

# THE SHAMAN'S WAY OF HEALING, LIVING AND DYING WITH DR. ALBERTO 10-13 OCTOBER 2021



A former speaker at Harvest's last event in October 2019, Dr Alberto Villoldo combines his experience as a psychologist and medical anthropologist with shamanic and ancient healing methods in order to prevent illness and ageing.

In this three day course you will learn how to turn your kitchen into your longevity laboratory. You will discover the foods and elixirs, detoxifiers, probiotics, and neuro enhancers that can help you protect your mind for the rest of your life.

There are only three species on earth that do not have death programmed in their DNA. Humans are one of them. We can hack our biology to gain access to password protected regions in our DNA that optimize longevity. The ancients called this an experience of the sacred. They learned to upgrade their brains to regenerate their body; they knew that the human energy field could be programmed for immortality.

The mini-course meets for 2 hours every morning and one hour in the late afternoon, giving you time to enjoy the beauty and beaches of Kaplankaya.

## Topics to explore include:



Shamanic fire ceremony



Fasting and fasting mimicking diet & intermittent fasting



Finding Sacred Maps for your life & health

*You will receive a list of recommended IV therapies available at the Spa that will support your process. Shamanic energy medicine sessions will also be available through the Spa.*

## Topics to explore include:

- Additional 3 nights' accommodation (**Sun, Mon, Tues**)
- Tailored food and beverage program (**Sun evening - Wed**)
- 2 hours' talks each morning & 1 hour each afternoon (**Mon - Wed**)
- A choice of 1 signature massage from Six Senses spa during stay