



## Journey Within & Beyond the Self

*A Sacred Path through 18 days in Peru*

I am deeply honored to lead you in this life-changing journey beginning with a plant medicine retreat in the Sacred Valley, and culminating with initiation rites the Andes mountains of Peru. You have answered the call of the mountain spirits, and Grandmother Ayahuasca. I am so excited for you! Please fill in the following information, then review and sign the Terms & Conditions, read and sign the release of liability form and carefully complete the safety screening. Please keep a copy for yourself, and mail the forms with your check made out to:

Life Journeys, LLC  
3714 Wind Cliff Ln  
Joplin, MO 64804

As soon as you say yes to this journey, Grandmother aya and the mountain spirits begin working on your behalf to prepare you for the expansive and healing experiences ahead. I will be your human guide all along the way!

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# The Journey Within & Beyond: A Sacred Journey through 18 Days in Peru

## April 8-25<sup>th</sup>, 2026 | Combined Trip

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*Please complete this form and return it by mail with a copy of your passport and a check made out to Life Journeys.*

Name on Passport: \_\_\_\_\_ Preferred name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Passport Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Country of Issue: \_\_\_\_\_

How did you learn about this trip? \_\_\_\_\_ Are you a Mesa-Carrier? \_\_\_\_\_

Have you worked with psychedelic plant medicine before, and how was your experience, if so? \_\_\_\_\_

Have you traveled to Peru before?  Yes  No

Have you spent time at altitudes of 8000-10,000 feet above sea level?  Yes  No

Do you have a preferred roommate, if so, who? \_\_\_\_\_

I have completed the enclosed medical screening form and scheduled my intake call if needed.  Yes  No

I am enclosing a check in the amount of:

- \$5950, the total land costs of the trip
- \$1500 non-refundable deposit (with another payment of \$1500 due by October 5, 2025, and payment of remaining balance due by January 5, 2026)
- \$6700, which includes the total land costs and an extra \$750 for a private room during The Journey of the Apus

## **TERMS AND CONDITIONS for The Journey Within & Beyond the Self – A Sacred Path through 18 Days of Ceremony in Peru**

- \$1500 non-refundable deposit holds your place and is due no later than October 15, 2025.
- For those registering between October 5 and January 5, a minimum payment of \$3000 is required, and subject to refund policies below. To register after January 5, 2026 the total trip cost is required.
- The total cost is \$5950 and must be paid in full by January 5, 2026.
- Deposits are refundable for 48 hours after registration, minus any processing fees. After that, the \$1500 deposit is non-refundable.
- Payments by credit card or digital methods will incur an additional 3.5% processing fee.
- A total \$750 discount is included in this special price for participants attending the full 18 days (over the price of each journey separately)
- Registration fees (minus deposit) are fully refundable up to October 5, 2026, and 50% refundable until January 5, 2026. After that, refunds are only possible via your travel insurance.
- If Life Journeys, LLC cancels this retreat for any reason, more than 180 days before the trip, all funds including deposit are refunded.
- If canceled by Life Journeys 90–180 days out for reasons beyond our control, all monies except the \$1500 deposit are refunded.
- If the retreat is canceled for reasons beyond our control less than 90 days out, any refunds are dependent on third-party vendors and your travel insurance.
- By registering, participants acknowledge that international travel in remote areas, high altitudes, and rugged terrain carries inherent risks, and that they are solely responsible for their own safety.
- By registering, participants acknowledge that ingesting any form of plant medicine carries inherent mental, emotional, physical and spiritual health risks, and assumes full responsibility for any impacts that may occur before, during, or after the retreat.
- By registering, participants agree to all terms and assume responsibility for their emotional well-being, safety, belongings, and health.
- I have reviewed the Inclusions & Exclusions and acknowledge I will be responsible for my own airfare and booking my own flights.
- I acknowledge I will be responsible for my own meals and lodging in Cusco on April 13<sup>th</sup>, after the conclusion of The Journey Within Ayahuasca Retreat and before we begin The Journey with the Apus on April 14<sup>th</sup>.. (Booking assistance available upon request.)

