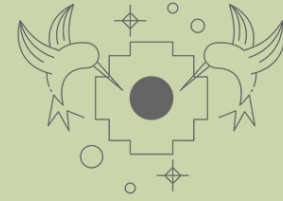




The Signs of Life
Integrating science and the sacred



PACHAMAMA SONQO
RECONNECT TO THE RYTHYM OF LIFE



Peru Pilgrimages

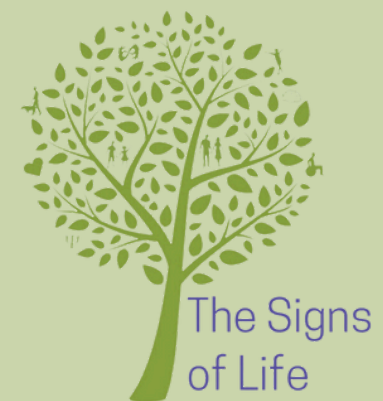
2025

About Lani

Dr. Alana (Lani) Roy is the Founder of The Signs of Life Psychology, bringing over 15 years of experience in mental health, suicide prevention, trauma, sexual abuse, family violence, and the disability sector. Lani is a psychologist, social worker, and therapist, and also serves as an Associate Research Fellow at Swinburne University. She is a Founding Board Member of the Australian Multidisciplinary Association for Psychedelic Practitioners (AMAPP).

Lani specializes in harm reduction related to psychedelics, sexual abuse, complex trauma, and the Ayahuasca vegetalista dieta lineage. Together with Melissa Warner, Lani co-created the EMPATHS Integrative Somatic Psychotherapy (EISP) model, focusing on metacognitive, somatic, transpersonal, and relational aspects of psychedelic therapies. They also run the Certificate of Psychedelics and Contemplative Therapies training program.

Lani is deeply committed to holistic and integrated healthcare, weaving together integrative assessments, internal family systems therapy, EMDR, somatic psychotherapy, and transpersonal psychology. With an Advanced Certificate in Nature-Based Therapies, Lani is passionate about reconnecting with land, culture, and self, and seeks collaboration with professionals and community members who honor the sacred nature of these medicines in a clinical context.



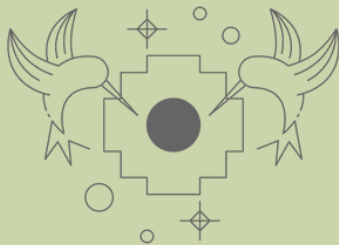


About Brooke

Brooke Lumsden is an integration coach and seasoned retreat facilitator at Pachamama Sonqo, with extensive experience in plant medicine and personal transformation. She leads sacred pilgrimages that encourage profound spiritual growth and healing, always prioritizing integrity and safety. Brooke's guidance is marked by wisdom, compassion, and a deep understanding of the transformative power of these experiences, supporting each individual on their unique journey.

In addition to her group work, Brooke offers personalised 1:1 programs to support individuals on their paths of self-discovery and healing. Her approach empowers participants to reconnect with their authentic selves, helping them break free from societal expectations. Through Brooke's guidance, many find the courage to explore deeper aspects of their being, ultimately embracing a more fulfilling and meaningful life aligned with their true essence.

Brooke's dedication to her craft is evident in the lives she touches, continually inspiring others to live in harmony with their true selves. She fosters deep transformation, helping individuals navigate the complexities of modern life while staying grounded in the wisdom and healing power of ancient practices.



