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HOLISTIC AYAHUASCA *retreat*

THERAPEUTIC GUIDANCE FOR A
DEEPER TRANSFORMATION

4 DAYS FULL RETREAT

BARCELONA

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There is a path that leads to a lighter, more intentional life — one filled with **purpose, clarity,** and **abundance.** Here, we begin that journey through a powerful blend of ancestral medicines like **Ayahuasca, Rapé, Sananga, and Cacao**, combined with carefully **integrated holistic therapies.**
Our retreat was designed to offer more than just ceremonies — it's a true **portal to self-discovery**, **emotional healing, and spiritual expansion.** You'll find a **safe, nurturing, and respectful space** where each step of your journey is honored. We believe everything you need to create something extraordinary already lives within you — and we're here to support the **awakening of that inner power.**



Welcome



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Upcoming *retreats*

2026

Last spots

November 26-29

December 17-20

2027

January 14-17

February 18-21

March 18-21

April 22-25

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Meet your *guide*

Samantha Silvany is a Brazilian medicine woman, shamanic ceremony guide and trauma-informed holistic therapist who has been guiding profound emotional and spiritual transformation processes for over five years.
A best-selling author of books on self-esteem and relationships, she brings together ancestral wisdom and holistic therapeutic accompaniment, integrating energy healing, systemic family constellations, Hermetic Kabbalah, shamanic practices, systemic tarot, and embodied presence.
Her work is deeply informed by extensive studies in trauma, including somatic EMDR-informed work, parts-based interventions inspired by Internal Family Systems (IFS), and professional training in Healing Trauma and Addiction with Dr. Gabor Maté, alongside ongoing studies in the Compassionate Inquiry® approach.
Grounded in ancestral lineage and a solid trauma-aware foundation, she is recognized for creating safe, compassionate, and well-held spaces that support emotional clarity, self-awareness, and long-term inner transformation.



SAMANTHA SILVANY

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Not music. *Medicine.*

For this special edition of our retreat, we're honored to welcome **Ancient Journey, with Xavi and Sílvia** — a musical duo whose presence goes far beyond performance. They don't just play music. They channel frequencies that cleanse, awaken, and guide. This is not a concert. It's a sonic ceremony, woven into the very fabric of this transformational journey. They're not here to entertain. They're here to hold a healing field — through voice, stillness, and sacred intention. Their presence is a gift.

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DR. CLARENA DÍAZ

Health & *Safety*

Your safety and well-being are a fundamental part of the retreat experience. For this reason, every participant goes through a medical evaluation process prior to the retreat.

This process is guided by **Dr. Clarena Díaz Urueta**, a Colombian physician trained in emergency medicine and toxicology, who reviews each participant's health questionnaire and assesses any medical considerations before participation.

Dr. Clarena is not present during the retreat itself. She remains available to our team throughout the process and is called upon directly whenever a participant's situation requires her assessment. A **full individual evaluation session with her can also be arranged,** held separately and not included in the retreat package.



