



COLOMBIA

EXPANSION in Kogiland

Dec 13th - 21st
2023

OVERVIEW

Destination: Colombia

Theme: EXPANSION RETREAT Kogiland Colombia

Dates: December 13-21, 2023

Participants: 12

Investment: \$4,500 (\$4,800 after September 1, 2023)

ITINERARY

December 13th - Arriving to Barranquilla or Santa Marta

This is our travel and arrival day. You have the option to arrive by flight to Barranquilla or Santa Marta, depending on the convenience of which international flights you are choosing to arrive in Colombia. Barranquilla is a bigger city with more options and better connections and is only an hour and thirty (1:30) minute ride to Santa Marta, where we will spend our first night. Because travel may be long, on this night we'll stay in a comfortably hotel that will greet us with ease. ***This is a day to gather everybody to start our adventure.***

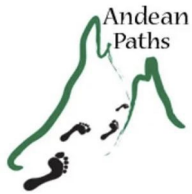
We will provide transportation from Barranquilla to Santa Marta on the 13th.

December 14th - Santa Marta-Tayrona National Park

We'll have breakfast here, rest and prepare our luggage for our 1 hour van ride from Santa Marta to Tayrona National Park, where our hotel in the park, perched above the sea, Ecohabs, is located. This is the only hotel inside the National Park and where we will stay for the next 3 nights. After arriving and exploring a bit we'll gather on the beach for a introductions and a workshop

December 15th -Ecohabs - Arrecifes

We will hike through a beautiful trail with dry tropical forest, beaches, and great views. If lucky, we will see the endemic Cotton-Top Tamarin monkey from Sierra Nevada, as well as the more common Howler monkeys, we are likely to encounter throughout the trip. We will find a hidden beach to swim and relax. Lunch will be at the local Arrecifes Restaurant.



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After lunch we will visit Arrecifes Kogi community, where we'll meet a very old and famous Kogi Mamo. He and his family share stories and his message for us, the Younger Siblings.

Then we will go by horseback (or foot for those who prefer) to the parking area where our van will be waiting to take us back to Kantawa.

At night we will share a drumming ceremony and a sharing circle.

The Sierra Nevada de Santa Marta Natural Park

The Park is Colombia's second oldest national park, established in 1964. It is located in the Cordillera Oriental Range, between the departments of La Guajira, Magdalena, and Cesar, in the mountain range of the Sierra Nevada de Santa Marta. A sanctuary, it offers different climates, terrain, flora and fauna environments, ranging from beaches to snowy mountain peaks.

Forty-four of Colombia's endemic species are found in the park (for example seven species of hummingbirds) as well as 44 endangered species. The area is home to 440 species of birds. Mammals found in the park include tapir, cougar, jaguar, otter, and brocket deer. All the waters that originate in the National Park drain into the Caribbean Sea. Roughly 1.2 million people are dependent upon the freshwater supplied by the Sierra Nevada de Santa Marta Rivers. In 1979 the park was designated a Biosphere Reserve by UNESCO. A 2013 report by the International Union for Conservation of Nature identified the park as one of the most irreplaceable environments in the world, a haven for threatened species.

The Indigenous people of the Sierra Nevada de Santa Marta were never truly conquered by the Spaniards. Descendants of an ancient Tairona civilization, the Kogi, Arhuaco, and Wiwa - who number about 45,000 today - fled death and pestilence centuries ago, seeking refuge in a mountain paradise, whose peaks soar to the glaciers more than 18,000 feet above the Caribbean coast. In the wake of the conquest they developed an utterly new dream of the Earth, a revelation that balanced the brilliant potential of the human mind and spirit with all the forces of nature.

To this day the Kogi, Arhuaco, and Wiwa remain true to their ancient laws and traditions—the moral, ecological, and spiritual dictates of a force they identify as the “Mother”—and are still led and inspired by sacred rituals that they will share with us.

The Kogis we will meet are descendants of the Tairona, who were masterful in gold work and architecture. They adapted to the invasion of their lands in their own way. The Kogi shunned outside invasion by fleeing higher up into the Sierra. Although they have remained averse to visits from traditional tourists, they welcome people like us who come to learn and partner with them in shapeshifting consciousness.



