



PLAN YOUR RETREAT CHIRAPA MANTA

ECO LODGE - RETREAT CENTER





ABOUT

**WE INVITE YOU TO ENCOUNTER
YOUR TRUE SELF THROUGHOUT AN
AUTHENTIC CONNECTION WITH
NATURE.**

We have created a space integrated with nature, in order to make your stay with us as inspirational and transformative as possible. Our infrastructure is made out of noble materials such as cob and wood, our different spaces are surrounded by the tropical mountain jungle and we are located at the edges of the '*Cumbaza*' River fresh waters, one and all, a friendly environment to enjoy the Peruvian Jungle.

OUR LOCATION

SAN ROQUE DE CUMBAZA

We are located in 'San Roque de Cumbaza', a 30 minutes drive from the city of Tarapoto. Situated at the upper edges of the 'Cumbaza' River and in between the conservation area known as 'Cordillera Escalera'.



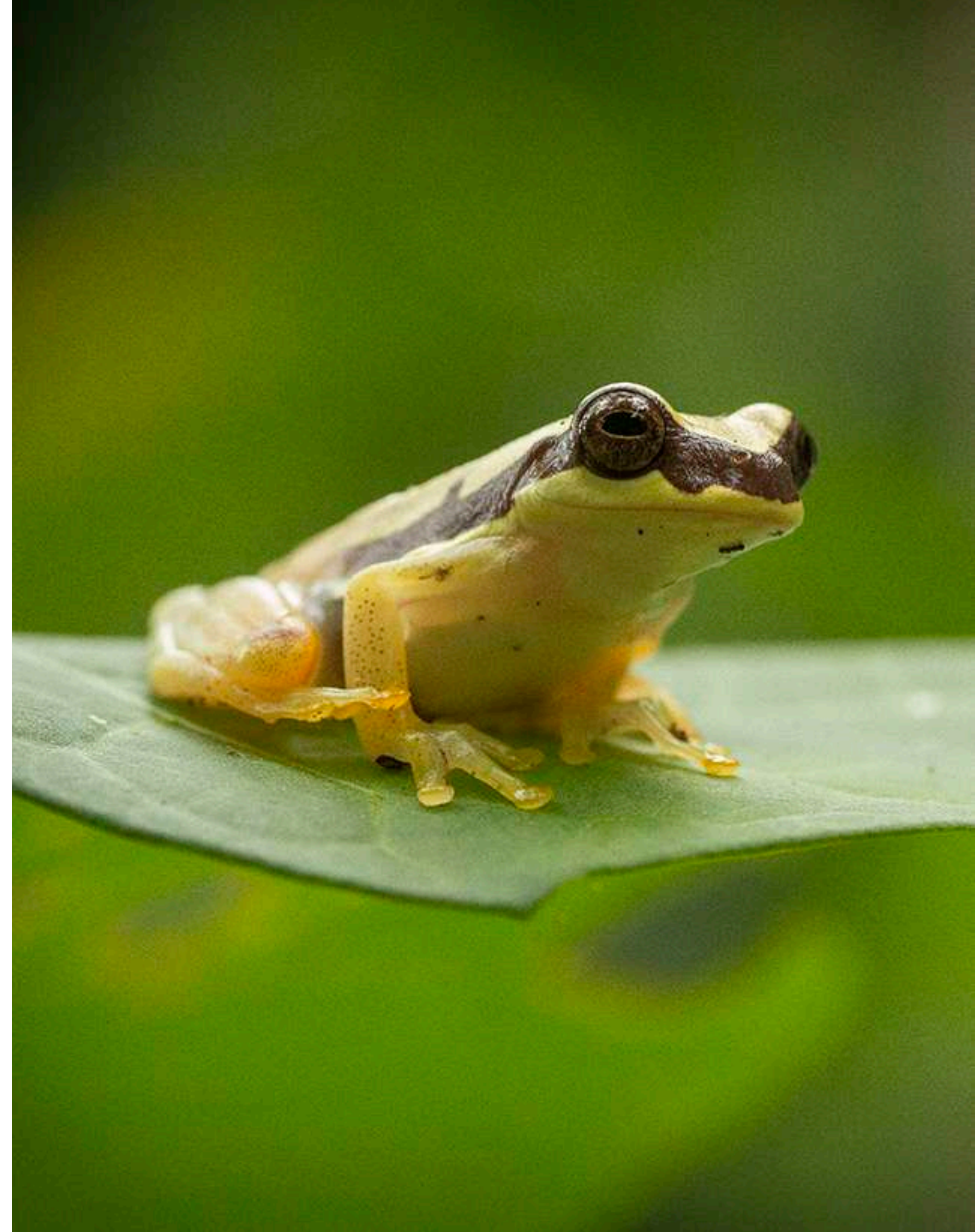
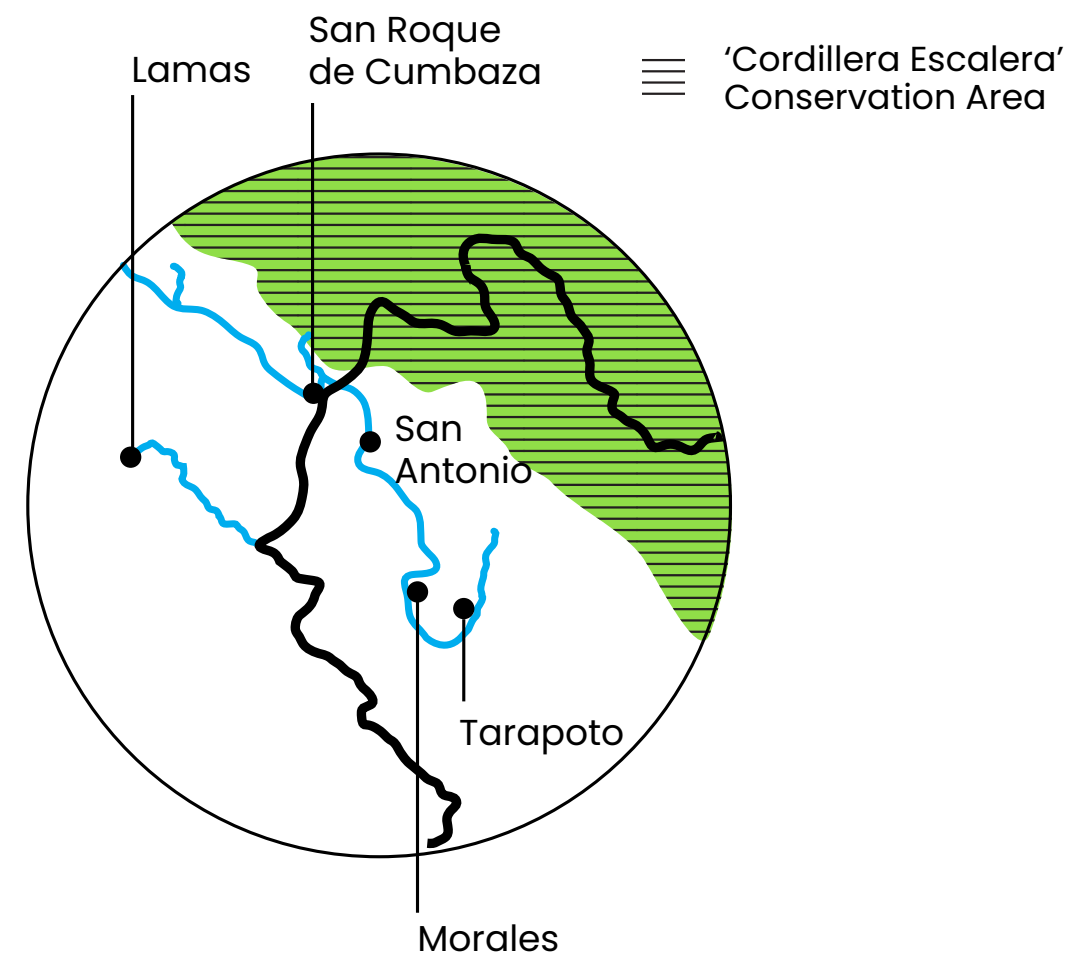
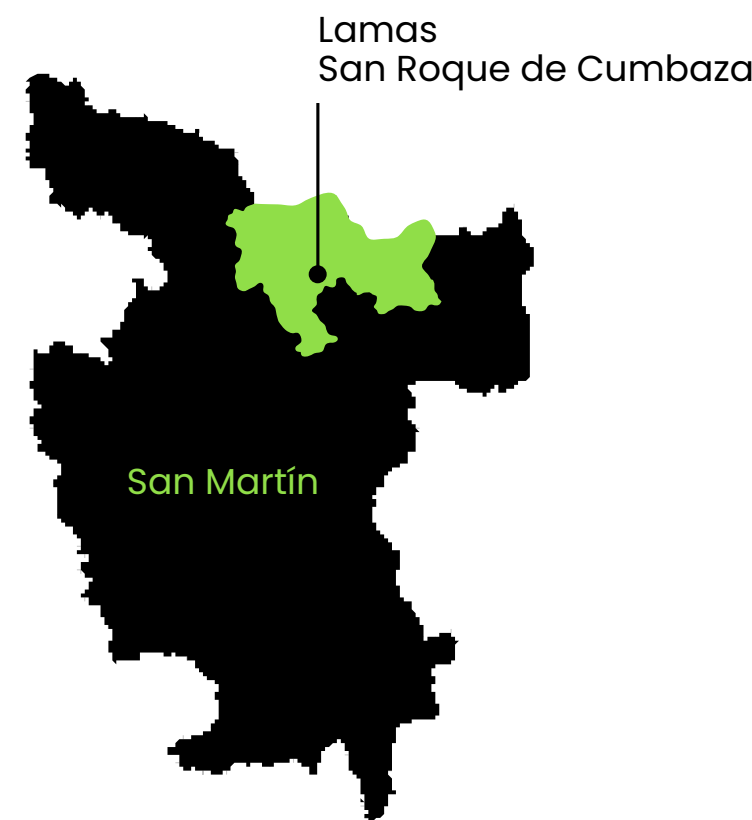
HOW TO GET THERE