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Inner *Healing*

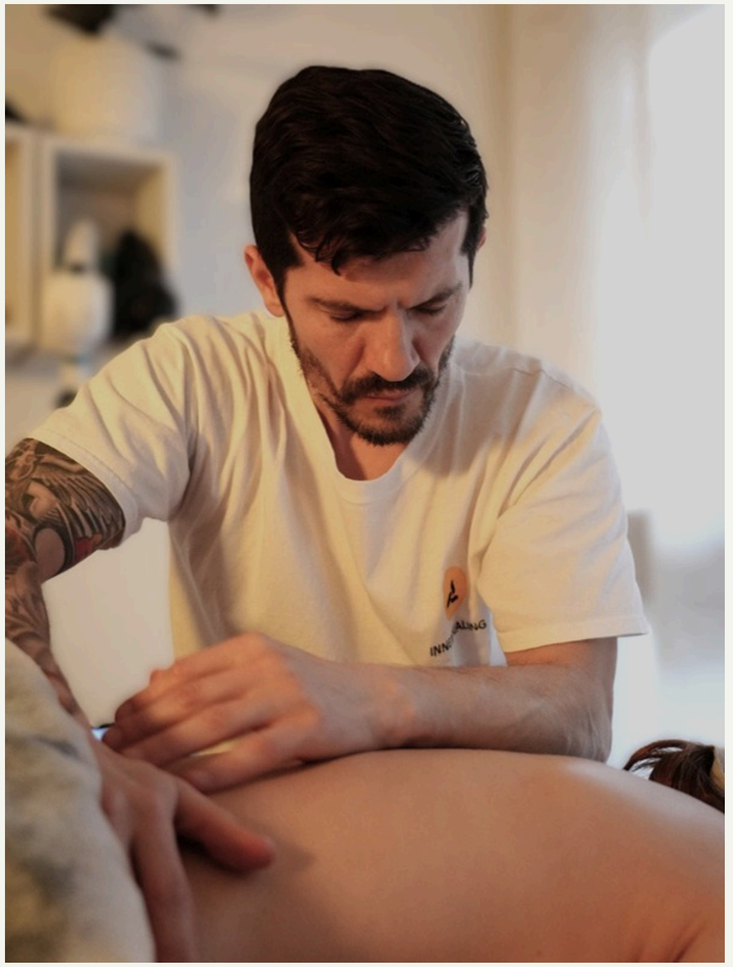
Integration Massage · 60 min · By appointment only

The Inner Healing Method combines deep massage, osteopathy, fascial work and energy healing.

The body can hold what the mind has not yet been able to process. Following ceremony, this work helps the body receive, release and integrate what has emerged.

A post-ceremony session can support:
- Vagus nerve activation and nervous system regulation
- Grounding the experience in the physical body
- Releasing emotional and physical tension brought to the surface
- Supporting deeper, embodied integration of the experience

What the mind cannot yet name, the body can still hold and release.



GABRIEL SABOU

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Core Values



- Ceremonies guided with **ethics, love, and safety**
- Emotional integration grounded in **real therapeutic support**
- **Spiritual approach** free of dogma, rooted in the truth of love
- A **team fully committed** to your journey
- An atmosphere of **belonging and genuine care**
- **Deep respect** for ancestral wisdom and sacred plant medicines







Who is this experience for?





For women and men seeking:

- A deep reconnection with their soul’s purpose
- Healing from repetitive emotional patterns
- Expansion of spiritual awareness
- Relief from anxiety, stress, and energetic blockages
- A return to nature and a true sense of belonging

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About your *journey*

4 DAYS FULL RETREAT

Ceremonial Journey

- 3 Ayahuasca ceremonies
- 1 Cacao closing ceremony
- Rapé & Sananga rituals
- Live medicine music during ceremonies
- Small, intimate group up to 10 people
- Optional 1:1 Post-retreat Holistic Therapies

Integration & Inner work

- Daily integration circles
- Trauma-informed therapeutic guidance
- Nervous system regulation practices
- Breathwork & guided meditation
- Music healing session
- Conscious, nourishing plant-based meals
- Post-retreat support

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About the medicine

Our medicine comes from **Putumayo, Colombia,** prepared by **Shaman John Alexander**.

Samantha spent three days with him in the jungle, **cooking it by his side.**



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Ayahuasca

Ayahuasca is a sacred brew with centuries of use in Amazonian indigenous traditions, renowned for its ability to unlock profound spiritual and emotional experiences.



Cacao

The Cacao Ceremony is a heart-opening ritual that invites you to reconnect with presence, gratitude, and the essence of love within.



Rapé

Rapé is known to focus the mind, clear negative energy, and align the chakras, facilitating a deep connection to the self and the earth.



Sananga

Sananga is applied in the form of eye drops that make your eyes sting, clearing and cleansing your vision and releasing a lot of blocked emotions in your body.