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December 16th - Ecohabs - Kogi community – Ecohabs

We will take 4 x 4 vehicles to climb to a Kogi community, to visit them, see their life style, and learn about the “payments” offering ceremonies as well as their beliefs, and the need to pass the message to the Younger Siblings.

You will have the unique opportunity to learn about the Kogi people, their traditions and their daily ways. We will all come together to show that there are “Younger Siblings” supporting and working with the “Elder Siblings” to improve the human presence on the planet, something that will also contribute to the well-being of the Kogi.

During our stay we will participate in an Aseguranza ceremony in the Older Siblings tradition.

This Aseguranza ceremony will grant each of us a blessing and protection against negative energies or negative events related to our physical and emotional conditions and open us to shapeshifting into positive energies, actions, and events.

To the indigenous people, the Sierra Nevada Mountains are the heart of the world.

The area is surrounded by an invisible “black-line” that encompasses the sacred sites of their ancestors and demarcates their territory. The Elder Siblings believe it is their responsibility to maintain the balance of the universe. When there are hurricanes, droughts, or famines around the world it is said that they are caused by the failure of humans to keep the world in harmony. Balance is achieved by making offerings to the sacred sites, to give back to the earth – to regenerate – that which is taken out of it.

Kogi spiritual leaders are called Mamos. The Mamo is charged with maintaining the natural order of the world through songs, meditation, and ritual offerings. Mamo training begins at a young age and continues for up to 18 years. The young apprentice is taken high into the mountains and taught to meditate on the natural and spirit world. In Western culture, the Mamo could be seen as the priest, shaman, teacher and doctor, all rolled into one.

After a day visiting the Kogi village in preparation for our pilgrimage, we will head back to our hotel, rest dinner.

December 17th - We begin our pilgrimage with the Kogi from-Ecohabs - Guajira – Barros Colorados



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Today we will start our pilgrimage with the Kogis. The intention of the Pilgrimages is to visit several sacred places (altars) that are located in the black line. These are places with a specific attribute or energy, for specific purposes.

For all the Kogi people it is very important, at least once in their life, to visit the sacred places in the black line, and make offerings, connecting their thoughts, needs and wishes. While they are doing this they are moving tiny balls of cotton between their fingers. These small pieces of cotton are rolled into tiny balls only by children who are 4 and 5 years old.

We will drive north following the coast until La Guajira department, where we will start visiting the altars (Rio Rancheria, Camarones, Dibulla), to make our offerings.

At the end of the afternoon we will go back to Santa Marta and stay in a hotel out of town to have a good rest. Our participation in their pilgrimage actually allows them to do this journey which otherwise has become difficult and too costly. Part of the cost of the journey will cover Kogis cost.

December 18th - Day 2 of the pilgrimage

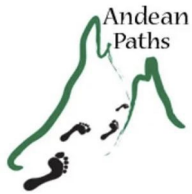
Today we will continue in the morning through the lower lands to Rio Guaira and to the Hot Spring, where we will take a 4 x 4 to start climbing up the Sierra Nevada Mountains approaching Kennedy Peak. We will be in the high part of the Sierra Nevada, where there are several sacred places that we will visit. The views above the clouds, the sunset and sunrises are spectacular. We will spend the night (along with 8 Kogis and our guide) in a very rudimentary and simple camping site with very limited facilities.

Warm clothes are a MUST and be prepared for a camping experience.

We will share a drumming ceremony.

December 19th Day 3 of the pilgrimage

We will spend the morning hiking along a cliff, being with Mother Nature and our Kogi friends making offerings. Then we will return to Santa Marta, where the Kogi will leave us to go back to their homes. We will go to a comfortable hotel with a spa, and a great dinner in Santa Marta to rest and pack. Massages (optional add ons), a pool, and other amenities will welcome us to connect and integrate.



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December 20th – Morning Integration activation and the rest of the day to explore the city of Santa Marta Day

Today is a day of integration, rest, and to prepare for returning back home. At 5:00 pm we will gather to do a closing circle, after a celebration and farewell dinner in a local restaurant.

