

The path to *you* starts here.

Tap into your full potential with our indigenous-led Ayahuasca Retreat.



A millennia of knowledge



INME

Dear *seeker*,

In the woven chapters of your life's story, there comes a time where a pause becomes necessary—a moment to breathe, reassess, and rejuvenate. Perhaps you find yourself standing at the threshold of transformation, a gateway that leads you back to the profound depths of your being, freeing you from the entanglements of everyday life.

It is in such moments that INME Wellness extends a gentle hand, inviting you into a haven where ancient indigenous insights meet the pioneering frontiers of modern holistic medicine.

At the heart of our sanctuary, an experience steeped in a millennia of knowledge awaits, providing you a precious opportunity to delve into a harmonious blend of tradition and modernity.

Here, safety and spirituality coalesce, crafting a transformative journey where the fears and doubts that once anchored you are released, paving the way for an enlightening path of self-discovery and emancipation. Within the nurturing folds of our community, you are invited to explore, heal, and transcend, supported by a team dedicated to facilitating your safe and compassionate passage towards realising your greatest potential.

With warm anticipation of your voyage towards renewal,

The INME Wellness Family

Unlock the universe
within you



INME Wellness

At INME Wellness, your safety and privacy are our utmost priority.
As a legally recognised entity based in Spain, we provide secure and nurturing environments for transformative plant medicine retreats.

Guided by seasoned experts including shamans, doctors, and therapists, we foster a community anchored in conscientious leadership and growth.

Through our system of safe guards, we ensure that you will be able to embark on a journey of renewal with absolute peace of mind.

“A heavy stone fell from my heart, many grievances have passed, my daily life has become more MAGICAL and EASY. I remembered again and felt that MY LIFE IS MAGIC, it's energy, it's fate, it's an adventure. The light in my heart lit up with renewed vigor and intensity and immediately after the retreat there were many miracles and spiritual conversations.”



Daria - Artist & Entrepreneur

An INME Wellness retreat participant



Sacred *Safety*, Profound *Transformation* – the INME way.

1

Safety and comfort

Safety is our sacred commitment. Our experts will guide you through preparation to integration, so you're free to explore your inner universe—worry-free and open to wonder.

2

Holistic transformation

Your journey with us resonates beyond the mind—it touches the core of your being. Emotional freedom, mental clarity, and physical vitality are not separate; they're facets of one transformative experience.

3

A journey for life

This isn't just a fleeting retreat; it's an everlasting transformation—a beginning of a new chapter. As you venture further into the tapestry of life, know that you are not alone. You are now a part of a community that echoes with warmth, support, and shared wisdom.

Step into your higher self. *Join us in 2024.*

Transform in 2024. See our two new transformational shamanic plant medicine experiences to fit your needs. Please note that spaces are limited – our retreats are conducted in small groups so we can give our full individual attention and care to all of our participants.

Let us know which of the following dates works best for you:

6 Nov - 10 Nov

13 Nov - 17 Nov

Each retreat includes



2 Ceremonies with Sacred Plant



Highly Trained Support Team



Luxury Villa, Sauna & Salt-water Pool



Doctor On-Site, Safety Screening



Physical & Digital Detox



Comprehensive Preparation Guidance



High Vibrational Chef-Prepared Meals



Travel & Planning Assistance

*Indigenous knowledge
meets modern
holistic medicine*



Choose *your* path of transformation

	● Tier 01 Test the magic <u>EUR 1450</u> For the curious who long for a detox but aren't quite yet ready for plant medicine	● Tier 02 Grounded manifestation <u>EUR 2990</u> For the brave who want to maximise their transformative journey in all areas of life	● Tier 03 Longevity blueprint <u>EUR 9990</u> For high achievers committed to maximising their health and vitality holistically
2-week comprehensive preparation and integration pre and post retreat	✓	✓	✓
Luxury lodging with organic, biodynamic food	✓	✓	✓
Yoga, breath-work and coaching sessions to reconnect	✓	✓	✓
A private medical visit prior to the plant medicine ceremony		✓	✓
Plant medicine ceremonies with experienced indigenous facilitators		✓	✓
Unlimited 1:1 support and group community throughout the retreat	✓	✓	✓
WhatsApp access to our experts and coaches post-ceremony		✓	✓
Dietary modification including herbal and supplement guidance			✓
Personalized supplement protocol with supplements for 3 months			✓
Avant-Garde Laboratory Testing to assess overall health incl. adrenal and hormone panel			✓
Understanding of sleep and circadian rhythms			✓
Virtual Telehealth Doctor visits with Dr Carrie - 2h initial consult and 1h follow-up consult			✓



