating seminars and designing and facilitating skills training workshops both for Australian and International workshop participants. Lyn has written and published articles on Buddhist Psychology, Mindfulness, Relationships and Parenting and is committed to working with individuals and families to enrich their lives through the blend of Psychotherapy and holistic practices. ([www.lynbenson.com.au](http://www.lynbenson.com.au))

<p><b>COST OF PROGRAM:</b> (based on double occupancy) <b>US\$3975.00</b> Single supplement <b>US\$900</b></p> <p>Loyalty discount (past participants) <b>US\$ 125.00</b> if registered by March 1st 2013 Early bird discount <b>US\$100.00</b> if registered by March 1st 2013 (One discount available per participant)</p> <p>Deposit: <b>US\$750 (non-refundable)</b> Balance due <b>June 1<sup>st</sup>, 2013</b></p>	<p><b>CANCELLATION FEES:</b> 90-61 days before departure (25% of trip cost) 60-31 days (50% of cost) 30 days or less (100% of cost)</p>
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<p><b>COSTS INCLUDE</b></p> <ul style="list-style-type: none"> <li>• Hotel accommodations as outlined in itinerary (based on double occupancy)</li> <li>• Land arrangements as outlined in the itinerary</li> <li>• Touring with professional, licensed guide throughout (English-speaking)</li> <li>• Meals indicated with (B) breakfast, (L) lunch, (D) dinner</li> <li>• Airport transfers as indicated in itinerary</li> </ul>	<p><b>COSTS DO NOT INCLUDE</b></p> <ul style="list-style-type: none"> <li>• International Airfares</li> <li>• Customary tips to your local guide and driver</li> <li>• Any personal expenses</li> <li>• Drinks during meals</li> </ul>
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To register and make payment: [www.mindfulalliancecenter.com](http://www.mindfulalliancecenter.com)

To make enquiries: [Info@mindfulalliancecenter.com](mailto:Info@mindfulalliancecenter.com)



## Retreat Itinerary

Depart from home country. Please schedule flights to arrive in Cusco the next morning before 11am.

### Day 1 Thursday, August 8:

Your Magical Journey program begins with one group transfer from the Cusco airport to your comfortable hotel conveniently situated off the historic Plaza de Armas. After allowing a few hours to rest in your room to acclimate to the 11,000 ft altitude, the group will meet their guide and leader in the hotel lobby for a short walk to a restaurant for a welcome lunch. Afternoon group orientation meeting is followed by a walk through the cobblestone streets of San Blas where your guide will point out fascinating Inkan stonework en route to the Korikancha Temple, the holiest site during Inkan times. (L)

### Day 2: Friday, August 9:

After breakfast your guide will take you by bus to the Inkan ritual fountains at Tampumachay. "Where there is water, there is life." Participate in a ceremony to honor Yaku, the spirit of water, to open the body's energy centers and activate and enhance your individual creative and healing forces. A brief traditional coca-leaf ceremony invites you to tap into the energies of Pachamama (Mother Earth). Continue to the awesome giant stones of Saksaywaman overlooking the city of Cusco where the group members may want to participate in a brief meditation. Afterwards you'll visit the shamanic site of Kenko. Lunch on your own with a free afternoon to explore the city center and visit the wonderful Alpaca and Silver shops around the main square. The group is free to dine in one of the many lively restaurants and coffee shops. Or choose an optional Andean buffet dinner with folkloric singers and dancers. (B)

### Day 3: Saturday, August 10:

After breakfast, drive through spectacular Andean mountain scenery and meditate within the mysterious Moray circles. The group arrives at Willka T'ika Garden Guest House in the early afternoon. Settle into your luxury guest rooms leading out to flower-filled gardens. Your guide will give you an orientation to all that is available and introduce you to the friendly Quechua staff, who are happy to take care of your needs during your stay. Your welcome dinner will be organic, gourmet vegetarian cuisine, as are all of the meals at Willka T'ika. (B.L.D)

### Day 4: Sunday, August 11:

A precious day dedicated to Pachamama allows guests to connect deeply with Nature in the Chakra Gardens, fed by pure Sacred Valley energies. Enjoy a group orientation tour of the Seven Chakra Gardens at Willka T'ika followed by an optional hike in the neighborhood of Rumichaka before lunch. This afternoon, guests are encouraged to relax or meditate in the splendors of Nature. There is time to indulge in one of many Andean Spa offerings or schedule a brief private cocaleaf reading. For those who prefer to be more active, options include a hike into Urubamba town. After an early dinner, an authentic Qero pakko healer and ritual specialist invites the group to participate in a special Andean offering ceremony to Pachamama. Conducted for personal healing and the well being of the group, this ceremony has been practiced by the Quechua since pre-Inkan times. It concludes with a transformative fire ceremony that carries your essence into the Andean spirit-filled world, serving as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.L.D)

**Day 5: Monday, August 12:**

The group continues with its guide to the spectacular ruins of P'isaq. Overlooking impressive Inkan terraces, the group is invited to hike to the Inkan Temple of the Sun, a doorway to the upper Andean world of the Condor, messenger of the Gods. Here the group can meditate. For the energetic, an optional hike down the mountain leads to the colorful market of P'isaq. Lunch is on your own in the market square filled with woven goods, jewellery, colourful wall hangings and hand-painted beadwork. Observe colourfully dressed Campesinos wearing traditional clothing coming to barter and sell their produce. P'isaq is a photographer's dream. Return to Willka T'ika with time for late afternoon yoga or group meeting at Willka T'ika. (B.D.)

