

# Shamanic Detox



04 DAYS  
RETREAT

With  
Bobinsana Master Plant

# Shamanic Detox

Welcome to a unique & healing 4 day retreat with Master Plants (non-psychoactive) from the Peruvian Amazon – the first of its kind in Sweden.

Most people have heard of plant medicines such as Ayahuasca, Magic Mushrooms, Peyote, San Pedro, or Iboga, but few know about the wonderful Master Plants.

These healing plants are found everywhere, and in the Peruvian Amazon, there are thousands of them, and ***they are considered Masters because they have the capacity of teaching us something.***

In fact, most of the healing that is performed by shamans in the Amazon is done with the help of Master Plants.

These plants have been teaching healers how to help people for generations through a practice called “LA DIETA”—or SHAMANIC DETOX, a form of intermittent fasting and fasting prescribed by shamans guided by the specific properties of each plant.

The majority of ***these plants are non-psychoactive.***



What ***differentiates*** a SHAMANIC DETOX from others is that *with this ancient practice we get a detox of energies, clear our minds, clean emotions and get in touch with our spiritual part.*

The dieta with Master Plants ***CREATES*** a direct channel to a divine connection with the purpose of receiving healing and help from the divine spiritual world of the plants.

## ***THE ORIGIN OF "DIETA WITH MASTER PLANTS"***

The name "Dieta with MasterPlants" refers to an ancient practice and tradition from the Amazon, where shamans spend varying lengths of time in isolation, fasting, and consuming Master plants to gain healing and wisdom.

The purpose of the dieta is to restore physical balance. Modern science has confirmed the power of fasting and the body's natural process of cellular regeneration when food intake is paused.



Combined with the healing properties of the plants, this practice helps harmonize our energy, mind, and emotions.

***The dieta is a time for deep introspection—observing our thoughts and emotions to begin uncovering the mysteries within ourselves.***

Boredom often becomes a significant part of the journey because it is in these quiet moments that creativity, ideas, solutions, and answers can emerge.

When we constantly distract ourselves, we lose the ability to truly feel where we are and how we are doing in life. We remain on the surface, busy and preoccupied, while important aspects of our lives—like understanding our children or family dynamics—can slip away unnoticed simply because we aren't fully present.



# OUR RETREAT MASTER PLANT BOBINSANA THE HEALER OF THE HEART

Bobinsana is known in the Peruvian Amazon for her teaching of ***unconditional love***.

This plant is found in the riversides, and it helps to prevent soil erosion. In the spiritual aspect, this plant helps us to learn how to be good containers for our emotions without being overwhelmed or flooded by them.

This amazing plant will be the Master Plant of this unique retreat – the first of its kind in Sweden.

You will have the option to be fasting only with water and Bobinsana to receive all the benefits as fasting in this way will allow the spirit of the plant to do not have any energetic interference as well as is important to understand everything that exists carries information so everything we put in our bodies brings information into us.

# OUR RETREAT MASTER PLANT

## BOBINSANA

### THE HEALER OF THE HEART

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Bobinsana is not just a plant—it's a gentle, powerful heart teacher. She helps us understand our emotions and teaches us how to love without fear.

Bobinsana teaches us about unconditional love, forgiveness, compassion and speaking out our truth. It helps to unlock the throat chakra and promotes communication from the heart.



## GOALS FOR THIS RETREAT

- To detox , reconnect and heal your body
- Learn how to spend time with yourself and listen to your needs
- Declutter, cleanse and relax your mind by disconnecting from external input
- Complete social media and phone detox
- For your body to start promoting cellular renewal. This process is triggered during periods of fasting, especially after 12-24 hours without food, depending on the individual and the type of fast.



## HOW IS THIS ACHIEVED?

### ***Connection with Nature and Healing Properties***

You will get to connect deeply with the natural world and understand the unique healing properties of various master plants, which enhance your appreciation for plant medicine as a pathway to holistic wellness. After all, we are not separate from nature. We ARE nature.

### ***Deep Emotional and Spiritual Healing***

Guided rituals and practices—such as Shamanic ceremonies, Ho'oponopono and yogic movement—support your emotional release, spiritual healing, renewed connection, and personal growth

### ***Mindfulness and Self-Reflection Skills***

You will cultivate mindfulness practices—such as journaling and introspection—that help you observe your thoughts and emotions with greater clarity, deepening your self-awareness.

