

HUNI KUIN & SHANENAWA EXPEDITION ENVIRA RIVER

25-day expedition on the Envira River

**We will visit 5 communities of the Huni Kuin and Shanenawa tribes
Amazon rainforest, Katukina-Kashinawa indigenous territory, Acre, Brazil**

5 - 30 AUGUST 2023

It is a pleasure to invite you on this initiation journey to the heart of the Amazon to receive the rituals and sacred medicines of the Huni Kuin and Shanenawá tribes.

The goal of the expedition is to strengthen indigenous cultures and support the projects in these communities. Each community will receive us for 3 days performing spiritual healing work with medicines from the jungle, such as medicine baths with their healing plants and traditional incense, Nixi Pae and Uni (Ayahuasca), Rapé, Kambô and Sananga ceremonies. They will share with us the life that their ancestors have transmitted to them, sharing with us their traditional dances and music, sacred body paintings, crafts and traditional foods.

A unique opportunity for coexistence and deep healing, an adventure to harmonize body, mind and spirit, deepen our healing, raise our consciousness and open our hearts to joy and life.

All the resources collected will go towards logistics, structure, accommodation, travel, food and projects in the villages.

Welcome!



HUNI KUIN AND SHANENAWÁ TRIBES

We will visit the villages of Mêa Nia Ibu Isaka (aldeia são Francisco), Paroá central, Formoso, Nova vida and Belo Monte.

Huni Kuin means “true people”, its original language belongs to the Pano linguistic family and is called Hãtxa Kuin, which means “true language”.

Shanenawá means "people of the blue bird" and their native language also belongs to the Pano language family.

They live on indigenous lands on the Purus River and on various tributaries of the Juruá River, such as the Envira, Umaitá, Muru Tarauacá, Breu and Jordão rivers. They have a very old culture and have preserved their traditions despite difficulties to this day. They are very grateful to be able to share their teachings and medicines with all of humanity.

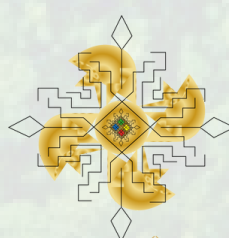
The villages have electricity by generator or solar panels, ecological toilets and they bathe in buckets of water or in the river. Accommodation will be in hammocks brought by each person and hung inside simple wooden houses. Daily meals will include traditional foods planted as well as fished or hunted from the surrounding area of the town, along with other traditional dishes from each community.

ISAKA RUY

Young spiritual leader of his town. His grandfather Isaka Inu Bakê was a leader who helped demarcate the Katukina-Kashinawa indigenous territory. Isaka stands out for his work and determination, always seeking to improve the quality of life of his community and opening the doors of his culture and teachings of the original peoples of the Amazon region to humanity.

As Pajé, he guides ceremonies with ancestral medicines and performs spiritual cures on people who come to his village and his Isaka Inu Bakê healing center, created in honor of his grandfather.

Isaka will be our host and guide on this expedition, receiving us, welcoming us and opening the doors to other communities.



TRADITIONAL MEDICINES

Nixi Pae and Uni (Ayahuasca)

Sacred drinks that the Huni Kuin people and Shanenawá have been using since immemorial time. They bring us a deep work of healing the soul, the mind and the body. They are taken in a sacred ritual with prayers and songs that guide and bring healing.



Rume Rushke (Rapé)

The Rume Rushke or Rapé, is one of the main medicines. It gives security, balances the mind and has a profound healing capacity. It is a powerful medicine if used with wisdom and respect. With the Huni Kuin and Shanenawa we will know this medicine deeply and we will receive rituals of healing.

Kambo

Kambô is a medicine that is obtained from a frog called *Phyllomedusa bicolor* and has a very strong healing power on many levels. It is a strong purifier, stimulates the immune system, elevates the spirit and physical energy. Its application is preceded by the ingestion of two or three liters of water and followed by a few days of diet, avoiding sweets, red meat and sexual relations.

Shanetsamati (Sananga)

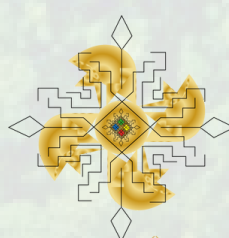
It is a medicine made from the root bark of a plant called *Tabernaemontana sananho*. It can help cure eye diseases, improve eyesight, and open inner vision. It allows you to see patterns of the subconscious mind, helps to deactivate mental or emotional loops, relieves headaches, and brings deep calm and mental clarity.

Baths of medicin plants and herbs

Herbal baths are one of the practices of the Huni Kuin and Shanenawa tribes with a profound healing effect, a way to connect and align energetically. Various herbs and plants such as Katsaraû, Nisuraû or Pishurî are collected, boiled, prayed for and a purification and cleansing ritual is performed, receiving the vibration, healing and teaching of the plants.

Urucum and Jenipappo

These plants are used to paint the body through sacred geometries called Kené. This painting provides protection and strength from different animals and elements. It is a way of introducing ourselves to the spirit world, as well as a way of gaining physical and spiritual protection.



PROGRAM

August 5 > Meeting in Rio Branco.

August 5 - 8 > Central Paroá Village, Huni Kuin Village

It is the first village on the indigenous lands, where the Huni Kuin people first settled and where the first Huni Kuin leader lived.

