

## **Day 1 - Friday**

### **Arrive around 3:30 pm**

Help unload the car, some in the house, some in the downstairs room

### **Downstairs room**

Take out the mattresses and chairs for setting up

Place the cloth on the door behind the shaman

Remove the bottle with tea bags

Remove Shiva, leave Ganesh

### **Set up the shop**

Set up chairs near the entrance for those who want to be inside

Welcome participants, give out forms to fill out

### **Prepare for the purge around 7 pm:**

fill the hot water bottles.

Place buckets and pitchers for each person

After the purge: wash and put away the pitchers

Gather the bottles, empty the ones that contain water

## **Day 2 - Saturday**

### **Open the house at 9 am.**

Prepare lavender tea. Explain that this is the tea to drink, and that it will be used during the ceremonies.

### **Help serve lunch at 12:00 PM**

Help clean up after lunch

### **5:30 PM, tidy the room:**

Remove everything, put hydrosol on the floor, not too much, spread it with a mop or blanket

Set up chairs, cloths

Burn Palo Santo

### **6:30 PM,**

nasal tobacco wash followed by a meeting about the ayahuasca ceremony

Help the shaman bring the bags back

### **Be ready in the room by 7:45 PM (coordinate with Géraldine)**

End of ceremony: help the shaman carry the bags.

Do not occupy the bathroom for too long.

## **Day 3: Sunday**

### **Breakfast 8:30 AM: lavender tea in thermoses, oats, put out fruit, bread**

### **Sharing session 9:00 AM.**

Be downstairs on time! And warn people so they can come down. Take Aya's cups to wash them

**Lunch 1 p.m., help serve**

**Clean the dining room at 5:30 p.m. (see Day 2 for details)**

**Before bed, take the onion salad out of the fridge**

**Day 4, Monday**

**Breakfast 8:30 a.m.: lavender tea in the thermos, bread, onion salad**

**Sharing session 9 a.m.**

**End of debriefing, tidy the dining room**

**Load the car**

**Tidy the kitchen, take the trash to the large bin outside**

**Tidy the storeroom**