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3 DAYS FULL RETREAT

Nourishment as ceremony



Food is an essential part of this journey — not only to nourish the body, but to support clarity, sensitivity, and integration. Throughout the retreat, you will be guided by a gourmet chef dedicated to high-quality vegan cuisine, present with us during the entire experience.
Each meal is prepared with care, precision, and intention, using fresh, vibrant ingredients that respect the body and the process you are moving through. This is not about restriction or excess. It is about conscious nourishment — food that grounds, supports, and gently sustains you as the journey unfolds.

Retreat *home*

Our retreats are held in beautifully restored **Catalan masias,** nestled in tranquil countryside settings about **one hour from Barcelona.** Each location is chosen for its **harmony with nature** — spaces that invite stillness, comfort, and inner connection. Surrounded by silence and natural beauty, the environment supports deep rest, integration, and the sacred work experienced throughout the retreat.

We can also help coordinate a private transfer from Barcelona to the retreat house if all participants are interested, as an additional service. This is completely optional, but it can make the arrival smoother and more comfortable for everyone.

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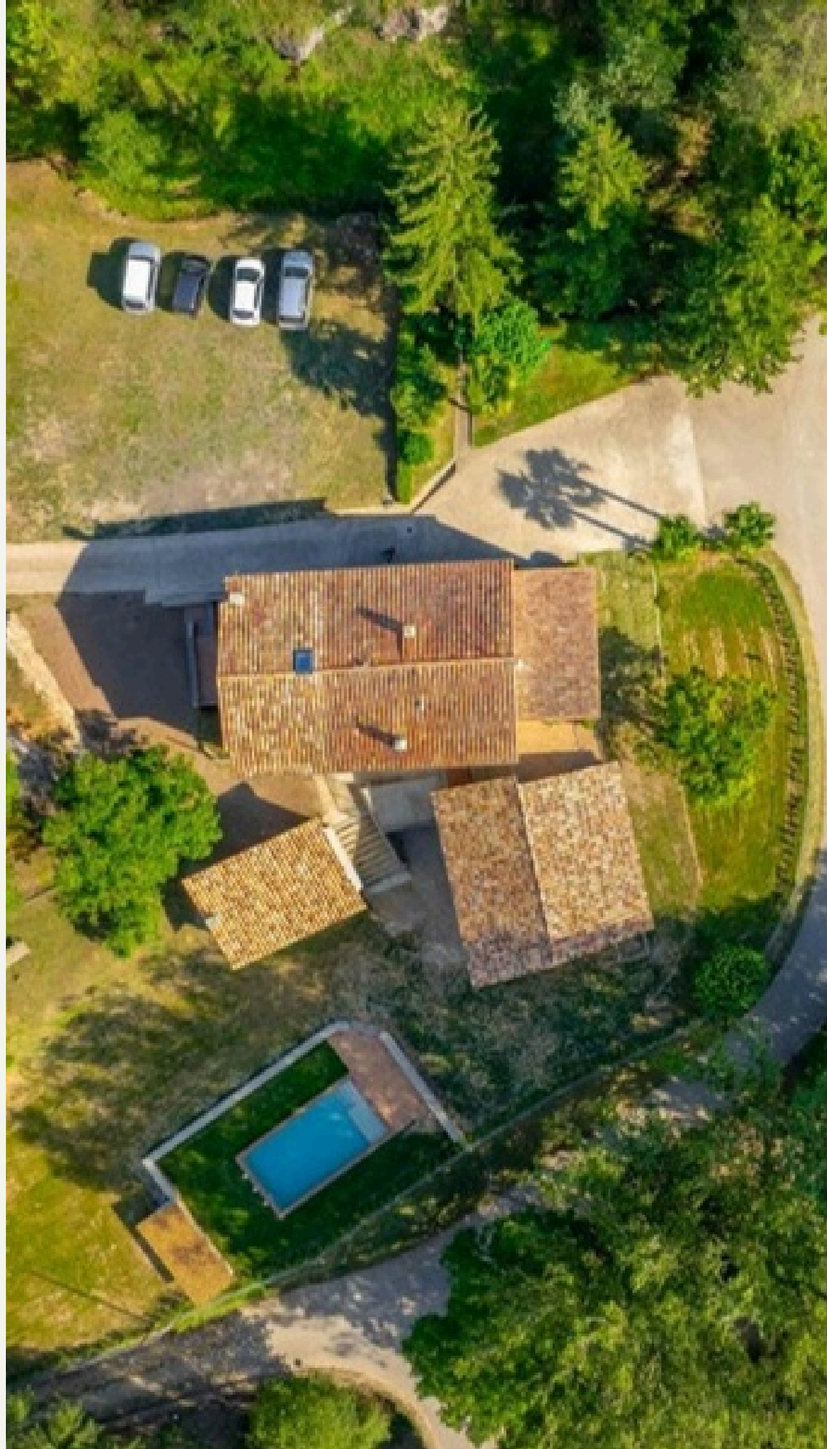
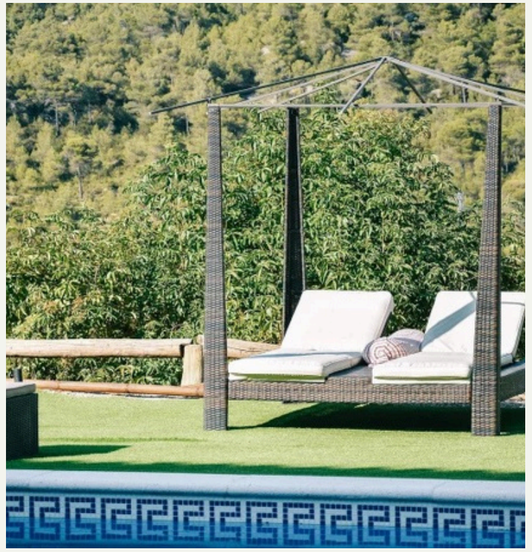
4 DAYS FULL RETREAT