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RECONNECT TO THE RYTHYM OF LIFE

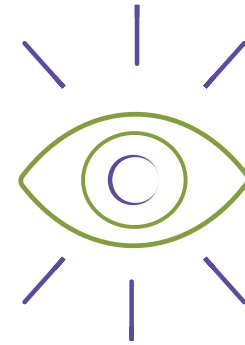
Course Structure



Pre-Pilgrimage Preparation (Weeks 1-4)

Online (live & self paced content)

September: TBA



The Peru Pilgrimage (Week 5-7)

Peru

11- 15 October

Sacred Valley

16 - 18 October

Apu Ausangate

19 - 31 October

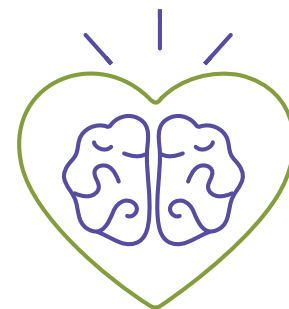
Pucallpa



Post-Pilgrimage Integration (Week 8-11)

Online (live & self paced content)

November & December TBA



Pre-Pilgrimage Preparation

Week 1-4

The first four weeks of the course are dedicated to preparing you for the sacred journey ahead. This phase includes education on psychedelics, setting intentions, and cultivating a supportive mindset for the pilgrimage.

Psychedelic preparation coursework:

- Understanding the role of psychedelics in sacred cultural practices
- Techniques for setting clear and meaningful intentions

Personalised preparation guidance:

- Preparation through diet, mindfulness, relational, trauma-informed and somatic lenses
- Cultivating interconnection and community building



The Peru Pilgrimage

Week 5-7

The centrepiece of our journey is a 21-day pilgrimage through the sacred lands of Peru. Together, we will explore ancient sites, participate in sacred ceremonies, and reconnect with the rhythms of life. This pilgrimage is a time for profound transformation, reflection, and spiritual awakening

- Sacred plant medicine ceremonies in the heart of Peru, including accommodations, meals, and all ceremony costs.
- Connection with indigenous wisdom keepers and immersion in shamanic technologies and rituals of the Andes and the Amazon.
- Exploration of sacred sites, temples, and portals in the sacred lands of Peru.
- Participation in multiple ceremonies guided by different lineages and wisdom keepers, with opportunities for deep reflection and connection to the natural world.



The Peru Pilgrimage

Week 5-7

Sacred Valley

- Day 1:** Arrival and Opening Ceremony
- Day 2:** Abuelo Ceremony
- Day 3:** Integration day
- Day 4:** Abuelo Ceremony
- Day 5:** Integration Day

Apu Ausangate

- Day 6:** Journey to Apu Ausangate
- Day 7:** Abuelo Ceremony
- Day 8:** Integration day - Return to Cusco

Pucallpa

- Day 9:** Fly to Pucallpa
- Day 10:** Rest Day
- Day 11-21:** Master Plant Dieta at Piompiri Centre
- Day 21:** Closing of dieta - Return to hotel



Integration & Guided Coaching

Week 8-11

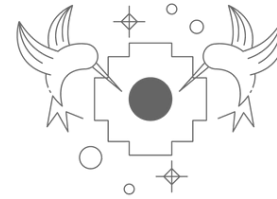
After the pilgrimage, the final phase of the course focuses on integrating the profound experiences into your everyday life. We provide tools, support, and community to help you embody the lessons learned and continue your spiritual journey.

- Psychedelic exploration and integration through guided experiences and practices
- Deepening your connection to the sacred with expert guidance and tools, including weekly group sessions
- Creating a personal integration plan for continued growth and embodiment
- Access to resources for cultivating wisdom, a growth mindset, value-based living, and community support





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PACHAMAMA SONQO
RECONNECT TO THE RHYTHM OF LIFE

This course is designed to create profound shifts that resonate throughout your entire life, opening doors to new possibilities and connections.

**By investing in this journey, you're setting the stage for lasting transformation in the rhythms of your life.
Join us on this sacred path !**

Cost:

\$7,000 USD
(flights not included)

Booking:

Contact Dr Alana (Lani) Roy
alana@thesignsoflife.com.au

Dates:

April 10th - May 1st 2025
Or
October 11th - 31st 2025

Applicability:

This program is not at this time taking current mental health care plan clients or NDIS from The Signs of Life Psychology.