



9-DAY WOMEN'S HUACHUMA RETREAT

The Sacred Valley Peru
Aug. 31st - Sept. 8th, 2024

Led by:
Jenny Beth Jordan &
Nikki Szeghalmi

This 9-day Women's Retreat is an opportunity for you to reconnect with yourself, other women, and the Divine Feminine. There is something ancient and powerful that happens when women gather, and it creates space for profound growth and healing.



During this retreat, we will work with Huachuma (also known as San Pedro, a psychoactive, indigenous plant medicine; you can read more about it on the next page) over the course of 3 ceremonies. In between ceremonies, this work will be supported with other practices and activities including feminine movement, somatic yoga, breathwork, fire ceremony, cacao, and plant baths tailored to your specific process.

Come join us for a beautiful week of connection, healing, reflection, and play surrounded by the natural beauty of the Peruvian Andes!





The Sacred Cactus of the Andes

San Pedro (also called Huachuma) is a cactus that has been used as a sacred plant medicine for at least 3,000 years in the Andes of Peru. It is often an underestimated powerful plant medicine that can be used to help us perceive our self-created barriers and limitations, and greatly aids us in opening and connecting with our hearts. Each ceremony is a reunion with ourselves, Mother Nature and the Divine. It is a medicinal mirror that can help us see where we hold onto self-limiting beliefs and patterns in our lives, gently guiding us toward releasing that which no longer serves us.



Location and Retreat Space

We're excited to host this gathering and provide a safe container to connect with nature and work with the indigenous sacred medicine of San Pedro for healing and self-discovery.

Our Women's Retreat will take place in a retreat space, El Verde Peru, located deep in the heart of the Sacred Valley of Peru, a 1.5-hour drive from Cusco.

Surrounded by 360° of breathtaking panoramic mountain views at the foothills of the Andes, the intimate retreat lodge includes 4-shared bedrooms overlooking a beautiful garden and the most sacred of the mountains: Pitusiray, the feminine Apu. Built with adobe, stone, mud, natural paint dyes, eucalyptus wood, and surrounded by a gorgeous garden, the lodge is the ideal setting to facilitate personal inner journey and cultivate a deeper connection with Mother Nature.



Retreat Details

Our 9-Day retreat will be held from August 31st until September 8th 2024 in Huaran, Peru. The retreat is an all-inclusive package which includes:

- 8-nights at our retreat space, [El Verde Peru](#).
- 3 Huachuma (San Pedro) ceremonies led by our experienced Huachumeras Jenny Beth Jordan and Nikki Szeghalmi
- Opening Fire Ceremony led by Jenny Beth
- Pre- and post-ceremony preparation and sharing circles
- One-on-one processing and integration sessions
- Three Somatic Yoga sessions from professional yoga therapist, somatic movement educator and craniosacral therapist.
- One breathwork session
- Feminine movement led by Nikki
- Local plant medicine workshop
- One cacao offering
- Daily organic meals (please notify us of any food restrictions or allergies).
- Transportation from Cusco to and from the Sacred Valley

RETREAT RATES (all-inclusive):

Shared Room (2 max) with en-suite bathroom: \$2,300

Private rooms available upon request for an additional cost

Beautiful shared living room with a fireplace and access to the garden

Comfortable rooms with private bathrooms



Reserving Your Spot

Space on this retreat is extremely limited and will fill up quickly. **In order to secure your spot on the retreat and receive payment instructions, please email us at jennybethjordan@gmail.com** . We request a **\$1000 deposit by June 15th** in order to confirm your spot. The remainder of your balance must be paid upon arrival in Peru. Any cancellations must be done by July 1st in order to be refunded your deposit.

If you have any questions about the nature/intention of this work, and if you wish to speak to Jenny Beth or Nikki about whether this retreat is the right fit for you, also contact us via email to set up a call:
jennybethjordan@gmail.com

TRAVEL LOGISTICS: Participants should plan to **arrive in Cusco no later than early morning of August 31st**. We will collect everyone from the **Plaza de Armas in Cusco at 12:30 pm on 8/31** and drop everyone off at the retreat center that afternoon. We will return the group to Cusco in the early afternoon of Sept. 8th.

*Accommodations in Cusco before or after the retreat will need to be arranged for by participants directly. Accommodation costs in Cusco are not included in the retreat price but we are certainly happy to provide our recommendations!



Meet Jenny Beth and Nikki

Jenny Beth Jordan was born and raised just outside of Nashville, Tennessee. As a Registered Nurse, Jenny Beth's desire has always been to bring healing and wholeness through her work. She began working with Huachuma in 2014 as part of her own journey and has continued to study with her teachers, Bernard Karshagen and Chase Moore, ever since. She has a deep love for Huachuma and its powerful ways of showing us how we can bring compassion to all the parts of ourselves in order to live more authentic, wholehearted lives.



Nikki Szeghalmi grew up just outside Toronto, Canada. As a teacher dedicated to working with people with special needs and at-risk youth, Nikki has devoted her life to supporting others. Coming from a background of addiction and depression, she came to Peru to in 2018 to work with her teachers Bernard Karshagen and Chase Moore for a deep dive into her healing. Wanting others to experience the grace of the medicine as she has, she offers a safe space of presence and love, weaving in various mind, body, and energetic practices. Nikki has been collaborating with women on their healing journey for over 12 years and wholeheartedly believes in the magic of the medicine and embodied feminine movement.