We take care of the transportation from the airport for your retreat.

Cost per person:

S/30 one way trip

S/60 round trip





PLAN YOUR RETREAT WITH US

WE LOVE HOSTING RETREATS AS THEY ARE TOTALLY ALIGNED WITH CHIRAPA MANTA'S OWN VISION

Dedicated to our craft, we have an eye for detail and offer a personalized attention for each group.

We supply our spaces and services to organize your own retreat, surrounded by the mystically of the Amazon Jungle.

WE INVITE YOU TO EXPLORE

- ✕ THE SPACE
- ✕ THE ROOMS
- ✕ OUR SERVICES



[CHIRAPA MANTA](#)

OUR SPACE

We have two main hosting spaces and a suit bungalow. All of them made out of sustainable materials and builded with eco-efficient techniques.

FLAT RATE

Price per night

💰 \$30USD

We offer a set price por each participant and give you the option to change the rate depending on the rooms your clients choose.

The price includes:

Stay at the double or triple share rooms (bathroom with hot water), use of the yoga shala (with mats and bolsters) and other facilities, hot water and herbal teas all day long.

Personalize attention and coordination of all activities.
1 room available for the retreat organizers.



ROOMS

YACU MANTA HOUSE

Located in the first level of the ecolodge, on front of the river, has 4 double bedrooms, with private bathroom, hot water and a private balcony, with a fantastic view of the 'Cumbaza' River.

