

REMEMBER YOUR CALLING

SOUL GUIDING RETREAT



**GENE KEYS, PLANT MEDICINES & INTEGRATION
THE SACRED VALLEY OF THE INCAS, PERU
JUNE 18 - JUNE 25**

SOLSTICE RETREAT

A Week to Feel Alive Again

In the Sacred Valley



We're so excited you're here! This winter solstice journey lands perfectly on June 21, the energetic New Year in the Southern Hemisphere. In this sacred turning of the wheel you're invited to:

- Reflect on the path behind you and gather its quiet wisdom.
- Release what's ready to fall away (old patterns, heaviness, conditioning).
- Create space for new light and higher frequencies.
- Plant powerful intentions for the season ahead.

RETURN TO YOURSELF

A SACRED WEEK TO REMEMBER WHO YOU ARE



This is your invitation to come home to who you truly are, a gentle, powerful week to feel truly alive again in the deepest, most grounded way.

Before you arrive you'll receive your Gene Keys Map, a beautiful inner compass created just for you.

This map reveals your gifts, patterns, and soul themes so the whole retreat becomes a journey of self-remembering.

You'll be held in a safe, trauma-aware space by the Soul Guiding Retreats team.

Through ceremony, embodied practice, and plant-medicine journeys (plus 1-on-1 Human Design or Astrology if you feel called), everything is designed to help you shift from self-fixing to soul remembrance.

If something inside you is whispering that you are ready to feel truly alive again in body and heart, then this is your Sacred pause in the Sacred Valley.

WHAT YOU WILL WALK AWAY WITH

By the end of the retreat, you will have:

- ☾ A clear understanding of your Gene Keys profile, your gifts, patterns, and pathways of transformation
- ☾ Profound insights from your Human Design or Astrology charts
- ☾ Greater awareness of your emotional triggers and the patterns behind them
- ☾ Tools for self-responsibility and grounded decision-making
- ☾ A renewed relationship with your body and intuition
- ☾ Embodied insight from your ceremonial experiences
- ☾ A sense of belonging and being genuinely accompanied on your path
- ☾ Integration practices to help you weave your insights into daily life
- ☾ A lived experience of what it means to feel alive again



WHY THIS RETREAT EXIST...

This retreat is an invitation to come home to yourself – a week to feel alive again in your body, your heart, and your inner truth.

Across eight days in the Sacred Valley, you'll step out of the noise of daily life and into a space intentionally crafted for clarity, reflection, and deep inner reconnection.

Everything in this retreat is designed to help you remember your vitality, soften into your inner wisdom, and awaken the parts of you that have been waiting to breathe again.



WHAT'S INCLUDED

DURING THE RETREAT

- ☾ Welcome ceremony (guided by the Q'eros direct descendants of the Incas)
- ☾ 7 night accommodation and vegetarian meals
- ☾ Gene Keys workshop
- ☾ 1 × Kambo ceremony
- ☾ 2 × Bufo ceremonies
- ☾ 2 × Ayahuasca ceremonies
- ☾ Access to Human Design, Gene Keys, and Astrology guides
- ☾ Daily somatic (body) integration
- ☾ Daily reflection/ contemplation circles



RETREAT COST

USD 2699

Based on double occupancy room



WHAT'S INCLUDED

PRE RETREAT

- ☾ Your personalized Gene Keys Profile
- ☾ One-on-one Gene Keys Introduction Session
- ☾ Preparing Yourself video series
- ☾ Group Q&A call