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Stay & Pricing

All rooms include bed linens, towels, and heating. Bathrooms are equipped with soap, shampoo, and conditioner.

You may choose between a shared or private room, depending on whether you prefer connection and community or greater comfort and privacy for your journey.

Shared Room – Single Bed
€1,400 per person

Private Double Room with En-Suite Bathroom
€1,800 for one person

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Elevate your experience

Private airport or Barcelona city centre transfer.....€80

Round trip to the retreat home

Pre-Retreat Medical Assessment.....€100

A private 60-minute video consultation with Dr. Clarena Díaz Ureta, available in English or Spanish.

Healing massage.....€130

60 minutes. A restorative bodywork session during the retreat.



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Integration therapies

Optional **post-retreat holistic therapies** to support integration



THERAPEUTIC TAROT READING – €70
60 MINUTES

A guided space to explore your inner world through the mirror of the cards. This session supports **emotional clarity, deep self-inquiry**, and **reveals paths hidden** beneath the surface. Ideal for those navigating **inner challenge**s or seeking **soulful direction.**



SOUL PURIFICATION – €100
60 TO 90 MINUTES

A therapeutic energy session that uses the Hebrew pendulum to identify and r**elease energetic blockages, emotional resistance, and stagnant vibrations.** Through sacred words and **vibrational healing,** this practice cleanses subtle fields, restores flow, and **opens new paths aligned with your soul's purpose.**

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SHAMANIC SYSTEMIC CONSTELLATION – €100
90 TO 120 MINUTES

The Shamanic Systemic Constellation is a deep therapeutic session that blends Bert Hellinger's New Constellations, therapeutic Tarot, ancestral reading, and somatic healing to reveal and **release emotional blocks, repeating patterns, and invisible family loyalties that limit your self-worth, prosperity, and sense of belonging.** Through a simple and guided process, the Field brings to light the true root of what feels heavy in your life, while you're led through systemic movements, healing sentences, and embodied awareness to reclaim your rightful place in your family system, **restore parts of your spirit fragmented by past trauma, and open space for more clarity, ease, and inner strength.**

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What our guests are saying

Tracey Delaney
2 reseñas

★★★★★ Hace 7 meses

I felt very safe and welcome in a beautiful natural environment. The team have unique skills, working together to create a truly magical and profound life changing experience. It was the best experience I have ever gifted myself and would very much recommend The Master Plan Retreat.

