Experiential Workshop

Amazonian Medicinal Plants: A Dialogue Between Traditional Wisdom & Modern Science

By Nadine Purdy

Introduction

This workshop is designed to demonstrate our unique approach. It serves as a structured bridge between the Amazonian worldview and scientific evidence.

Target Audience

Foreign participants interested in natural medicine, ethnobotany, wellness, and Amazonian culture.

Methodology

We use sensory learning, along with direct comparison between traditional use and scientific evidence, cultural storytelling, micro-practices, and a final space for critical reflection.

"We come here to understand."

Daily Schedule Overview

10/3 Arrive to Iquitos

10/4 Plant Medicine Class

10/5 Elizabeth’s plant factory & Belen market

10/6 - 10/8 Harvest Kambo

10/8 Iquitos, rest / explore

10/8 Animal sanctuary, butterfly garden late afternoon

10/9 Lima, 9:10am flight

Stay in Miraflores and shop artisan market

10/11 Leave

Program

Welcome & Introduction

Introduction of the facilitator, program overview, and contextualization.

Block I: Emblematic Plants

Study of plants such as Cat’s Claw, Dragon’s Blood, Ayahuasca, Chacruna, Achiote, and others.

Block II: Practical Experience

Hands-on preparation of infusions or macerations and discussion on traditional vs. modern method.

Program cont...

Block III: Spiritual Dimensions

Concepts such as the ‘spirit of the plant’, master plants vs medicinal plants, and ritual vs. therapeutic use.

Block IV: Science, Market & Myths

Topics include commercialization, supplements, and how to read product labels. Includes product analysis activity.

Closing & Reflection

Reflection questions, certificate delivery, and digital dossier.

Kambo

Ethical Harvesting

- Meet the frog and harvest your own Kambo.
- Experience fresh Kambo from a native Matses.

Miraflores Indian Market

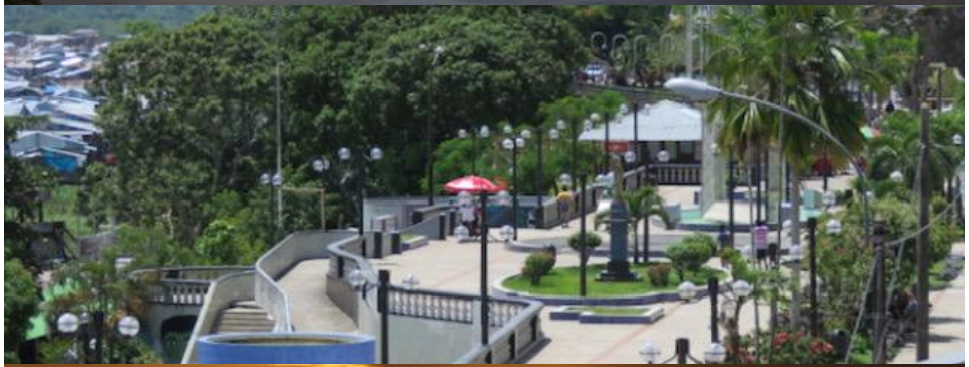
What To Bring

- Long pants / leggings
- Long sleeve shirt
- Insect repellent
- Rubber boots - can be bought there
- Flashlight / head lamp

I will supply gift bag which includes a journal, pen, water bottle and canvas bag

Accommodations

- We will pick people up in Iquitos. The plane fare back to Lima will be included.
- Transportation to and from Iquitos airport.
- Transport from Lima airport to Airbnb and transportation to Indian market.
- We will provide the rooms in Iquitos at blvd 51.



Accommodations cont..

- Airbnb we rent will depend on how many people.
- We will stay in Miraflores, the best area in Lima, in a high-end accommodation.
- Some days food is included ie. plant class day and 2 days in jungle.

Remember Who You Are.