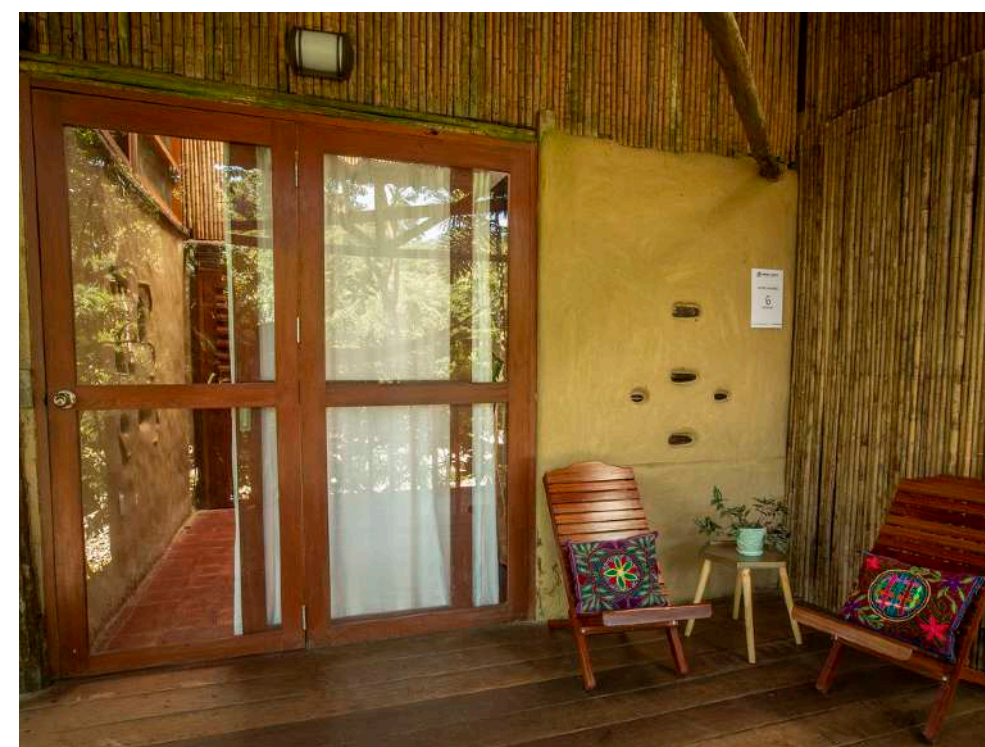
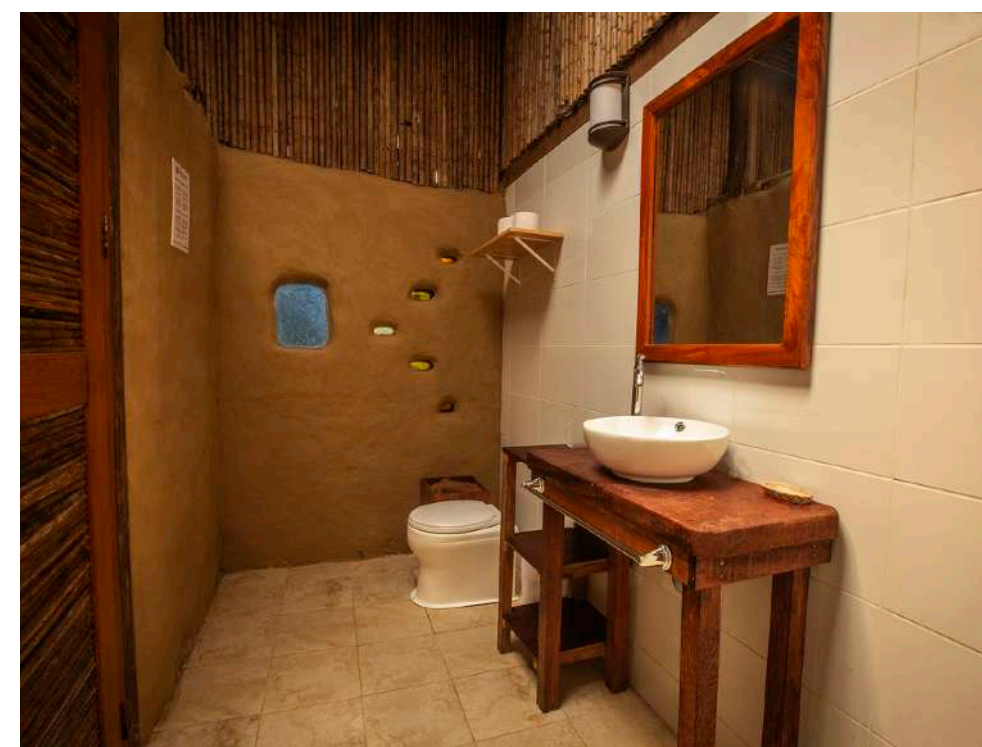