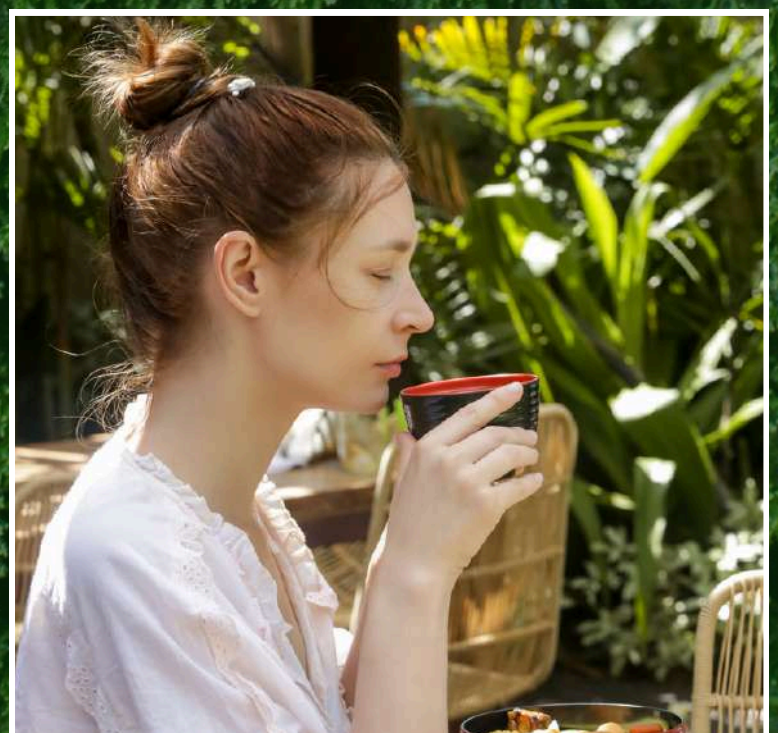
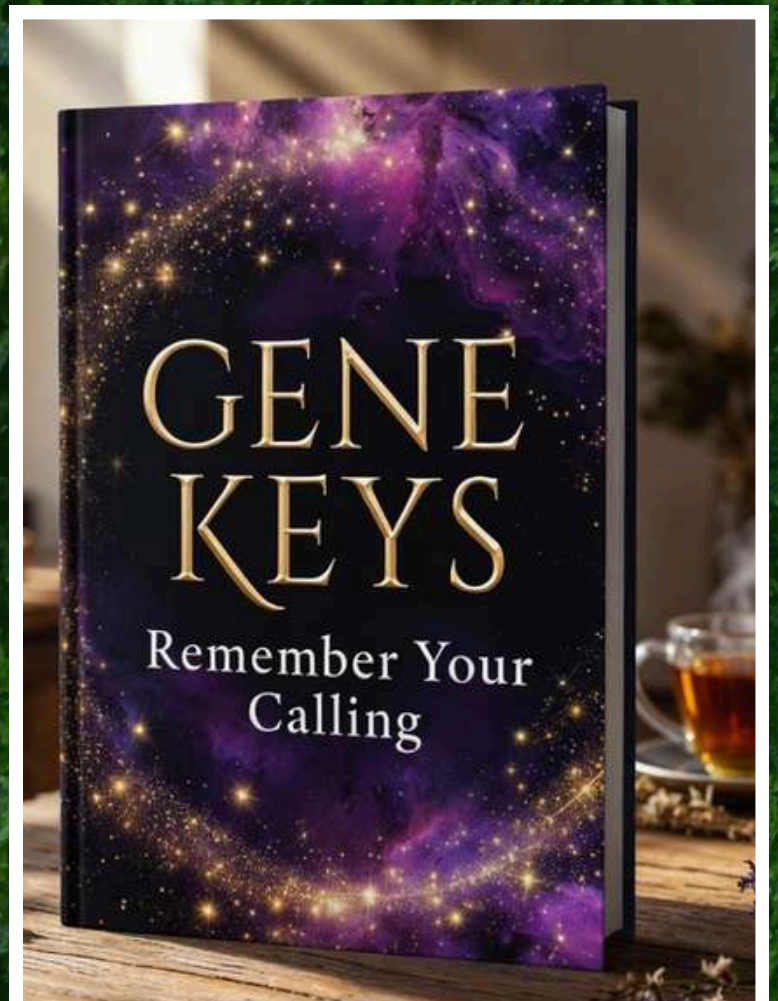
POST RETREAT

- ☾ 2 × Integration one-on-one guided sessions
- ☾ Access to the Art of Integration video library
- ☾ 2 x Group integration call

INTEGRATION PACKAGE (OPTIONAL)