I acknowledge these terms and conditions: \_\_\_\_\_ (Initial here)

### **The Journey Within**

#### **INCLUSIONS April 8<sup>th</sup>-13<sup>th</sup>:**

- Life-changing experiences and authentic ceremonies facilitated by a Ayahuasquero shaman, bilingual facilitator, and master's level therapist within a small, intimate group.
- Trip preparation and travel guidance from Angie in the 3-6 months leading up to the journey and two integration meetings by video conferencing following the retreat.
- Group processes and supportive healing activities supporting the integration of experiences before, during and after the journey.
- Private transportation for the group from Cusco to our lodge just outside of Urubamba, and back to Cusco at the end of the retreat.
- All meals are provided while onsite during the 6-day itinerary, with partial fasting days, as prescribed by the dieta.
- Private rooms with private bathrooms and cleaning services.
- All group activities, including walks, talks, processing, intention-setting, sacred movement and ceremonies by Medicine People.
- Services of logistical coordinator, translators, guides, and facilitators.

### **The Journey Within**

#### **EXCLUSIONS April 8<sup>th</sup>-13<sup>th</sup>:**

- Airfare: US domestic, International, or flights within Peru.
- 1 night Hotel stay in downtown Cusco (internet available) on April 13<sup>th</sup>, at the conclusion of this retreat, and before the Journey of the Apus trip.
- Optional gratuities. [Please consider bringing \$250 cash to tip our guides, shamans, drivers and retreat staff. Suggested tips for entire journey \$500-600]
- Travel/trip insurance. [Travel insurance for medical emergencies including trip cancelation insurance is strongly recommended.]
- Bottled water [needed throughout your stay unless using a water filter approved for international travel such as GRAYL or LIFESTRAW]
- Items of a personal nature (rain gear, laundry, medications, toiletries, snacks, etc.)
- Personal healing sessions with the shamans/facilitators [optional, plan on \$150 per session].
- Sapo/Bufo Ceremony (additional cost of \$250)
- Brain Mapping Services (additional cost of \$300-500)
- Purchases of souvenirs, weavings, paintings, jewelry, ect

**I acknowledge I will be responsible for my own meals and lodging in Cusco on April 13<sup>th</sup>. (Booking assistance available upon request.) \_\_\_\_\_ (initial here)**

### **The Journey with the Apus: INCLUSIONS April 14<sup>th</sup>-25<sup>th</sup>**

- Life-changing experiences and authentic ceremonies
- Trip and travel preparation from Angie in the 3-6 months before the journey
- Group processes and integration of experiences before, during and after the journey
- We will be accompanied by paqos (shamans), a driver, and a guide/interpreter
- All meals during the 12-day itinerary except three
- Transportation and baggage handling throughout by private motor coach.
- 1 night Hotel stay in downtown Cusco (internet available) on April 14<sup>th</sup>
- 8 nights total at Marastambo Retreat Center with 3-course gourmet meals provided
- Very limited internet (3G) is available in the evenings at Marastambo.
- 1 night at a hotel in Agusta Caliente [Machu Picchu Town] internet available
- Train to Machu Picchu, tickets to hike part of the Inca Trail into Machu Picchu
- Two nights camping at Ausangate, tents provided and set up.
- All entrance fees to archeological sites or sanctuaries and guide services.
- All group activities including talks and ceremonies by renowned Medicine People.
- Two “Apu sessions” with Altomesayoks, Rites of Initiation, Despachos
- Services of Rainbow Jaguar logistical coordinator, translator, guides, and staff.

### **The Journey with the Apus: EXCLUSIONS April 14<sup>th</sup>-25<sup>th</sup>**

- Airfare: US domestic, International, or flights within Peru.
- Taxis between Cusco Airport and Cusco Hotels (You may be dropped off directly at the airport on April 25<sup>th</sup> at the conclusion of the journey if your flight is that evening.)
- Meals not specified in the detailed itinerary [3 meals excluded]
- Optional gratuities.
- Any additional lodging/food costs outside of those on the itinerary that arise due to unforeseen circumstances.
- Travel/trip insurance. [Travel insurance for medical emergencies including trip cancelation insurance is strongly recommended.]
- Bottled water [needed throughout your stay unless using a water filter approved for international travel such as GRAYL or LIFESTRAW]
- Sleeping bag and sleeping mat for camping at Ausangate
- Items of a personal nature (rain gear, laundry, medications, toiletries, snacks, etc.)
- Personal healing sessions with the shamans [optional, plan on \$150 per session]
- Purchases of souvenirs, weavings, paintings, jewelry, ect

I acknowledge that I have reviewed the above terms and conditions and the inclusions and exclusions for each part of the trip. I have completed the registration information and included a copy of my passport. Also, I have reviewed the liability waiver and signed it. Finally, I have carefully reviewed and completed the safety screening form, and will schedule an intake call if needed.