August 9 - 11 > Belo Monte Village, Huni Kuin Village

A village where the teachings will come from the hands of the elders through the medicine of the Nixi Pae.

August 13 - 15 > Nova Vida Village, Shanenawa Village

The Nova Vida village strengthens the culture of the Shanenawa people with their songs and prayers, as well as the use of sacred medicines.

August 17 - 20 > São Francisco village, Huni Kuin village

Also known as Mêa Nia Ibu Isaka. Its leader Isaka Ruy is the promoter of this expedition, spiritual leader, cacique and teacher in the village.

August 22 - 23 > Climb up the Envira River

The journey to the last village usually takes about 5 days, but we will do it in 2 days, camping on the banks of the Envira river and fishing in the river. We will spend a night of songs with the medicine of rapé. An adventure until reaching the Formoso village.

August 25 - 27 > Formoso Village

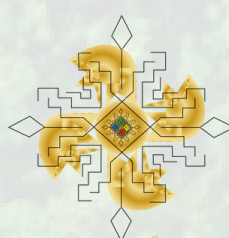
Last village we will visit and also last Huni Kuin village on the Envira river. A village that preserves the ancient culture of the Huni Kuin people through the use of sacred medicines.

August 29 > Return to the village of São Francisco

August 30 > Return to Feijó and departure to Tarauacá.

We suggest arriving in Rio Branco a day or two before to shop in the local markets for items such as hammocks, rain boots, mosquito nets, etc. In any case, arrive before the night of August 5.

We are waiting to receive the detailed program of each community that we will share as soon as we have it.



PRACTICAL INFORMATION

The jungle has a tropical climate, which means that it is hot and humid, so things get moldy unless they're packed inside waterproof bags. We recommend buying smaller waterproof bags to store things inside your suitcase or backpack. We will sleep in hammocks covered by mosquito nets. We recommend that you bring your own or buy one before arriving in the village.

The last place to get money is Feijó. If you want to buy rapé or handicrafts in the jungle, remember to bring cash.

Flights within Brazil are usually operated by the LATAM company (www.latam.com). Tickets are usually expensive, so we recommend buying them as soon as possible.



HEALTH AND PERSONAL PREPARATION

Vaccines - Yellow fever is highly recommended, Hepatitis A and typhoid fever are also recommended.

International personal health insurance.

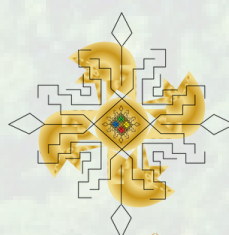
Simple first aid kit: cleaning wounds, fever, headache, diarrhea, bites.

Proof of complete vaccination or negative PCR test is required, carried out in the 24 hours prior to the trip.

You can find more information about it at the following link:

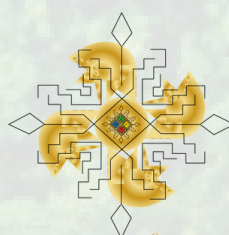
<https://www.gov.br/mre/pt-br/embaixada->

[lima/espanol/sectorconsular/viaje-a-brasil/requisitos-para-ingresar-a-brasil](https://www.gov.br/mre/pt-br/embaixada-lima/espanol/sectorconsular/viaje-a-brasil/requisitos-para-ingresar-a-brasil)



WHAT TO BRING

- Long sleeve t-shirts. Long pants. Lots of thin layers that can dry easily.
- Warm clothing.
- Canteen, mineral drinking water, or, better, water filters.
- Mosquito repellent.
- Sleeping bag .
- Towel.
- Hammock and mosquito net for the hammock.
- Raincoat/poncho.
- Rain boots.
- Yoga mat or some thin mat to sit on the floor.
- Candles, headlamp or other lantern.
- Natural soap (for body and clothes).
- Small mirror.
- Razor.
- Rope and twine (to hang the hammock and clothes).
- Musical instruments.
- Notebook and pencils.
- Rechargeable batteries.
- Sewing equipment for making small repairs on clothes, etc.
- Sun protection if necessary.
- Copy of passport.
- International health insurance.
- Cash.



INVESTMENT

€2,400 // 13,000BRL

It includes the costs of the trip from Rio Branco to the Huni Kuin village, all the boat trip through Alto Envira and stay in the 5 communities, including lodging, all food and medicine (kambô, sananga, snuff and ceremonies with Nixi Pae and Uni), as well as all other activities of the villages.

This price does not include transportation to Rio Branco, nor transportation of return from Feijó where the boat will leave you after the experience. Of course, we will support the organization of the transport back to Rio Branco, but we will not accompany the trip itself, since we will continue towards Tarauacá to reach the Yawarani village.

Please note that this invitation is for a very limited group of max. 20 participants! This is a unique opportunity to spend time in the jungle celebrating life with our brothers Huni Kuin and Shanenawá!

REGISTRATION

If you wish to join us on this journey, you can do so through our website ariamraban.com or by calling +34 613567134.

To confirm the reservation it is necessary to make a deposit of €300/1,600BRL. The rest of the participation fee will be paid in cash (BRL – Brazilian Real) at the inaugural meeting in Rio Branco. We recommend bringing Brazilian reais from your home country, as exchanging in Rio Branco can be challenging.

Haux haux!