**Day 6: Tuesday, August 13:**

The group will rise early for the train to Aguas Calientes. A bus then takes you to the sunlit terraces of Machu Picchu. Enjoy a fabulous guided tour of the ancient "City of Light." Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies within the Divine Self. The afternoon is free to hike or explore Machu Picchu on your own. The group will meet at the riverside lodge before dinner for optional participation in a traditional shamanic sound ceremony. These sounds balance the energy centers in the body while tuning deeply into the core essence of Machu Picchu. Magical Journey then invites you to a delicious celebratory three-course dinner in one of the finest restaurants in Aguas Calientes. (B.D)

**Day 7: Wednesday, August 14:**

Day free to return to Machu Picchu. The energetic may wish to leave on the sunrise 5:30am bus to enjoy the views or meditate in the crisp morning energies of Machu Picchu. Others may hike to one of the spectacular mountain sites: Waynapicchu, an even more challenging hike to Machu Picchu Peak, or an easier hike to the Inti Punku, the original Inkan Gateway to the Sun. The group will meet for an afternoon train back to Ollantaytambo with transfer to Willka T'ika in time for dinner. (B.D)

**Day 8: Thursday, August 15:**

This heart-opening day begins with a very special visit to an Andean mountain school. For eighteen years, Magical Journey has maintained contact with dedicated school teachers and traditionally dressed pupils in isolated high mountain communities where few tourists are privileged to visit. The non profit Willka T'ika Children's Fund supports educational programs in four Quechua mountain schools. With each visit groups see how Andean communities so dear to our hearts are progressing. In a reciprocal Ayni exchange, the group offers an activity the children will enjoy. The warmth and joy of the children and their openness in bringing guests into their daily lives are special moments not easily forgotten. Visitors always are humbled and deeply moved by this cultural exchange. After a picnic lunch along a beautiful valley river the group returns to Willka T'ika with free time to relax or enjoy a massage or spa treatment. An optional group tour is included to visit the ancient ruins at Ollantaytambo in the afternoon. (B.L.D)

**Day 9: Friday, August 16:**

A wonderful day of Mindfulness and integration at Willka T'ika. Meditate in the Chakra Gardens of your choice, and allow yourself time to receive the ancestral crown chakra energies beneath the ancient lucuma tree. For the more active, hike along zig-zag paths of the ancient Maras salt farms. Imagine salt streaming out of Pachamama since pre-Inkan times through a tiny opening in a mountain side surrounded by the spectacular snow

peaks of Wakawillka and Chicon. See hundreds of evaporation salt flats being farmed by the Maras community. Afternoon massages and crystal bed healing sessions are available to pamper the body. Celebrate with a lively Andean farewell music performance and dinner at Willka T'ika. (B.L.D)

**Day 10: Saturday, August 17:**

Depending on the group departure time, early morning yoga, or a closing meditation will be followed by breakfast. Check out time is 10am. Allow three hours and 15 minutes before your flight. There will be one bus group transfer to the Cusco airport to connect to Lima and your flight home. Filled with the pure spiritual energy of your Andean transformational journey-of-a-lifetime, arrive in your home city the same or next day. (B)

During the course of the Retreat, there will be opportunities for optional authentic Andean ceremonies including ancient Ayahuascero (plant) ceremonies. Ayahuasca is the Mother Sacred Plant of the Amazon and Her healing energy adds to the healing energies already in place in the gardens of our Retreat. Ayni, the Andean practice of reciprocity of energy fits right into this program. What you ask for must come from the heart and you must first give to the plant, to then receive from it. For the past ten years Wayra has conducted therapeutic sessions of Ayahuasca and other plant medicines with patients who were not helped by western medicine. Today he travels between the Amazon, Lima, Arequipa, and Ilo, and he comes to Willka T'ika (our Retreat) when invited. He brings a pure brew he makes from Ayahuasca and chakruna plants. Wayra studied under the last of the great master teachers of the recognized tradition of "vegetalismo"- plant medicines. His maestro Solon Tello Lozano, now deceased, initiated Wayra 15 years ago in the jungle regions of Peru. (Please ask for more details as this ceremony needs to be organized prior to our arrival in Peru – Minimum 3 persons US\$170.00 per person for the overnight ceremony).