

# Spiritual Rebirth in Ecuador

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A WELLNESS JOURNEY



*Quintaesencia*  
travel experiences





## SPIRITUAL REBIRTH IN ECUADOR

- Day 1  
Quito
- Day 2  
Quito B-L
- Day 3  
Quito/Cotopaxi B-L
- Day 4  
Cloud Forest B-L
- Day 5  
Papallacta Springs B-L

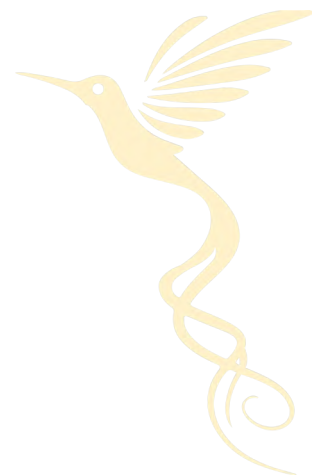
## EXTENSION

- Day 6  
Quito/Amazonia B-L
- Day 7  
Amazonia B-L
- Day 8  
Amazonia B-L
- Day 9  
Amazonia/Quito B-L



## Spiritual Rebirth in Ecuador

An ancestral land, nestled in the very center of the Earth, and a magical place whose mountains and skies are brought to life by ancient legends and vibrant energy, Ecuador is just the perfect destination for those seeking an experience of spiritual renewal and well-being. Our spiritual tour is designed to offer you a deep connection with nature, with yourself and with the ancestral energies of this land. From exploring the worlds of Ecuador between forests and springs, to taking active part of expert-conducted workshops and retreats, this program will not just satisfy your thirst for Ecuador's magic and nature, but will allow you to find yourself in the process.





## Spiritual Rebirth in Ecuador

However, if what you're looking for lies just a bit deeper between the hands of Mother Earth, we may suggest you extend your journey (or book only the extension as a tour) to the Amazonia, a land that was never conquered and where ancient communities still coexist with with jungle and its ancient secrets and traditions. Here you may be able to take part of an ayahuasca root session which, of course, needs to be practiced with utmost respect, and for this we must have the company of an interpreter and the master.



## How does the Program Go?

### Day 1 - Quito

Pickup at the airport and private transfer, with an English-speaking guide, to your hotel in Quito, with your Quintaesencia representative.

### Day 2 - Quito

Enjoy a half-day city tour of Quito, including learning of ancestral knowledge.

B-L

### Day 3 - Cotopaxi

Full day visit to the Cotopaxi National Park, with a family-constellation therapist.

B-L

### Day 4 - Cloud Forest

Visit the magic Cloud Forest, with a stop at the equator line for a pictures.

B-L

### Day 5 - Papallacta

Make your way high up to the mountain ranges, and relax in the hot springs.

B-L

## EXTENSION

### Day 6 - Quito/Amazonia

Transfer off to the Amazonia

B-L

### Day 7 - Amazonia

Ayahuasca session

B-L

### Day 8 - Amazonia

Ayahuasca session

B-L

### Day 9 - Amazonia/Quito

Transfer back to Quito

B-L

# USD 4,472 pp

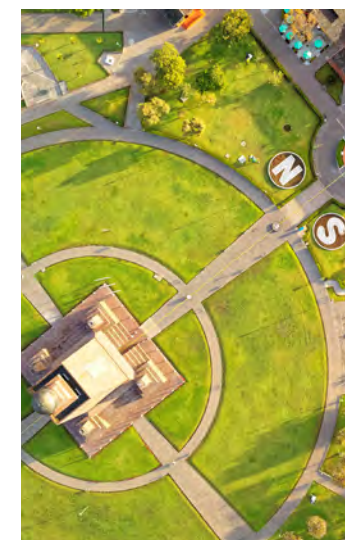
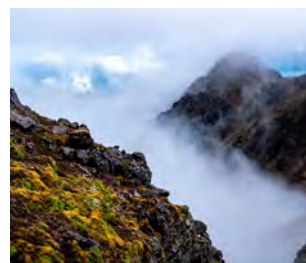
\*based on double occupancy  
\*price includes extension

### What's included?

- Private driver and English-speaking guide in Quito
- Therapist and English-speaking translator (if needed)
- Ayahuasca master and English-speaking translator (if needed)
- Meals, as described
- Activities as described
- Domestic flights Quito-Coca-Quito
- First-class accommodation
- Entrances to churches and museums, as for itinerary

### Note

As much respect as the ayahuasca retreat requires, participants must avoid dairy, coffee, work, alcoholic drinks, smoking and sex, at least for a week, and women must also consider that they may not participate while on their period.





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