### ***Holistic Lifestyle Awareness***

In addition to experiencing the benefits of fasting and natural products, you will gain valuable insights into dietary habits and lifestyle choices that support energetic well-being—empowering you to make informed decisions long after the retreat

### ***Integration***

You will be guided on how to integrate their retreat experiences into daily life, ensuring lasting benefits and supporting continued personal growth.



# BENEFITS OF FASTING

## with Bobinsana

Fasting is recommended for several reasons, primarily related to physical health, mental clarity, and spiritual growth.

From a physiological standpoint, fasting allows the body to engage in cellular repair processes, supports detoxification, and may improve metabolic health by regulating insulin levels. During fasting, the digestive system gets a break, enabling the body to redirect energy and toward healing and regeneration.

In addition, fasting often leads to enhanced mental clarity and focus. By minimizing distractions related to food, individuals commonly experience heightened awareness and creativity, fostering deeper introspection and personal insight. This reflective state can be especially valuable during spiritual practices, as it encourages a stronger connection with one's inner self.



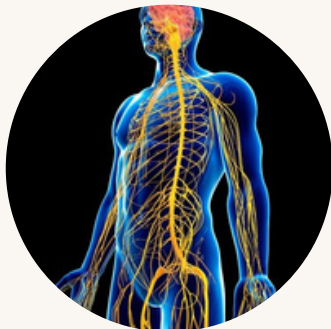
# BENEFITS OF FASTING

## with Bobinsana

Furthermore, fasting cultivates discipline and resilience – qualities that empower individuals to face emotional challenges and nurture mindfulness. Overall, fasting serves as a powerful tool for holistic well-being, supporting both body and mind on the journey toward healing and self-discovery.

Fasting with Bobinsana will enhance the healing energy properties of this Master Plant and help us to clean and clear negative emotions, sadness, pain, grief and access to love.

***If you feel you won't have the capacity to fully fast it is possible to have one meal a day consisting of rice and lentils without salt.***



## RECOMMENDATIONS

It is recommended to avoid sexual contact a few days before and after a dieta. Sex, especially at the moment of orgasm, involves the release of energy. Additionally, physical contact with another person leads to an exchange of energies. During this time, it's important to clear our own energy from any external influences so we can better understand what truly belongs to us and what does not.

We also recommend refraining from drinking coffee starting three days before the retreat, as this can help you avoid potential withdrawal headaches. To ease the transition, you might consider switching to caffeine-free coffee a few days before beginning your three-day preparation period.

Most MASTER PLANTS are generally safe to use; however, KAMBO is not recommended for individuals with high or low blood pressure, heart conditions, or liver problems, pregnant women, and when breastfeeding.

# PROGRAM

04 DAYS BOBINSANA DIETA

## ***Before the retreat***

01 Private talk with our shaman Naysha Silva

01 GROUP CALL INTEGRATION SESSION

### **DAY 1**

Arrival between 16-18 pm  
Informative circle  
Meditation

### **DAY 02**

Kundalini Morning Practice  
Kambo ceremony  
Bobinsana and Guided Meditation  
Workshop - The power of your word  
Flower bath  
Time with ourselves  
Sharing circle  
Bobinsana, Shamanic Healing and Meditation  
Mantra singing circle  
\*We sleep with a small notebook to write down our dreams

### **DAY 03**

Kundalini Morning Practice  
Bobinsana and Guided meditation  
Sharing circle  
The power of your emotions - workshop  
We journal our thoughts and emotions.  
Flower bath  
Time with ourselves  
Bobinsana, Shamanic Healing and Meditation  
Mantra singing circle  
\*We sleep with a small notebook to write down our dreams

# PROGRAM

## **DAY 04**

Kundalini Morning Practice  
Bobinsana and Guided Meditation  
Sharing circle  
Workshop - The power of your emotions  
We journal our thoughts and emotions.  
Flower bath  
Time with ourselves  
Bobinsana and Shamanic Healing  
Bonfire with Release & Rise ceremony with Mantra  
Singing

