

A FOUR-NIGHT IMMERSION

To just Be

CLAIRE & POLY

CURATED BY XIMENA ROMERO

HARAMARA / SAYULITA, NAYARIT / 17-21 SEPTEMBER 2026

To just Be

Through the sacred way of plant medicine and a space held with love, clarity, and empathy, we invite you to a profound encounter with yourself, where you can cultivate greater coherence in your life and live more fully.

To just Be may seem easy, yet it invites us into a deep observation of our beliefs, allowing us to exercise our freedom and make conscious choices. With more than 20 years of experience, we offer a safe space to explore ourselves with acceptance and kindness.

*Love,
Claire & Poly*

THE INVITATION

A deep pause, and a return.

This retreat is for those who **feel the call to pause** deeply, to come back to the body, to listen to the voice of the heart, and to **reconnect** with what truly matters.

At the center of these days are **two ceremonies** with **sacred plant medicine**, held with devotion and many years of experience. Around them we share yoga, meditation, temazcal, time in nature, community, and real rest.

This is an invitation to unwind and recharge to return to your day to day life, with greater **clarity, presence, and purpose**.

These days unfold on the threshold of the September equinox, the year's point of **balance**, a fitting time for a **return to the heart**.

To find a way back home, to your life.



THE PLACE

Haramara, Sayulita

Haramara, “**Mother Sea,**” rests on twelve private acres of **jungle above the Pacific**, a short way from the town of Sayulita. Each cabana is hand-built from natural materials, open to the air and lit by candlelight, with ocean and jungle-canopy views, an outdoor shower, and the surf sounding below.

A saltwater infinity pool, a spa above the private beach, two open-air yoga shalas beneath high thatched roofs, and meals served in a palapa over the ocean give the place its character. **Paths are walked barefoot**, lit by candle at night. Rustic and refined at once, it holds natural simplicity and real comfort in the same breath.

OCEAN-VIEW CABANAS · PRIVATE BEACH & SPA · SALT WATER INFINITY POOL
TWO YOGA SHALAS · ORGANIC KITCHEN ·



THE MEDICINE

A sacred encounter

Working with Ayahuasca is offered here as a sacred encounter with **a master** plant that the cultures of The Amazon and The Andes have **been in relationship with** for more than two thousand years. As an entheogen, it opens a wider fields of perception, room for **new visions** of reality beyond the ones **we have learned**. From that **space** an opportunity for a clearer relationship with ourselves, **with eachother and with life itself** can begin

The sacred, as we understand it, is a space set apart, met with attention and devotion. It belongs to no single religion. We walk in the lineage of our teacher Diego Palma and the Sacred Valley Tribe, drawing on the Shipibo-Conibo tradition and open to other **spiritual paths**, with respect and the permission of the Guardians of the Tradition. We do not hold the role of shamans or curanderos. We are facilitators: we prepare the ground, hold a careful space, and accompany the ceremonies with presence, silence, and music, walking beside each person, and the group, through their own encounter with the Medicine.

Ayllumasicunapaq

WE ARE ALL FAMILY



THE CONTAINER

What the days hold

A held, intentional space, with room to rest.

- Two ayahuasca ceremonies
- Two group integrations
- Temazcal (sweat lodge)
- Meditation & breathwork
- Yoga & movement
- Interactive talk & rapé circle
- Beach walks & sunset gazing
- Campfire & singing circle
- Rest, journaling & ocean time
- Organic meals & smoothies
- A preparation call before arrival
- Post-retreat online integration



Five days, four nights

17-21 September 2026

17 SEP · THU

Arrival & Opening

A welcome circle to set intentions and draw the maps that will guide us through the retreat. First ceremony at nightfall.

18 SEP · FRI

Settling In

A gentle day to land fully and let the body rest: yoga, beach and nature time, sunset meditation, integration circle, and time in community.

19 SEP · SAT

Deepening

Quiet and preparation before the second ceremony: sunrise walking meditation, movement, silence, contemplation practices, a group preparation circle. The second ceremony at night.

20 SEP · SUN

Temazcal & Celebration

Grounding and integration: temazcal, visioning and journaling, a gratitude gathering, and a celebration dinner.

21 SEP · MON

Closing & Departure

A final morning practice, breakfast, and a closing circle that welcomes the September equinox and carries the work home.

Claire & Poly

Who carry the ceremonies



Claire Ludwig

CEREMONY LEAD FACILITATOR · MUSIC · SINGING CIRCLE ·
CONTEMPLATION & MOVEMENT GUIDE

Claire is of French origin, born in Canada, grew up in Gabon (Africa), and has resided in Mexico for 35 years, with many seasons also spent in Peru, especially in the Sacred Valley of the Incas.

She has **worked with traditional medicine for over 20 years**, following the path laid out by our teacher Diego Palma (RIP), who designed this format of ceremonies to include and **integrate different philosophical and spiritual currents** into the path of traditional medicine.

Musician, mother, partner, and free spirit.

She has recorded two albums, released on various platforms, in addition to several collaborations with other artists.

She holds and guides the ceremonial space with **love and presence, kindness, joy and simplicity**. Channeling music from a vast background and honoring it with a deep gentle voice that reaches deep into the heart.



Poly

CEREMONY FACILITATION · MUSIC · INTEGRATION

From Argentina, he settled in Tulum eighteen years ago and has organized and **held ceremony alongside with Claire for fourteen**. A father, musician, and **transpersonal therapist**, he accompanies the preparation, the ceremony, and the integration that follows.

TOGETHER

In the lineage of their teacher **Diego Palma and the Sacred Valley Tribe**, adding their own approach and visions, Claire and Poly have held Medicine Circles together for more than thirteen years in the Mayan jungle of Tulum and other places in the world. **Co creating a safe and accesible space** where more than thousand people have had the opportunity to have a personal encounter with Mother Ayahuasca and all the gifts that the Medicine carries.

CURATING THE EXPERIENCE



Ximena Romero

PRODUCTION & COORDINATION · HOST & COMMUNITY WEAVER

For more than fifteen years, Ximena has worked across culture, music, wellness, and **community**, holding space for **meaningful retreats** and weaving the details that make them possible.



THE INVESTMENT

Ocean View Bungalow

All-inclusive, from arrival to departure.

SINGLE OCCUPANCY

\$4,700 USD

DOUBLE OCCUPANCY

\$3,800 USD
PER PERSON

Included: Accommodation, all meals and smoothies, the full integration program, and all medicines: the ayahuasca ceremonies and the temazcal.

RESERVING YOUR PLACE

Spaces are intentionally limited. A deposit holds your place, with full details shared on request. To reserve, write to:

Ximena Romero

+52 55 5415 5822

The practical details

Getting there

Fly into Puerto Vallarta International Airport (PVR). Plan to arrive between 1 and 5pm, and to depart before 4pm. Haramara is a 50-minute drive from the airport. Check-in from 2pm; check-out before noon.

What to bring

A flash light. A refillable water bottle. Comfortable clothes for ceremony and rest. Organic body care and organic mosquito repellent. Please arrive free of strong artificial fragrances.

Preparation

Personal preparation and medical conditions are a very important and integrative part of the experience.

Once you approach our team to sign in, we will provide detailed information regarding your personal preparation before arrival. We will inquire personally and with confidentiality about health situations if there are any.

Guiding your preparation process according and fit to each participant is part of our commitment.

*The medicine reaches the people it is meant to reach.
If something here resonates with you today, that is
reason enough to listen.*

TO HOLD YOUR PLACE OR ASK ANYTHING

Ximena Romero
+52 55 5415 5822

TO JUST BE · HARAMARA 2026