Ann-Loou Bjällén
1 review

★★★★★ 2 weeks ago

I met Samantha in Barcelona on a retreat with Master Plant and a Mama Ayavaska journey.

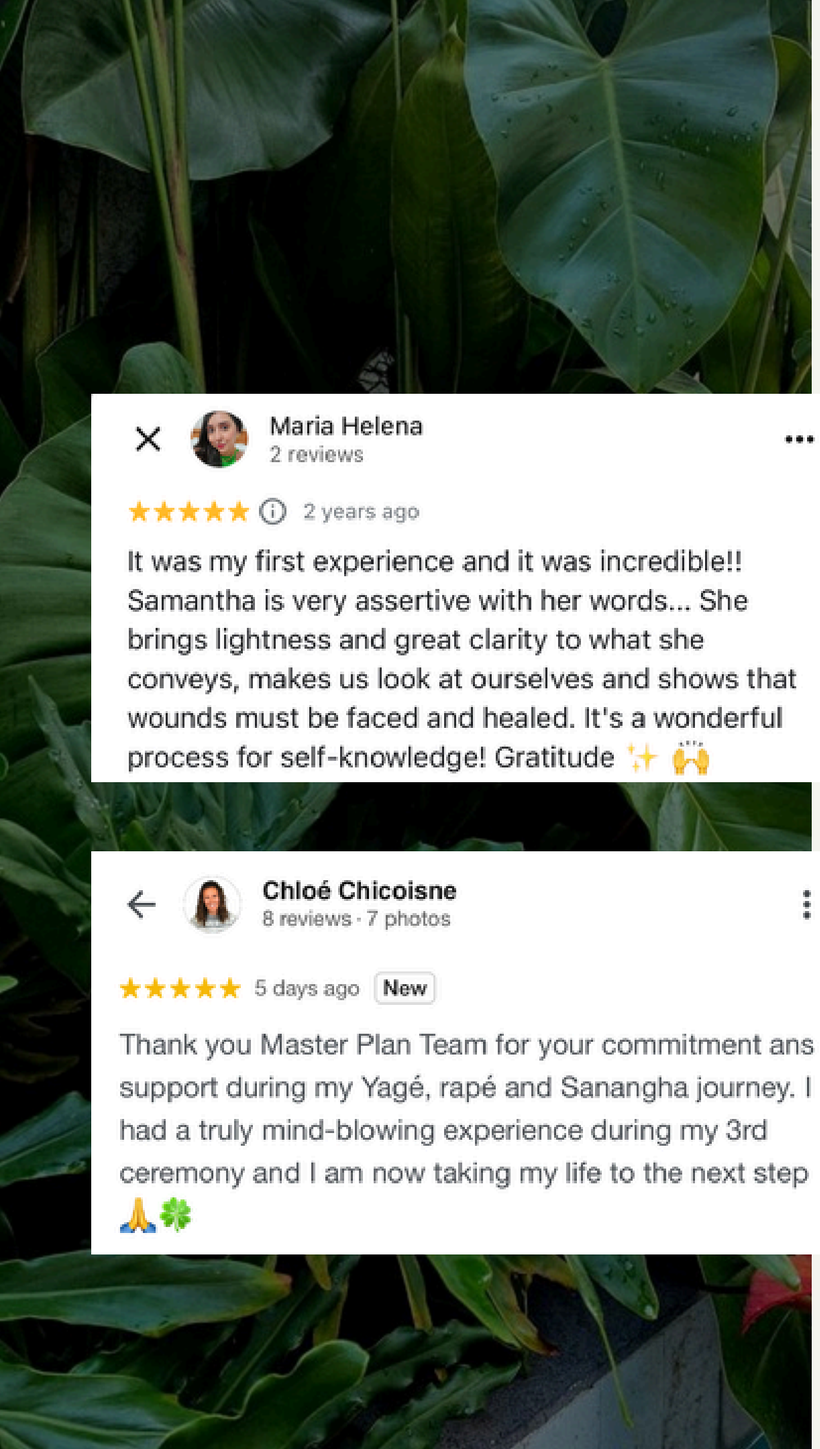
A journey that was the most importantly for me and made a profound impact and gave me the guidance that I seek.
Mama Aya have been calling for me for years. And it wasn't until Master Plant passed me by in social media that I felt this is the right time and with right team.
Wow, what a team.. you feel like my family.

