



Ceremony Preparation

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Location: 216 North Rose street, Burbank, Ca, 91505

Thank you for your interest in working with this sacred medicine from the Amazon Jungle. This sheet is designed to prepare you physically, mentally, energetically and spiritually for your upcoming ceremony. Before working with Kambo it is important that you are fully aware of the risks and contraindications of this powerful neurotoxin. Kambo can be intense and we like to ease you into the experience. It is non-psychoactive, meaning there is no psychedelic qualities yet it's a full body, visceral experience often culminating with a relieving purge.

It is not recommended to work with Kambo if you have or are experiencing any of the following:

- Very low blood pressure or when on medication for low blood pressure
- General heart problems or a stroke, on heart medication
- Brain hemorrhage history
- Aneurysms or blood clots
- Addison's Disease
- Esophageal varices
- Pancreatitis
- Taking immuno suppressants for organ transplant
- Recovering from a major surgical procedure
- Undergoing chemotherapy or radiotherapy
- Pregnancy and breastfeeding

It is mandatory that you disclose any and all medical conditions with your practitioner including past or current drug and alcohol use and pharmaceuticals. We require that you are off all drugs and medications for a minimum of 3 days and are through the withdrawal stage. If you have a history of drug addiction or heavy pharmaceutical use it is ok to work

with Kambo but you must understand that this medicine can move a lot within the body and it's possible to have "withdrawal like symptoms" as you go through your session. This is the medicine helping to cleanse your body.

Before you Arrive:

Intention

Before sitting with this medicine it is important to get clear with your intention as well as prepare yourself physically and mentally. Intentions can range from healing physical ailments, to letting go of past trauma or clearing spiritual/emotional blocks along your journey.

Diet

We strongly recommend that at least 3-5 days and up to a week before the ceremony to start a healthy diet free of processed foods, refined sugars, gluten-foods, non-organic corn, fried foods, fast food, overly spicy foods, caffeine, factory farmed meats specifically beef and pork and any non-organic meat and dairy. Try to avoid alcohol and recreational drugs at least 72 hours prior to treatment. Medicinal cannabis is an exemption.

Foods we recommend eating (organic if possible)

Vegetables dishes, salads with simple dressing, quinoa, wild rice, yams, potatoes, wild caught fish, organic chicken and eggs, fresh green juices, hearty soups, raw nuts and nut butter, gluten-free organic bread, as many fresh veggies as you would like, fruits (limit your intake to 1-2 pieces daily as they are high in sugar).

Unlike other plant medicine ceremonies that require a specific diet, Kambo does not. However, the cleaner you come into the ceremony the more you will benefit. We encourage you to take this time to become conscientious of your diet and use it as a jumpstart to eating cleaner and healthier. Food is our medicine and can be healing or it can be toxic and make you sick. With that being said if you slip up a little bit here or there it's ok, don't be hard on yourself, we just ask that you do your best.

Physical Exercise and Movement:

We recommend taking up a light yoga or movement practice as well as breathing exercises the week before. Coming to our Yoga Galactica classes pre and post treatment is highly recommended. Please take 3-5 minutes out of your day to find a quiet place to close your eyes and focus on your breath and intention. The morning of the session before we apply the medicine we may lead 10-15 minutes of light breathwork and movement to get your body, mind and spirit ready.

Avoid drinking too much water before ceremony as this will make you have to go to the bathroom often. The water you bring you will drink just before the ceremony starts and we will prompt you.

What to bring:

- 1 gallon of purified room temp water
- A wide mouthed water bottle or jar to easily consume water
- Wear comfortable and loose clothing, layers, and preferably sleeveless top for easy application of Kambo
- Payment balance --we accept cash, Paypal: yogagalactica@gmail.com, Venmo:@yogagalactica

Optional

You may bring the following: Blanket and pillow (we have some but you may like yours better), journal, gems and crystals, post Kambo healthy snacks (we serve delicious vegetarian soup), Oracle cards, any other ceremonial tools you make like.

It is with great honor and humility that we serve this powerful medicine! We look forward to working with YOU and witnessing your healing! Thank you for doing this work and opening up to the healthiest version of YOU that there is!

With love,

Siri & Kamala