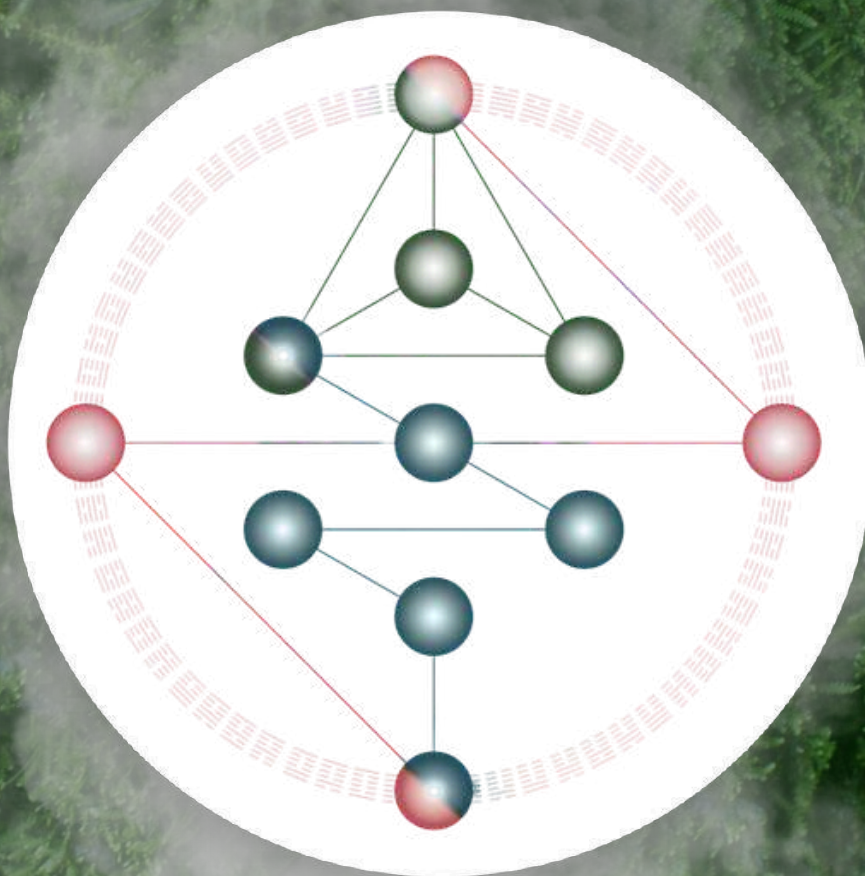
6 × ADDITIONAL ONE-ON-ONE INTEGRATION SESSIONS

USD 656



YOUR GENE KEYS PROFILE

THE BEGINNING OF YOUR JOURNEY



Before you arrive, you'll receive your My Gene Keys Map – a personalised map created from your unique Gene Keys profile. This becomes your inner compass throughout the retreat, helping you understand your patterns, gifts, emotional landscape, and the deeper themes shaping your life.

It's the first step in a week devoted to rediscovering what it feels like to be fully alive. While the retreat is centred on the Gene Keys, you'll also have access to Human Design and Astrology guidance in optional one-on-one sessions if you feel called to explore more deeply.

YOUR GUIDES

Throughout the retreat, you'll be held by an experienced, multidisciplinary team in a grounded, compassionate environment. We've each spent years turning toward our emotions, learning from our own messes and breakthroughs, and finding tools that actually helped us feel more whole.

Now we're bringing a handful of tools we've come to love and trust. We'd really love to share this journey with you over these days. If it calls to your heart, of course....