After the deep journey, I knew I wanted more help to navigate with everything that has been visible for me through the journey.
The Tarot session with Sam, here amazing wisdom and love to be the pure connection with spirit gave me all that I needed.

All my questions got answered.. 🙏🪶🦅

I am so thankful and blessed for this reading that already has shown me that everything you said has happened.. even if time doesn't exist ... you gave me the insight and inspiration and courage to keep moving forward with more grounding and understanding.

I am beyond grateful for everything and when I arrived home you also gave me the best energies cleaning and was helping removing the negativity and karmic blocks that was preventing me to be free and receiving abundance.



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Maria Helena
2 reviews

★★★★★ 2 years ago

It was my first experience and it was incredible!! Samantha is very assertive with her words... She brings lightness and great clarity to what she conveys, makes us look at ourselves and shows that wounds must be faced and healed. It's a wonderful process for self-knowledge! Gratitude ✨ 🙌

Nicole Valente
12 reviews

★★★★★ 7 months ago

Samantha is changing my life! She has a very strong spirituality that helps others on their path of light! I've been able to see the direction I should follow for my personal growth. She's a messenger of spirituality on my path, and I'm very grateful! We're still in the process, but with each session I feel so much better!

Marc Landon
5 reseñas · 1 foto

★★★★★ Hace 2 meses

Very special and wonderful experience!!!
The Team worked really profesional and knew what they were doing: I just knew they put all their heart and knowledge into this retreat. I felt very welcomed and connected.
Highly recommended and I would love to come back.

Chloé Chicoisne
8 reviews · 7 photos

★★★★★ 5 days ago New

Thank you Master Plan Team for your commitment ans support during my Yagé, rapé and Sanangha journey. I had a truly mind-blowing experience during my 3rd ceremony and I am now taking my life to the next step 🙏🍀

Zenilda patrícia Patrícia
1 review

★★★★★ 8 months ago

Samantha is incredible, with a mature yet sweet voice she takes you to another dimension of self-knowledge, gives you confidence, and everything she says makes so much sense it's breathtaking. I loved it, I recommend it, and I'll keep in touch forever!

Issey Cannon
Local Guide · 16 reviews

★★★★★ a month ago

Wow Master Plan, thank you so much. Everything from my first call to the follow up zoom session has been so well held. The Master plan team are genuine, compassionate, humble, wise people sharing a passion of healing, growing and remembering, they do this with a light heart, with grace and with love. I would recommend Master Plan to all <3

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Book & Payment





To reserve your spot, a 500 euros **deposit is required.**
We accept payments via bank transfer, Bizum (within Spain), or cash (also within Spain).
The remaining balance must be paid in cash upon check-in at the retreat.

For read our book policy, please click this link.

BOOK NOW HERE

Still have doubts? Book your discovery video call now!

+34640912014

Thank you

We appreciate your trust in exploring this unique journey with us. Your pursuit of transformation is a commendable choice!

