



# WELLNESS

## CHIRAPA MANTA

ECOLOGDE - RETREAT CENTER





## WELLNESS

**RECONNECTING WITH NATURE IS  
WHAT WE NEED TO RECONNECT  
WITH OURSELVES, AND RECENTER  
OUR PURPOSE AS HUMANITY.**

In Chirapa Manta we create experiences that invite our guests to enjoy, recharge energies, and adventure themselves to live an authentic connection with nature.







## WELLNESS

# ACTIVITIES

The aim of these activities is to let yourself be inspired by the magic of the jungle, renew, transform, and reconnect with your true self.

Our space is designed to take care of your body and mind. We have a spacious yoga, therapy, or ceremony Shala, with wooden floors and open walls to make you feel integrated with the tropical forest.





## 01. MESSAGES

Mix techniques

*(Shiatsu, Thai, Reflexology, Ayurvedic, Swedish).*

75 min



s/ 100

**Scheduled hours**

9am a 6pm

**Localized massage +  
therapeutic consultation**

*Focused on the area of greatest stress or  
pain.*

60 min

*\*Outside office hours  
charge S/ 20*

**Ayurvedic massage**

*Relaxation therapy for shoulders, neck and  
craniofacial massage.*

45 min

**Reflexología**

45 min

## 02. REIKI & SOUNDHEALING

Private session integrating  
Reiki and sound healing, to  
balance your energy.

90 min



s/ 100





## 03. YOGA SESSIONS

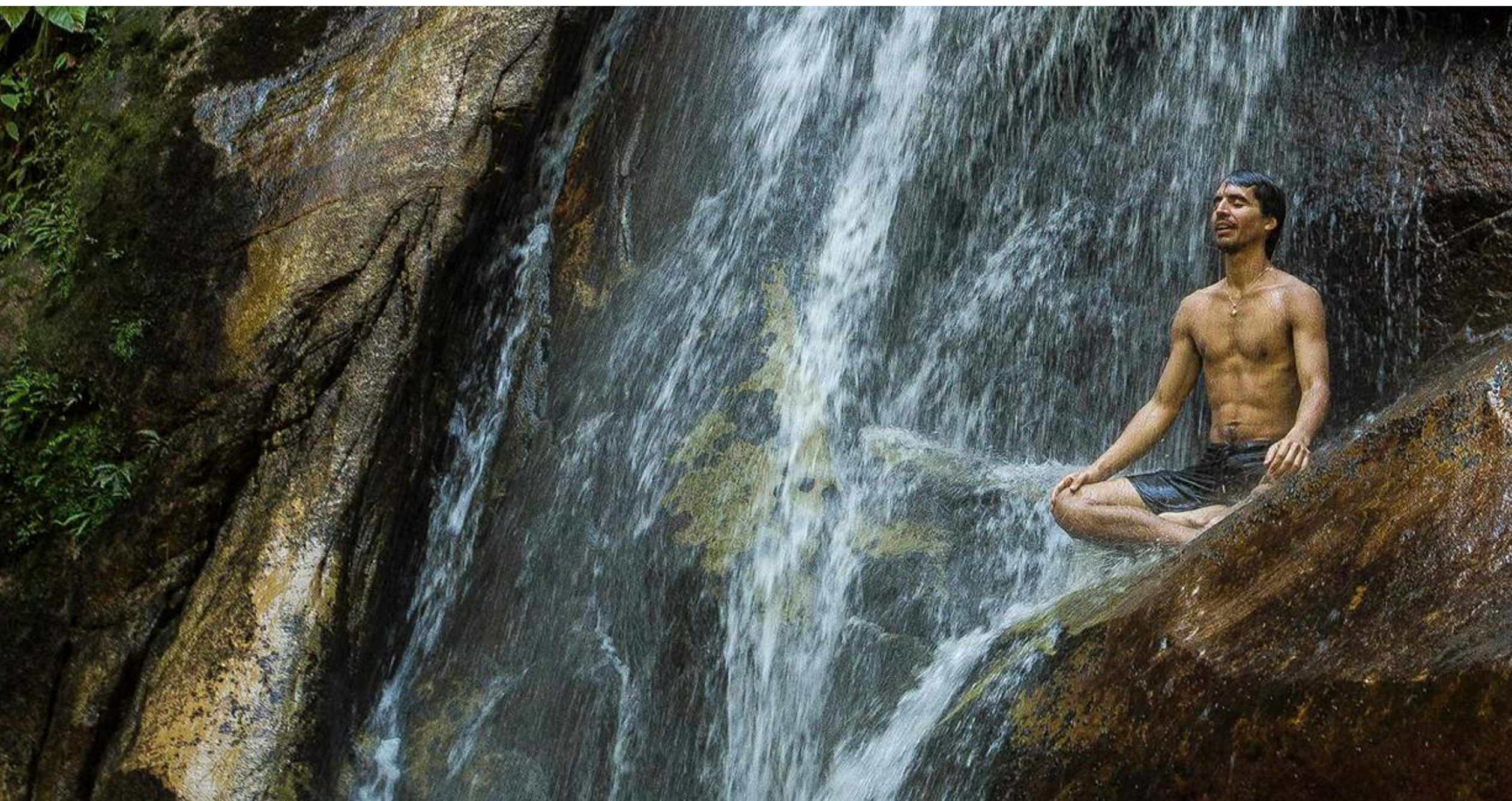
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Connect with your body and calm your mind surrounded by the jungle.