Participant Name (Printed): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND ASSUMPTION OF RISK AGREEMENT

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Life Journeys, LLC | The Journey Within & Beyond the Self: A Sacred Path through 18 Days of Ceremony in Peru

April 8<sup>th</sup>-25<sup>th</sup>, 2026 | Peru

## Assumption of Risk

I acknowledge that I have voluntarily chosen to participate in the retreat known as The Journey Within & Beyond the Self: A Sacred Path through 18 Days of Ceremony in Peru, facilitated by Angela Fenske, LCSW of Life Journeys, LLC in partnership with Tiwaz Awakening and Rainbow Jaguar Institute, LLC.

I, the undersigned, waive all rights to seek compensation from Life Journeys, LLC, Tiwaz Awakening, Rainbow Jaguar Institute, LLC, the retreat lodge owners, and any related contracted employees, volunteers and business owners, in case of injury, loss or damage as a result of my work during and after the ceremony. I understand that my participation in all activities, experiences, and ceremonies are completely voluntary.

I understand that this trip may be physically, mentally, emotionally, or spiritually demanding, and I assume total responsibility for all risks and outcomes.

I understand that participation in this retreat involves inherent risks, including but not limited to:

- Participation in traditional Ayahuasca and other plant medicine ceremonies
- Experiences that may be physically, mentally, emotionally, or spiritually demanding
- Potentially experiencing dizziness, nausea or other physical or emotional upsets
- Purging reactions may include vomiting and diarrhea.
- Emotional and psychological intensity, possible trauma release, and inner healing
- Physical strain and potential for injury during activities such as hiking on narrow paths and staircases with exposure
- Travel in remote areas with limited access to medical care
- Cultural immersion and exposure to unfamiliar customs and conditions
- Participation in powerful ceremonies with medicine people that cause deep energetic changes
- Exposure to pathogens in food or water that may cause traveler's diarrhea or other gastrointestinal distress

- Travel/sleeping in remote areas at high altitudes (which may cause headaches, fatigue, and other symptoms for some people)
- Exposure to natural elements, unpredictable terrain, and limited medical facilities
- Potential exposure to civil unrest, criminal activity, or strikes which may cause unforeseen travel interruptions

### **Medical Responsibility**

- I confirm that I am physically and emotionally capable of participating in this retreat.
- I acknowledge that I have disclosed all relevant medical and psychological history to the organizers and completed a safety screening form honestly.
- I agree that I am solely responsible for my own medical care, medications, and health insurance.
- I understand that I have been advised to obtain travel insurance that covers medical emergencies, cancellations, and evacuation if needed.

### **Travel and Logistics**

I understand that airfare is not included in the retreat package and that I am responsible for my own transportation to Cusco, Peru. I know that I will not be accompanied by retreat staff during my airline travels.

I understand that I will be on my own for one night and parts of two days in Cusco, providing for my own lodging and meals during that transition period.

I release Life Journeys, LLC, Rainbow Jaguar Institute, LLC, Tiwaz Awakening and contracted vendors or partners from liability for any delays, cancellations, or other issues related to air travel, baggage, or transportation.

### **Cultural and Spiritual Sensitivity**

I understand that the ceremonies are rooted in Indigenous Andean and Amazonian traditions. I agree to approach all spiritual practices with respect, humility, and openness, and to follow the guidance of the facilitators and medicine keepers. I will respect the ceremonial space and the process of others in the group. Participants may be asked to leave if their behavior becomes extremely disruptive, threatening and/or dangerous to themselves or others during the trip. No refunds will be given in this case. Facilitators, guides, and medicine people are available to you if you find yourself struggling to participate safely and appropriately;

## Media Consent

I understand that photographs or video may be taken during the retreat. I grant permission for Life Journeys, LLC to use such media for promotional purposes, unless I opt out in writing. I will consider providing an honest review about my experiences.