## **DAY 05**

Kundalini Morning Practice  
Breaking of the fast - We have brunch together  
Sharing circle

## ***Added valuable and supportive services for this retreat***

Energy Alignment with Hanne  
Intuitive Massages with Ludvig or Sandra  
Personalized Astrology Readings of your Natal chart with  
Sandra

# KAMBO

## *Kambo ceremony*

With help of Kambo we will detox our bodies but as well open emotional blockages , relieve stuck emotions and feel vulnerable

Kambo is a traditional Amazonian ritual that utilizes the secretion of the *Phyllomedusa bicolor* frog. Participants often report several potential benefits, including:

- Enhanced mental clarity
  - Increased energy
  - Emotional release
- Detoxification of the body
  - Boosted immune system
- Alleviation of anxiety and depression
- Promotion of physical healing and overall well-being by stimulating the lymphatic system

However, it's essential to approach Kambo with caution and under professional guidance to ensure safety and effectiveness.

Contraindications : you can't joint if you have blood pressure problems , heart , liver and kidneys problems. Pregnancy. During Breastfeeding.



# UPCOMING RETREATS

***August***  
***20-24***  
***2025***

Price all-inclusive

Shared room 6900 SEK + VAT  
(25%)

Single room 8100 SEK + VAT  
(25%)

# OUR SHAMAN



The retreat will be led by Curandera Naysha Silva from the Peruvian Amazon and her team from **TAITA INTI ORGANIZATION** in collaboration with Björnbacka.

Naysha is an internationally respected Curandera from the Peruvian Amazon, born in Tarapoto. As a Curandera—a traditional female healer—Naysha carries deep ancestral knowledge of Amazonian plant medicine, shamanic traditions, and spiritual guidance. Her work draws upon the healing power of medicinal plants, sacred ceremonies, intuitive insight, and music. She specializes in Ayahuasca ceremonies and has helped people across the world connect with and integrate their experiences with plant medicine in a grounded, meaningful way.

Beyond her spiritual path, Naysha is also a trained lawyer, a devoted mother, and a writer. Since 2014, she has traveled extensively throughout Europe with her organization Taita International, sharing her healing work through ceremonies, teachings, and heartfelt writings. Her voice—both spoken and written—reflects a deep commitment to sharing knowledge, compassion, and authenticity. Through blog posts, articles, and personal reflections, she offers her own life experiences and the teachings passed down to her, believing that wisdom grows stronger when it is shared.

Naysha has dedicated her life to supporting others on their path of healing and self-discovery. Her offerings include oracle readings, spiritual guidance, and a wide range of shamanic practices rooted in the ancient traditions of her homeland. With humility and heart, she continues to hold space for those seeking to reconnect with themselves, the Earth, and the unseen world of spirit.





Taita International Team

## ***Sandra Andreis***

Sandra is an astrologer as well as a dedicated actress, singer, writer and mother who has lived and worked in Sweden and internationally for the past 25 years. Her journey has been shaped by a deep personal healing process, beginning with being born with a physical condition and growing up under the weight of strict religious dogma. Through her experiences, Sandra came to understand that spiritual practice is not tied to religion, but rather a personal connection that fosters authenticity, inner peace, and a meaningful life.

While living for many years in both New York and Los Angeles, Sandra immersed herself in various embodiment practices and yoga traditions, learning from some of the world's most respected teachers. Among these, Kundalini yoga and meditation have become her most essential tools—supporting her creativity, helping her stay grounded, and aiding her in healing from emotional wounds and burnout.

After exploring a wide range of ceremonial practices and mystical spiritual traditions, Sandra developed a daily practice that reflects her personal path. She now shares her voice and intuitive gifts in service of healing, regularly offering ceremonies, workshops, and guided sound meditations both in Stockholm and online.

Sandra is also a new team member of Taita International, where she supports retreats and offers natal birth chart readings—either as preparation for the experience or as part of post-retreat integration. Sandra's passion lies in creating soul-nourishing spaces where others can reconnect with their unique essence, innate life force, and the magic of life itself.



TAITA INTI  
*Because change begins inside*



BJÖRNBACKA  
RETREATCENTER