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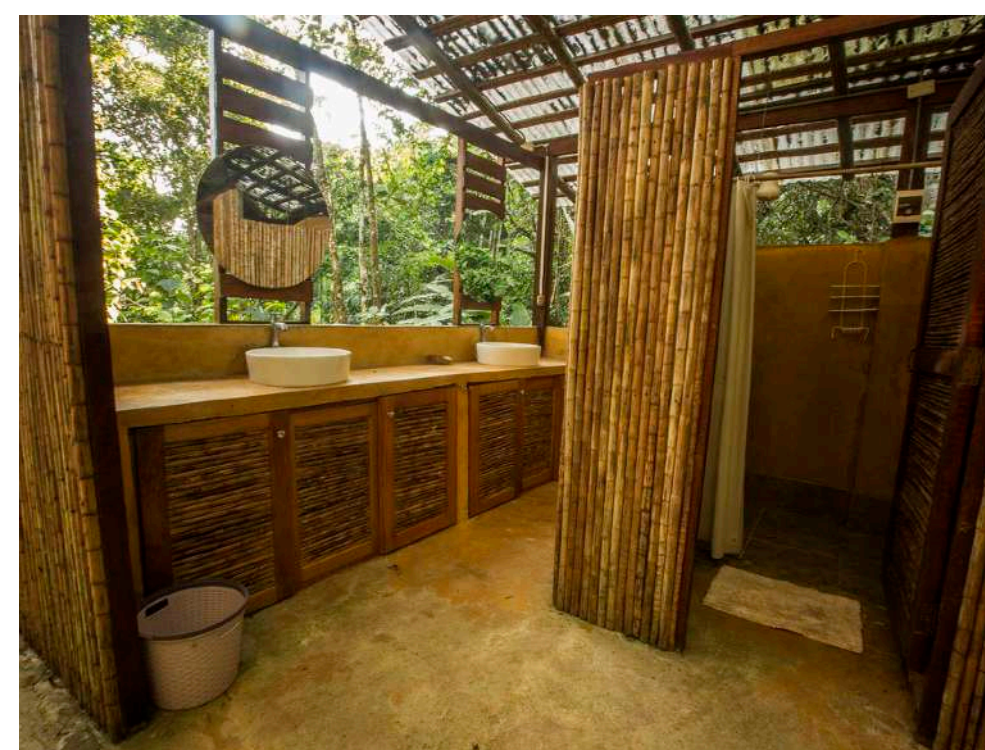
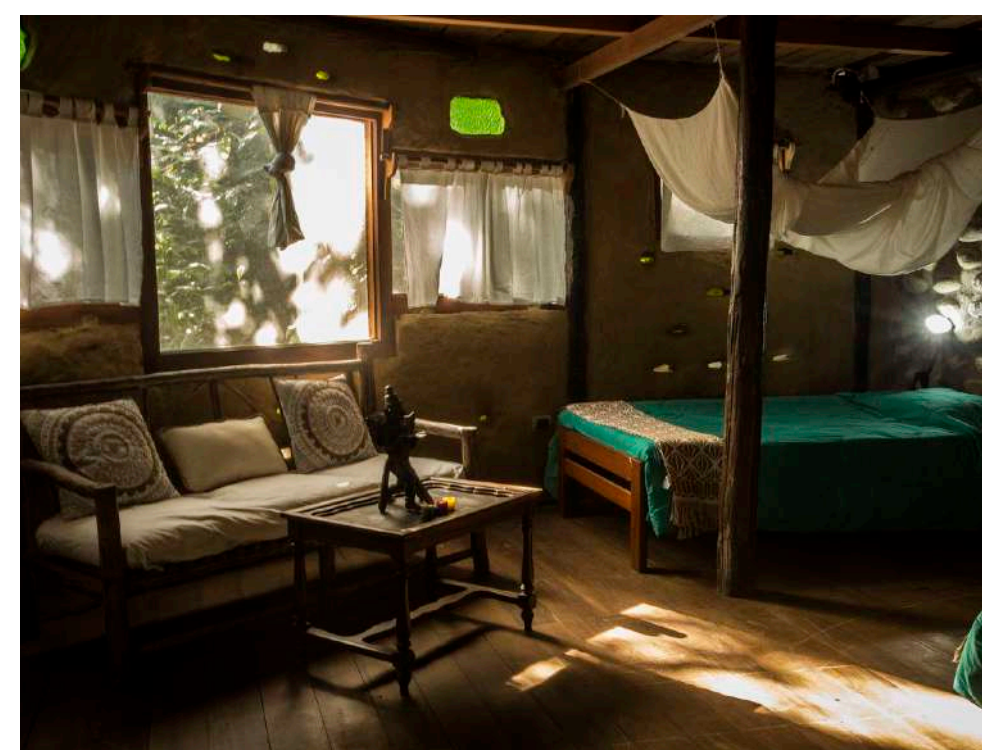


ROOMS

QUILLA MANTA HOUSE

Located at the end of a small hike to the top of the ecolodge. Has 2 large bathrooms with 3 single beds each and an outside bathroom area with hot water and a view of the jungle.