Carmen Anderson - Founder

Gene Keys & Plant Medicine Integration Guide

3/5 Emotional Manifestor

Main gifts: 47, 22, 45, 26



Eduardo Schulz - Main Guide

Astrologer & Gene Keys Guide

4/6 Emotional Manifesting Generator

Main Gifts: 36, 6, 11, 12



Simon Norton - Event Manager

Plant Medicine Integration Guide

1/4 Emotional Generator

Main Gifts: 24,44,19,33



Jeronimo Gomez - Bufo Facilitator

Plant Medicine Intregation Guide

4/6 Emotional Manifesting Generator

Main Gifts: 36, 6, 11, 12

YOUR GUIDES



Taguato

Ayahuasca Ceremony Facilitator

5/1 Self Projected Authority Projector

Main Gifts: 26, 45, 6, 36



Adriana Ledezma

Ayahuasca Ceremony Facilitator

6/3 Emotional Projector

Main Gifts: 49, 4, 14, 8



Hector Hurtado

Kambo Facilitator

1/3 Emotional Generator

Main gifts: 58, 52, 18, 17



Yuri Yanapay

Temazcal Guide

3/5 Emotional Manifesting Generator

Main Gifts 22,47, 26, 45



Antua

Somatic Healing Facilitator

5/1 Sacral Generator

Main gifts: 49, 4, 14, 8

WHAT PEOPLE ARE SAYING

Something cracked open in me during this retreat. I didn't find answers - I found peace.

Cece

For anyone who's sacred to feel... this retreat held me in ways I didn't know I needed.

Deborah

It felt like my soul had been waiting for this space. There's a softness here that changed me.


Pascale


If you're feeling the nudge toward this work, trust that something in you is ready. A Week to Feel Alive Again retreat offers a powerful, supportive container for anyone ready to step deeper into alignment, emotional truth, and soul-led living.


Carmen and the team hold a safe, grounded, compassionate space for your transformation walking with you before, during, and long after the retreat itself.

If you'd like to explore whether this feels right for you, we're here to support you. Just reach out and schedule a free one-on-one call—no cost at all.

CONTACT US:

 www.SoulGuidingRetreats.com

 Soulguidingretreats@gmail.com

 (+51) 953 - 344 - 697

RETREAT PROGRAM

THURSDAY, JUNE 18

10:00 am

Registration & Morning tea

11:00 am

Opening Ceremony guided by the Q'eros people
(living descendants of the Incas)

12:00 pm

Lunch

1:00 PM

Sharing Circle

2:00 pm

Ceremony intentions

3:00 pm

Somatic Healing

7:00 pm

Dinner followed with one-on-one sessions

8:00 pm

Fire Circle

FRIDAY, JUNE 19

7:00 am

Kambo

9:00 am

Breakfast

11:00 am

Sharing Circle

1:00 PM

Lunch

2:00 pm

Inner Alchemy: The Path of Contemplation

4:00 pm

Bufo Ceremony

7:00 pm

Dinner followed with one-on-one sessions

8:00 pm

Fire circle

RETREAT PROGRAM

SATURDAY, JUNE 20

8:00 am

Bufo Ceremony

9:30 am

Breakfast

11:00 am

Sharing circle

1:00 PM

Lunch

3:00 pm

Solstice Talk

4:00 pm

Andean Ceremony - Guided by the Q'eros people

5:00 pm

Ceremony Intentions

7:00 pm

Ayahuasca Ceremony - Face painting

SUNDAY, JUNE 21

7:00 am

Breakfast

1:00 pm

Lunch

3:00 pm

Somatic healing

5:00 PM

Sharing circle

7:00 pm

Dinner

RETREAT PROGRAM

MONDAY, JUNE 22

8:00 am

Breakfast

9:00 am

Coca Blessing /Offering

10:00 am

Temazcal Ceremony

1:00 PM

Lunch

7:00 pm

Dinner followed with one-on-one sessions

8:00 pm

Fire Circle

TUESDAY, JUNE 23

7:00 am

Yoga/Somatic Healing

8:30 am

Breakfast

11:30 am

Nature Walk/Picnic

1:00 pm

Sharing Circle by the waterfall

7:00 pm

Ceremony Intentions

8:00 pm

Ayahuasca Ceremony - Face Painting

RETREAT PROGRAM

WEDNESDAY, JUNE 24

7:00 am

Breakfast

1:00 pm

Lunch

4:00 pm

Sharing Circle

7:00 PM

Dinner

8:00 PM

Fire Circle Sessions

THURSDAY, JUNE 25

8:30 am

Breakfast

10:00 am

Sharing Circle

11:00 am

Closing Ceremony - Guided by the Q'eros people

12:00 pm

Lunch

1:00 pm

Return to Cusco