December 21st – We head home

Transfer to the airport for international connections. For this journey we recommend arriving and departing from **Santa Marta or Barranquilla** (a bigger city, closer to Santa Marta and many more options of flights to USA and Europe). We will provide transportation to Barranquilla if needed. Once your flights are booked we ask you immediately let us know what airports you'll be flying in and out of so we can make arrangements to accommodate your needs.

DETAILS

Cost per person:

\$4,500 (double occupancy). Based in a group of 12 or more

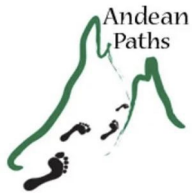
- **\$4,500** One time payment or **initial deposit** of \$1,000 will confirm your space. Second payment of \$1750 is due by **August 1, 2023** and the balance of \$1,750 by **October 8, 2023**.
- Please add \$300 after **September 1st** making the initial deposit \$1,300 and the balance of \$3,500 due October 8th for a total of **\$4,800**.

Single Supplement (one night will not be available): \$760 per person.

Note: Wifi will not be available in the pilgrimage or in the Kogi community. The other hotels have it, but it may be slow and intermittent; thus, it is advisable to let people know that you may be offline for extended periods of time. Hot water also will not be available in one location.

Reservations:

All reservations are subject to availability. For information about how to reserve your space and make your deposit for the journey, please contact Linda Leyerle at lleyerle@aol.com. In Colombia, it is not possible to reserve rooms or park entrance fees without a copy of the traveler's passport. Linda will give you details about how to send a copy to us. Time is of the essence so please respond as soon as possible if you are interested in this journey.



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Cost includes:

Private tour bus, van or 4x4 vehicles for travel during the journey, all meals, hotels, tips for restaurants and hotels, water during meals, transportation from Barranquilla and Santa Marta airports, park entrance fees, local guide and/or spiritual leaders to share history and cultural information. Also included are lodging, meals and reciprocity gift for the Kogi friends, who will be with us in the Pilgrimage. The cost also includes a donation of \$200 per person to the Kogi community.

Cost does NOT include:

Airfare to Cartagena, Colombia and from Santa Marta or Barranquilla, alcoholic beverages, tips for the local guides, personal items, or souvenirs.

This journey is for individuals ready to have an educational/experiential experience. Persons with physical or psychiatric challenges may find this journey too difficult or uncomfortable. *We recommend a visit with your doctor at least 6 weeks in advance of departure. No immunizations are required unless you will be entering Colombia from a country with Yellow Fever – in which case you will need a Yellow Fever immunization and be prepared to show proof. You will be at low elevation throughout the journey.*

No visas are required for most people entering Colombia (US, Canadian, EU, Australia and New Zealand citizens). If you have questions about this, please let Linda know. Your passport must be valid at least 6 months after the date of your return (June 23th, 2024).

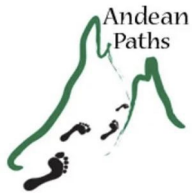
Once you have reserved your space, we will send you more information – packing lists, info about the country, etc. You will be fully prepared for the journey. Also, Linda is always available by email for any questions or concerns – whatever they may be.

Cancellations & Refunds:

Due to availability of space on our journey and the time required to process trip reservations, **funds will not be refundable after September 1st, 2023.** We highly recommend **purchasing travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip.** Travelex or IMG are two respected possibilities.

Responsibilities:

ANDEAN PATHS and INTENTIONAL PARADIGMS reserves the right to accept or reject any person as a participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of our



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participants, and to cancel a journey at any time. In the event a journey is cancelled, ANDEAN PATHS and INTENTIONAL shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither ANDEAN PATHS and/or INTENTIONAL nor their affiliates shall be liable for any damages, loss or expense occasioned by any act or omission by any supplier providing services to any program participant. Reasons that Andean Paths might cancel a program include, but are not limited to, issues around safety due to impassable roads, protests in Colombia, pandemics or similar unforeseen events.

The Tairona

Tairona was the name for a group of chiefdoms in the region of Sierra Nevada de Santa Marta. This culture goes back at least to the 1st century A.D. and had significant demographic growth around the 11th century.

The Tairona people formed one of the two principal linguistic groups of the Chibcha family, the other being the Muisca. Genetic and archaeological evidence shows a relatively dense occupation of the region by at least 200 B.C.