Retreat organizers usually stay at one of these rooms.

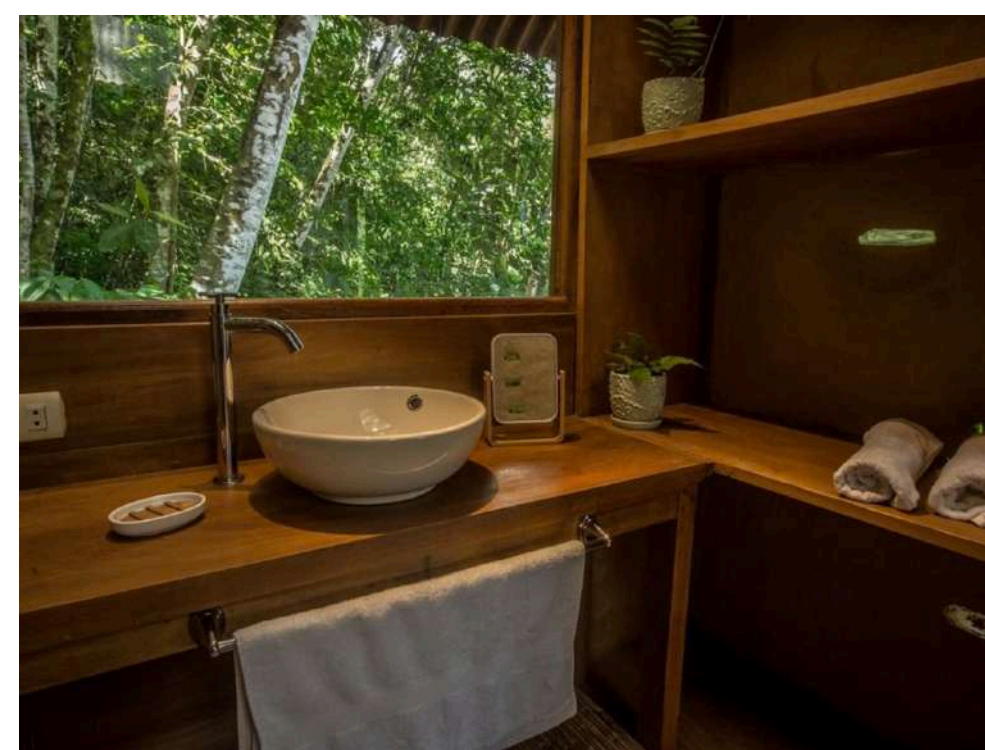
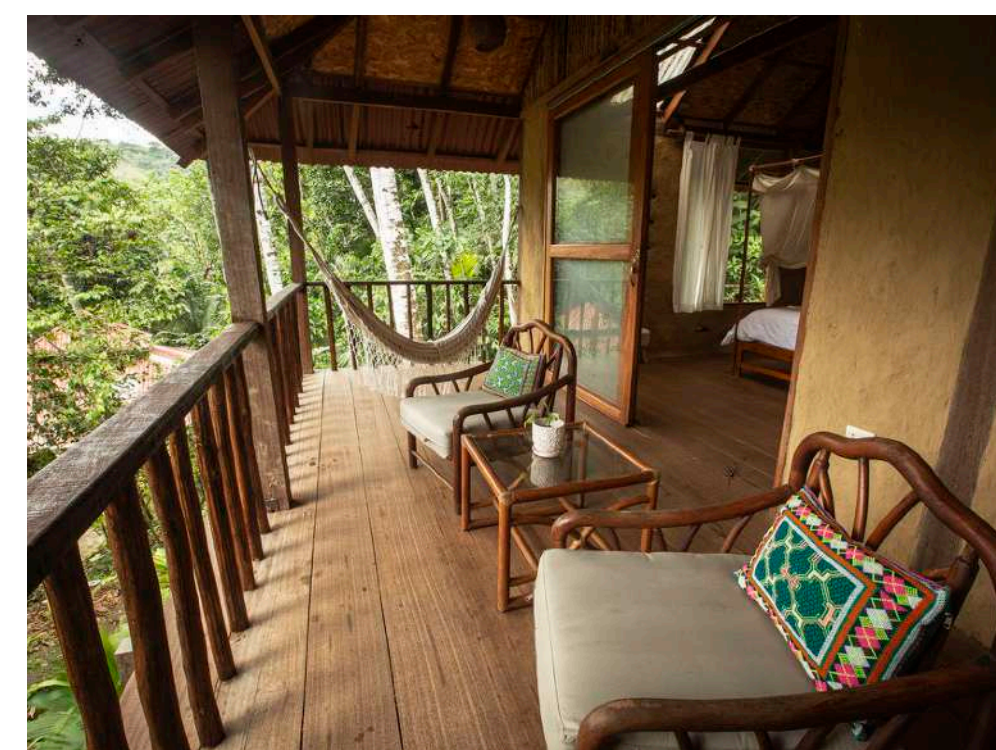




