

10-Day Dieta

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 10
6:30 AM	Pucallpa	Rest	Rest	Rest	Rest	Rest	Fishing Trip	Rest	Tour - Master Plants & Trees	Closing Ceremony	Riverboat Transfer
7:00 AM										Free time	
7:30 AM											
8:00 AM	Riverboat Transfer	Medicinal Sauna	Medicinal Sauna	Medicinal Sauna	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM											
10:30 AM	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Shipibo Village		
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
1:30 PM	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Handicraft & Artwork	
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM	Medicinal Sauna	Medicinal Sauna	Medicinal Sauna	Rest	Rest	Rest	Rest	Rest	Rest	Free time	
4:30 PM											
5:00 PM	Flower Bath	Flower Bath	Flower Bath								
5:30 PM	Rest	Gathering Maloca	Rest	Gathering Maloca	Gathering Maloca	Gathering Maloca	Gathering Maloca	Dinner	Dinner	Dinner	
6:00 PM		Plant Ceremony		Plant Ceremony							
6:30 PM	Gathering Maloca	Rest	Gathering Maloca	Rest	Gathering Maloca	Rest	Gathering Maloca	Rest	Gathering Maloca	Free time	
7:00 PM											
7:30 PM	Ayahuasca Ceremony Begins		Ayahuasca Ceremony Begins		Ayahuasca Ceremony Begins		Ayahuasca Ceremony Begins		Ayahuasca Ceremony Begins		
8:00 PM											