



Rainforest Journey for Leadership Coaches



The [Pachamama Alliance](#) and [The Nebo Company](#) are collaborating to provide a unique experience to leadership and life coaches. The journey is designed to begin with a group orientation and goal setting, continue with a 12 day journey into the rainforest and to the home of the Achuar, and wrap-up back home with coaching for the participants as they integrate their amazing experiences into their lives and their work.

The \$3850 price includes all in-country expenses (food, travel, accommodations, guides and equipment). It does not include airfare to Ecuador, personal purchases, departure taxes, gratuities or optional experiences.

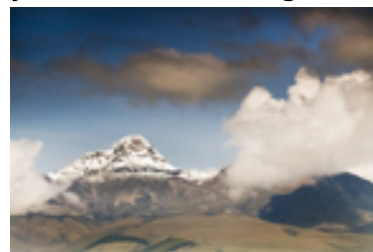
Pre-Journey - Sunday, January 16: Join Nebo leaders Kate Ebner and Jan Kearce, and travelers from previous journeys at an evening gathering in Washington D.C. for everyone to meet, share stories, talk about their goals, and ask questions. Out-of-town participants may join virtually.



Thursday, February 17: Arrival in Quito. Stay at the hotel Casa Sol. Meet Pachamama Trip Leaders.

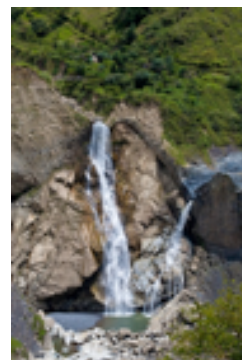
Friday, February 18: Breakfast together at Casa Sol with introductory

meeting and drive in chartered bus to Otavalo stopping along the way at the equator and a bird rescue sanctuary. Check into beautiful Las Palmeras Inn. Explore the area, hike in Andes.



Saturday, February 19: Visit renowned indigenous artisan market seeing crafts and culture of the Otavalan Quichua people. Visit with a revered indigenous shaman for a healing and purification ceremony.

Sunday, February 20: A beautiful drive descending the Andes through the avenue of the volcanoes, stopping at sites of interest along the way. The journey completes with the waterfall-laden Pastaza river canyon, the gateway to the Amazon rainforest. Evening discussion circle about entering the rainforest at your hotel, El Jardin.

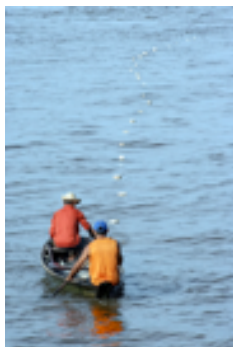


Monday, February 21: Breakfast with Achuar leaders followed by a short drive to nearby airport for 45 minute flight deep into the Amazon rainforest to Achuar territory. You will be met by Achuar in a village and take a short canoe trip to the Kapawi Lodge. Settle in and experience the rainforest on a hike with our Achuar guide.



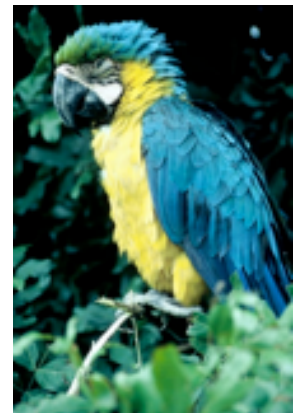
Tuesday, February 22: Morning forest hike to learn about the use of medicinal plants and Achuar cosmo-vision followed by visit to local village. Receive a traditional Achuar greeting, with the sharing of the traditional beverage, chicha. Spend time in a conversation with the Achuar families to learn about the culture and customs. Swim in the river. Listen to Achuar myths. Sleep in a traditional Achuar home.

Wednesday, February 23: Early morning dream sharing ceremony with Achuar. Spend time with community members learning and participating in daily activities. Some contemplative time with the rainforest in preparation for participating in an ancient shamanic ceremony that evening with an Achuar elder shaman. Sleep in the village.



Thursday, February 24: Morning visit to river for a swim, debrief meeting with the shaman. A cultural exchange (feel free to bring small instruments, songs and dances for sharing) followed by a traditional Achuar feast. Return to Kapawi for rest, journaling, etc. then time on the river for floating, swimming and/or fishing.

Friday, February 25: Early morning bird watching. Depart Kapawi by motorized dugout and fly 45 minutes to the small town of Shell where we will be met by our bus to take us to the Hacienda Manteles. Integrate rainforest experiences. Evening group circle.



Saturday, February 26: Relax and soak in the natural beauty of the mystical Langanates National Park. Optional massages, hiking, horseback riding, time for reflection.

Sunday, February 27: Breakfast followed by our completion meeting, drive to Quito and return to Casa Sol. Celebration dinner together.

Monday, February 28: Departures. Return home or stay a few days. Travelers are encouraged to have a day or two on either side of the experience to acclimate, rest and integrate. Reservations for Quito hotel and airport transfer can be made easily at Casa Sol's website, www.lacasasol.com.



Post Rainforest Journey: Group call with Pachamama two weeks after the journey, two coaching meetings (or calls) for each participant and opportunities for both individual and group reflection on our journey and its meaning in our lives. As we emerge from our post trip cocoons, where will we fly? As we reflect on our futures, what leap we will take? Along the way, let's not forget to play.

***Itinerary is subject to change**

CONTACT JAN KEARCE TO ASK QUESTIONS OR REGISTER FOR THIS UNIQUE EXPERIENCE.

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