ROOMS

INTI MANTA SUITE

Our suite, the most spacious and private room of the ecolodge, is an independent bungalow with a king size bed, private bathroom with hot water and a large patio with a view of the 'Cumbaza' River.





CHIRAPA MANTA

OTHER FACILITIES

Beside our private rooms, we have many common spaces to create more privacy in the resting areas and to supply comfortable social, leisure and work spaces:

- **A common living room or co-working space:** with sofas and share desks, with great wifi, perfect for meetings or workshops.
- **Fireplace area.**
- **Viewing area next to the river***
- **Temazcal area**
- **Yoga Shala or group workshop area:** a special space for the nurture of the body, mind and spirit. Surrounded with nature, in the middle of the jungle, with wooden floor, and open walls. Perfect for yoga practice, therapies, ceremonies and other activities. Equipped with yoga mats, blankets, cushions and other implements.











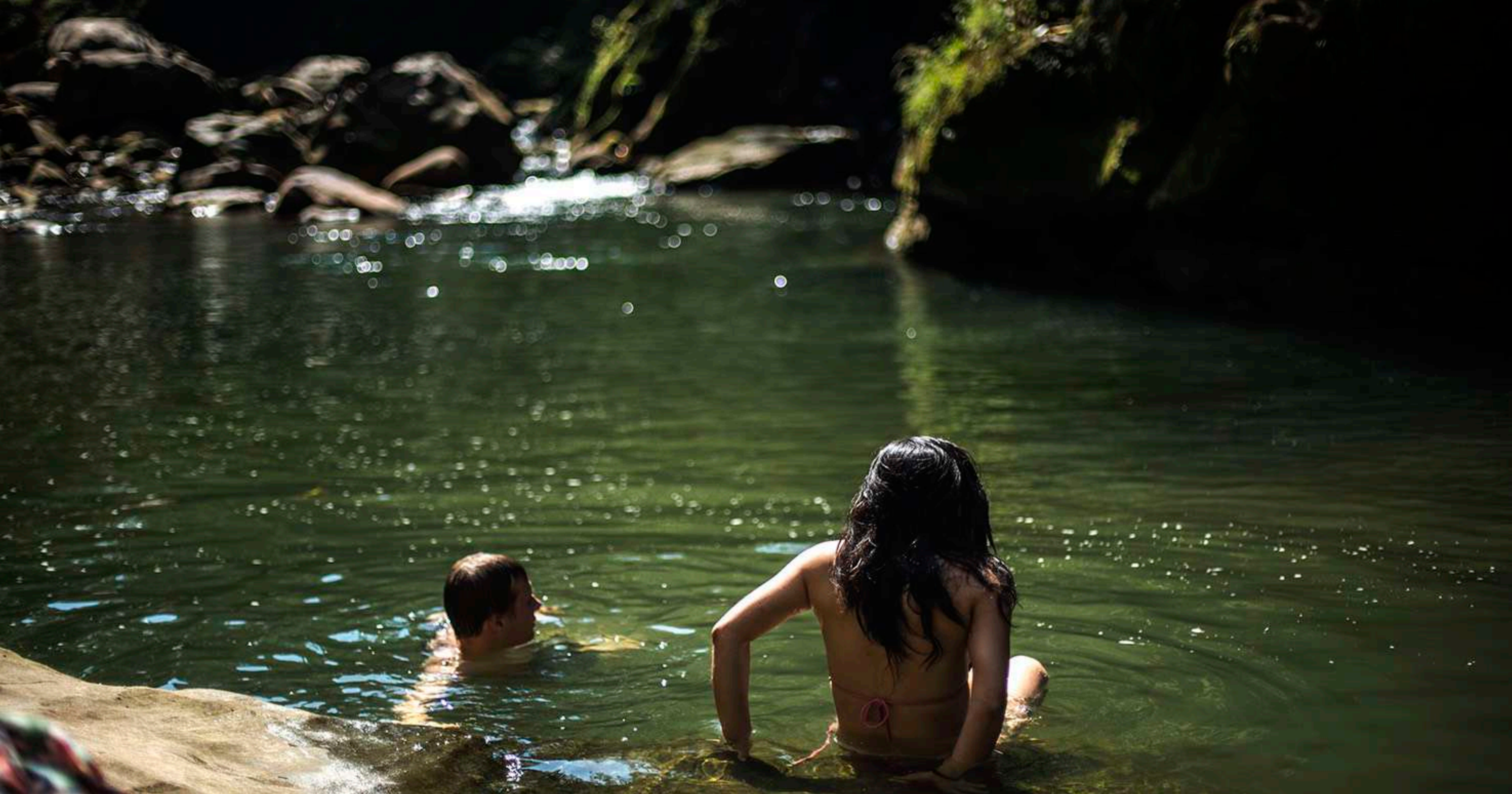




CHIRAPA MANTA

SURROUNDINGS

Surrounded with the exuberant mountain tropical forest at the edge of the 'Cumbaza' River. We also have access to many private river beaches, perfect to connect with nature and enjoy the fresh water. We are situated in the conservation area known as *'Cordillera Escalera'*









OUR FOOD

CONSCIOUS NUTRITION

The body is our most sacred temple and the most perfect physical manifestation of the human being. We have the wonderful opportunity to honor and nourish it with love. That is why we offer healthy, vegetarian/vegan and high quality locally sourced food. Nevertheless, we adapt to any meal plan the retreat organizer wants to offer.

We create the menu, taking in consideration your retreat diet style, or we can give you our own menu so you can design your meal plan.



OUR FOOD

CONSCIOUS NUTRITION

The full meals service includes a set price for each participant but the price is flexible according to the group requirements.

Set price per day
(breakfast, lunch and dinner) \$20 USD

Lunch \$8 USD
(Includes entrance, main dish and beverage)

Dinner \$8 USD
(Includes entrance, main dish and infusion)

Only main dishes

Additional deserts \$5 USD

