

EXPERIENTIAL WORKSHOP

Amazonian Medicinal Plants: Dialogue Between Traditional Wisdom and Modern Science

Duration: 1 day

Target Audience: Foreigners interested in natural medicine, ethnobotany, wellness, and Amazonian culture. No prior training required—only a sincere interest.

Introduction

This workshop is designed as a bridge between Amazonian worldview and scientific evidence. Participants will not only learn about plants but understand, perceive, and value them.

Methodology

Sensory learning (seeing, smelling, touching, hearing, tasting), direct comparison between traditional use and science, cultural storytelling, practical exercises, and critical reflection.

Materials Provided

- 1 Pen
- 2 Basic digital dossier
- 3 Certificate of participation
- 4 Materials for tincture and maceration preparation

PROGRAM

Welcome & Introduction (8:30 – 9:30 AM)

Presentation of mentor and participants, overview of the day.

Block I: Emblematic Plants (9:30 – 11:00 AM)

Amazon as a natural pharmacy, traditional vs scientific medicine, sensory activity with plants.

Break (11:00 – 11:20 AM)

Amazonian drinks and infusions.

Block II: Practical Experience (11:20 AM – 1:00 PM)

Preparation of infusions or macerations. Key idea: Not everything natural is harmless.

Lunch (1:00 – 2:00 PM)

Amazonian foods and nutrition.

Block III: Spiritual Dimension (2:00 – 3:30 PM)

Concepts of master plants, ritual vs therapeutic use.

Block IV: Science, Market & Myths (3:30 – 4:30 PM)

Supplements, commercialization, label reading, product analysis.

Closing & Reflection (4:30 – 5:30 PM)

Reflection and certificate delivery.

LOGISTICS & BUDGET

Option 1: 398.50 soles per person (public transport, meals, venue, mentor).

Option 2: 400 soles per person (private transport, meals, venue, mentor).

Important: Confirm attendance at least one month in advance.