## Binding Agreement

In consideration of being allowed to participate, I waive, release, and discharge Angela Fenske, LCSW, Life Journeys, LLC, Rainbow Jaguar Institute, MarasTambo, Tiwaz Awakening, and their owners, facilitators, agents, and staff from any and all claims or causes of action arising from or related to this trip titled The Journey Within & Beyond the Self. This agreement is binding upon my heirs, assigns, and legal representatives.

Participant Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

## Safety Screening Form for The Journey Within & Beyond the Self

**All information contained in this form will remain strictly confidential and is necessary to ensure safety for all participants. Please be completely honest!**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone number: \_\_\_\_\_

Dietary restrictions/allergies (if any): \_\_\_\_\_

Do you have any significant health concerns or mobility issues we should be aware of?

\_\_\_\_\_  
\_\_\_\_\_

What are your reasons for working with Ayahuasca at this time? \_\_\_\_\_

\_\_\_\_\_

What are your expectations for this trip, whether from working with ayahuasca or the mountain spirits? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have previous experience with entheogenic plants or psychedelic substances? Please describe the experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are you committed to compliance with the preparatory dieta and integration suggestions?

\_\_\_\_\_ Please describe any concerns or questions you may have about this: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If you answer YES to any of the following questions, please elaborate.**

Do you have asthma? \_\_\_\_\_

Have you ever experienced altitude sickness? \_\_\_\_\_

Do you have a fear of heights? \_\_\_\_\_

Do you have chronic pain? If so, where & how are you affected by this? \_\_\_\_\_

Have you had any surgeries recently, or any surgeries that still impact your health/pain?

Do you suffer from any type of cardiovascular illness, including high blood pressure?

If yes, explain: \_\_\_\_\_

Have you ever been treated or hospitalized in the past for psychiatric/psychological reasons? Please explain for what and how long ago: \_\_\_\_\_

Do you believe you have any undiagnosed psychiatric disorder or symptoms of? If yes, what: \_\_\_\_\_

Are you currently on any medications? If so, please list them, their purpose, dosage, and length of use: \_\_\_\_\_

Are you willing/able to discontinue these meds for 2-4 weeks and 1-2 weeks after the retreat, under the prescribing doctor's care?  Yes  No

If any meds cannot be safely withheld, please list here:

If female, are you pregnant or planning? \_\_\_\_\_

Is there anything else about your physical, emotional or mental health that we should know? \_\_\_\_\_

Please briefly list any significant traumatic experiences:

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**There are various contraindications with this medicine. It is important to respect this for your own safety. If you have been diagnosed with any of the following conditions or have the situations below please contact me personally to discuss your situation so we can work together to determine if you can participate safely.**

- I have Schizophrenia or Schizoaffective disorders
- I have Bipolar disorder (currently taking medications or severe)
- I have a Dissociative disorder and/or severe PTSD
- I am currently taking medications or herbal medicine for depression, anxiety, or other mental health issues
- I am taking long-term antibiotics
- I take medications for an autoimmune disorder
- I take medications for high blood pressure or a heart condition
- I take medications for diabetes
- I am taking any prescription or over-the-counter medications that cannot be discontinued four weeks before the retreat
- I have current addiction problems
- I am a regular cannabis user or daily drinker, and don't feel certain I can abstain for at least 2 weeks prior to the retreat
- I take other supplements regularly for pain, insomnia or anxiety, and do not feel certain I can discontinue those at least one week before the retreat
- I am unwilling to adhere to dietary restrictions recommended by the dieta

**Any medications or supplements, including over-the-counter medications such as Tylenol, Ibuprofen, antacids or cold remedies, that you may need to take during your retreat must be cleared beforehand with Angie, in partnership with our shaman.**

I, the undersigned, attest that the above information is accurate and honest and I agree to adhere to all of the conditions mentioned in this document or in my intake call.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_