Breakfasts \$5 USD

**All rates are per person*



SERVICES

WELLNESS ACTIVITIES

We like to share experiences that invite people to enjoy, recharge energies and adventure themselves to live an authentic connection with nature. Through our activities we want the magic of the jungle to inspire, renew, transform and re-connect people with their natural being.

We offer complementary therapies and activities to upgrade your retreat.

*All rates are per person.



01. MESSAGES

Personal sessions

1 hora

💰 \$25 USD

Mix Techniques

Sesiones personales.

Técnica Mixta.



02. NATURAL EXFOLIATION

Made with a mixture of natural ingredients, enjoy a delicious exfoliation at the river, your skin will be grateful.

💰 \$10 USD



03. FLOWER BATHS

Using ancestral Amazon knowledge, we prepare a medicinal plants bath to cleanse your energies and renew yourself with a little ritual beside the river.

💰 \$15 USD



04. SOUNDHEALING

45 minutes long group session with bowls and diverse instruments to create a sound journey that guides you to connect with yourself.

1 hora

💰 \$15 USD



05. DETOX DAY

A day dedicated to cleaning yourself with antioxidant and mineral-loaded juices and extracts. It can included a small talk regarding the benefits of desintoxication.

Full day
(5 juices)

💰 \$30 USD

Until the
afternoon
(4 juices)

💰 \$25 USD



06. TEMAZCAL

Ancestral rebirth ritual. A natural sweat lodge that symbolize Mother Earth's womb. The ceremony starts 3 hours earlier with the lighting of the sacred fire, the group can take part of this 30 minutes activity as the initiation of the ritual.

3 hours

💰 \$20 USD



07. CACAO AND DANCE CEREMONY

We share a cacao ceremony in the traditional Mexican way, promoting the cacao bean benefits, creating a stage of openness and connection to flow through a guided dance session.

💰 \$15 USD





OTHER SERVICES

TOURS & TREKKINGS

We offer treks around '*San Roque de Cumbaza*' and tours to the main natural attractives near Tarapoto City to complement your retreat with the best and most beautiful visits and activities.

*Ask for our 'Tours & Treks' brochure





THANK YOU!

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