The people cultivated yuca and maize as early as 1200 B.C. However, occupation of the Colombian Caribbean coast by sedentary or semi-sedentary populations has been documented to have occurred as early as 4000 B.C. Before the arrival of the Spanish ships the Tairona flourished along the shores of the Caribbean Sea.

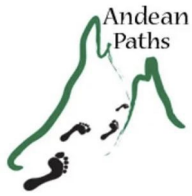
They created irrigated fields and fishing villages, and traded with other villages further inland. Ethno historical data shows that initial contact with the Spanish was tolerated by the Tairona but by 1600 part of the Tairona population had moved to the higher stretches of the Sierra Nevada de Santa Marta. This movement allowed them to evade the worst of the Spanish colonial system during the 17th and 18th centuries.

The indigenous Kogi, Wiwa, Arhuacos and also the Kancuamo people who live in the area today are believed to be direct descendants of the Tairona.

SHIKWAKALA

The Crackling of Mother Earth

Shikwá: There are invisible threads that enshroud the earth and all those connected within that hold and support the Universe and Mother Earth. When there is unbalanced energy on and among the Earth, the Shikwa flow is interrupted which is when the Crackling of Mother Earth happens.



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The Kogi have a ceremonial process of making Pagamentos (payments) in sacred places with the main intention to reestablish this flow of Shikwá

ABOUT STEPHANIE

Stephanie is a coach and advisor to world changers. She's a futurist, attorney, author, and advocate for remembering who we really are so we can do the work we're really here to do. Host of Catalyst Talks Podcast, she's also a keynote speaker and group facilitator, and brings a dynamic style combining 30+ years of off the beaten path experience and an eclectic mix of training and education. She's authored *The Journey of Increase* and is currently writing and speaking on *What Ancient Trees Can Teach Us About Our Future Human Potential*.

Stephanie is a former attorney, was founding member of a corporate responsibility law firm and law school in the 1990's, helped preserve the last remaining ancient stands of unprotected Redwood forests, was a treesitter, grassroots organizer, and learned that trees speak and they cry sap. For decades she's worked on the front lines of environmental justice and human rights with indigenous communities from California, Oregon and Arizona, to the Amazon in Ecuador, Peru and Brazil.

She has authored articles on the Human Right to a Clean Environment, was Chair of the ABA Environmental Justice Committee, inspired and helped form the first trial monitoring committee in the US to thwart judicial corruption, is a board member of Dream Change, worked on Holocaust Reparations initiatives, Indigenous Land Repatriation projects,

Creator of several transformational programs, products and modalities, Stephanie is a trained herbalist, lifelong student of ancient wisdom, initiated shaman in the Q'ero lineage, certified energy medicine practitioner, and loves bridging ancient wisdom with visions of a beautiful future. stephanietrager.com

ABOUT DANIEL KOUPERMANN

"Traveling is like falling in love, the world is made new again." Jan Myndal

Daniel Koupermann, owner of Andean Paths, is one of the first developers of ecotourism in Ecuador. The designer and builder of Kapawi Eco-Lodge (www.kapawi.com) in the Ecuadorian Amazon Basin, Daniel has over 30 years of experience with the Achuar people of that region. He has developed strong relationships with many of the leaders and the



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powerful shamans in the territory. In addition, he has been involved with yacht operations in the Galapagos Islands, the development of a community-based tourism program on Isabela Island and the implementation of a condor-viewing program in Cajas National Park. He is the former president of Fundacion Pachamama, the Ecuadorian arm of The Pachamama Alliance in the United States, (www.pachamama.org) a well-known non-profit organization which works with the indigenous groups in the Amazonian Region of Ecuador and Peru.

Daniel strongly believes that the knowledge of our ancestral cultures and the natural history of every place we visit are amazing sources of inspiration for the savvy traveler. The Achuar and Sápara people in the Amazon forest, the Kogi in the Sierra Nevada in Colombia, the Quero in the Sacred Valley in Perú and the Mayan in Guatemala all can share with us a space to make our journeys very personal and inspirational, and teach us new ways to live our lives and view the world around us.

We invite you to join us on this once-in-a-lifetime journey!

***“Initially we travel to lose ourselves, in the end we find ourselves.” Michael Stone,
2005 traveler***