We're trusted by
individuals like
Dr Gabor Maté,
Victoria Bonya,
and others.

"I had the most incredible and spiritual
experience that gave me answers to many of
the questions I had around my purpose that
I've been asking myself for years."



Alex - Entrepreneur

An INME Wellness retreat participant

Meet your *facilitators* from the INGA tribe

Hailing from the heart of Colombia, our facilitators embody a rich lineage from the revered INGA tribe, carrying ancestral wisdom passed down through generations of shamans spanning over a thousand years. Their deep-rooted heritage serves as a powerful bridge, connecting you to the profound energies and traditions of ancient healing practices.

Taita Luis Chindoy



A respected and powerful leader from the oldest tribe in Colombia who has studied most of his life under the tutelage of Siona elders. He is a potent healer and seer with an infectious laugh and a gentle heart. His gifted counsel comes from plants, animals and a place of deep wisdom of the earth.

Leo Cordero



A lifelong researcher of spiritual paths with decades of experience as a certified nutrition and health coach as well as a meditation and yoga teacher. An Ayurvedic specialist, Shamanic Spiritual Healer and direct student of Shamans from the Amazons.



Dr. Carrie & Ana
Founders of INME

Meet your team

INME Wellness is a team of indigenous healers, doctors, medical specialists, therapists, ancient traditions practitioners, and musicians that share one common mission — optimising the health of our retreat participants.



Ana Kulygin

Founder of INME Wellness, Licensed
Psychedelics Integration Coach



Dr. Luigi Espasiano

Medical Physician Specializing in
Psychedelics and Psychedelic Research



Adem

Plant Medicine Facilitator
with 20 years of experience



Agustin Cordero

Musician

Transform to Your Fullest Potential with *INME Wellness*

At INME Wellness, we believe in the limitless potential within every individual. Our comprehensive and compassionate approach to healing and personal growth is designed to guide you on a transformative journey toward self-discovery, healing, and unparalleled personal development.

Our Proven Process

Screening Process

01

A thorough screening to understand your unique needs and goals, ensuring a tailored program for a meaningful experience. We attract and let in only those who contribute to a safe and supportive retreat ecosystem.



Preparation Guidance

02

Detailed preparation tips and personalized advice to get you ready for your transformative journey.



Premier Retreat Organization

03

Meticulously designed programs in serene locations to foster relaxation and profound experiences. Includes top-quality plant medicines, mindfulness practices, movement exercises, and massages.



Respected and Seasoned Team

04

Highly respected and experienced professionals ensure top-quality care and guidance.



Medically Observed and Trauma-Informed

05

Safety and well-being are priorities, with medical observation and trauma-informed care.



Therapeutic Integration Process

06

Post-retreat support to integrate insights and changes into daily life, ensuring lasting benefits.

Our Guarantee

We ensure top quality and attention to detail.

We look forward to guiding you on this transformative path to self-discovery and personal growth.

Taking the next steps

Stepping onto a path of profound transformation is a courageous and meaningful decision, one that comes with a mixture of anticipation and reverence. At INME Wellness, we fully recognize the depth of this journey you are considering, and we're here to ensure unparalleled support and safety, every step of the way.

You might be feeling a flutter of butterflies in your stomach, a beautiful sign of the beginnings of change. It's perfectly normal to have a cascade of questions and perhaps even some gentle apprehensions – we're here to navigate it together and answer all of your questions and more.

Reach out to us. Let's have a heartfelt chat to see if this journey aligns with your aspirations. We're here to listen, to share, and to walk this beautiful path alongside you.

We look forward to hearing from you. Get in touch

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