1.15 hour

Ⓢ Private class	S/ 50
Class for 2	S/ 35 each
Group class, 3+	S/ 25 each

*\*No need for previous experience.*



## 04. COACHING OR BIONEUROEMOTION SESSION

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Make the best of your stay with us, connect with yourself in the midst of nature, and in this session, go deeper into those challenging or conflicting areas of your life.

1 session

2 sessions

Ⓢ	S/ 100
	S/ 180





## 05. FLOWER BATH WITH NATIVE PLANTS

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Based on ancestral amazon knowledge, we'll prepare a plant bath to cleanse your energies and renew yourself with a small ritual on the river bank.



S/ 70



## 06. NATURAL EXFOLIATION

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Enjoy a delicious skin exfoliation on the river, using a mixture of natural ingredients. Your skin will thank you!



S/ 35





WELLNESS

# PROGRAMS

Our programs are a set of activities designed to complement your long stay in Chirapa Manta. Oriented to achieve a particular goal, and full of different wellness and ecology content, they are perfect to make the best of your stay with us.





# 01. MINDFULNESS & YOGA IN NATURE

**Mindfulness & Yoga in nature.** This program is perfect if you're looking to make the best of your time in Chirapa Manta learning about Mindfulness, meditation, and yoga, all of this surrounded by nature.

It's also a great option if you are already a yoga practitioner and want to travel without compromising your routine or if you want to go deep into your mindfulness and meditation practice.

Either way, we are certain that in the quiet of nature, you'll discover the infinite benefits of these practices and day-by-day cultivate a safe space to encounter your true self.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yoga Class 1 hour 15 min	Introduction to <i>mindfulness</i> 1 hour 15 min	Yoga Class 1 hour 15 min	<i>Pranayama</i> (breathwork) + Meditation	Yoga Class 1 hour 15 min	Somatic practices as a base for <i>mindfulness</i>	Special integration class 2 hours



FOR ONE S/ 300

FOR 2+ S/ 250 each





## 02. NATURAL HARMONIZATION

**Natural Harmonization.** This program is for you if you're looking to re-aligned your energy and re-focus your personal goals to feel in sync with yourself. You're probably craving for change in your life, but don't know where or how to start. With a mix of different energetic therapies, coaching, and natural medicine, you'll find clarity and a safe space of deep connection with yourself. This program is an invitation to open a space of self-exploration.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Coaching Session (Initial Analysis) 1.5 hrs	Massage 1hr	Sound Harmonization and Reiki 1.5 hrs	Coaching Session 2 (go deeper) 1.5 hrs	Amazon Plants Bath (Cleansing)	Dance Therapy Session 1 hr	Final Coaching Session (integration) 2hrs



PER PERSON     S/ 520





# 04. THE WISDOM OF THE JUNGLE

**The Wisdom of the Jungle.** These program practices are a reflection of the Amazon's ancient wisdom on plant medicine, recognizing plants' botanical properties and healing capacity to expand our consciousness and regenerate us.

If you're looking to have an Ayahuasca experience with the correct preparation process, to help you deepen your experience and connect with this wisdom, this program is for you.

Day 1	Day 2	Day 3	Day 4	Day 5
Purge	Plant from concentrated intake	Plant from concentrated intake	Plant from concentrated intake	Rest day
First Plant from concentrated intake			Ayahuasca ceremony	Optional: Therapeutic Integration Session



PER PERSON

S/ 790

INTEGRATION SESSION

S/ 100





### 03. AMAZON DETOX

**Amazon Detox.** Clean and eliminate toxins from your body with this 3-day program by drinking fruit and vegetable extracts and amazonian plant teas. Surrounded by nature, you'll find yourself in the best environment for your cleansing process, with the proper rest and complementary therapy sessions to deepen your experience.

Day 1	Day 2	Day 3
4 extracts during the day. Herbal infusions.	4 extracts during the day. Herbal infusions.	4 extracts during the day. Herbal infusions.
Massage Session.	Reiki & Sound Session.	Amazonian Plants Bath.



PER PERSON     S/ 490

+2                     S/ 460





# 05. NATURE & TRAVEL PHOTOGRAPHY

**Nature and Travel Photography.** If you have a professional camera that you bought for your travels and adventures and you want to experiment with nature photography, this experience is for you. Learn the best photography tricks from Javier Quintana Bonicelli, an experienced travel and nature photographer. Technical information, tricks, natural lighting, time-lapse, and many other secrets will improve your skills and help you obtain creative and attractive results.

## FRAMEWORK

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Introduction to nature & travel photography. 1 hour	Theory, tricks, and technical camera usage. 1.5 hour	<u>Photography Excursion:</u> Macro, details, bugs, and flowers. 1. 5 hour	<u>Photography Excursion:</u> landscape photography tricks, angular lenses 4 horas	<u>Photography Excursion:</u> bird photography, teleobjective lense use 2 horas	<u>Photography Excursion:</u> Portraits, light, lenses, and tricks. 2 hours	Photographies revision and post-production (editing). 2 hours



PER PERSON      S/ 810

+2                      S/ 680









THANK YOU!

CHIRAPA MANTA

CARR. SAN ROQUE DE CUMBAZA 16.1 KM

[CHIRAPAMANTA@GMAIL.COM](mailto:CHIRAPAMANTA@GMAIL.COM)

[CHIRAPAMANTA@ECOLODGE](mailto:CHIRAPAMANTA@ECOLODGE)

[CHIRAPAMANTA.COM](http://CHIRAPAMANTA.COM)