

INVITATION TO:
EMBARK ON AN UNFORGETTABLE JOURNEY TO THE AMAZON RAINFOREST

Dear,

I am thrilled to extend a special invitation to you for an extraordinary journey that promises to rejuvenate your mind, body, and spirit. In 2025 I will be organizing and hosting a wellness retreat to the Amazon Rainforest in Ecuador, an unparalleled experience that blends holistic wellbeing sessions with the rich cultural tapestry of the Amazonian people in addition to workshops on finding purpose and creating legacy.

Dates: April 20th - 27th 2025

Location: Minga Lodge, Ecuador

Imagine waking up to the symphony of birds, the whisper of the jungle, and the gentle flow of the river. Our retreat is designed to offer you an immersive experience, combining the serenity of the rainforest with practices that foster deep personal growth and relaxation.

Our home for the week, Minga Lodge, is a serene and eco-friendly retreat center nestled in the heart of the Amazon. The lodge offers comfortable accommodations, delicious and nutritious meals prepared with local ingredients, and spaces designed for relaxation and community.

The cost for this transformative experience is \$4,795 USD per person, which includes accommodation, all meals, guided activities, and wellness sessions. international Flights and travel insurance are not included.

To secure your spot, please let me know by November 28th, 2024 Spaces are limited to ensure a personalized and intimate experience, so I encourage you to reserve your place early.

I am confident that this journey will be a profoundly enriching experience for you, offering not only relaxation and rejuvenation but also a deeper connection to yourself and the world around you. I look forward to sharing this incredible adventure with you.

Warm regards,
Dionne Eleanor



- AMAZON -

MINGA LODGE
& RESERVE

WHERE ADVENTURE, WONDER AND DISCOVERY MEET



A UNIQUE ECOLOGDE IN THE HEART OF THE ECUADORIAN AMAZON.

Perched on the banks of the Rio Napo, a tributary of the Amazon River, Minga Lodge & Reserve takes guests on a journey of adventure to discover the spectacular natural surroundings and culture of this fascinating region.

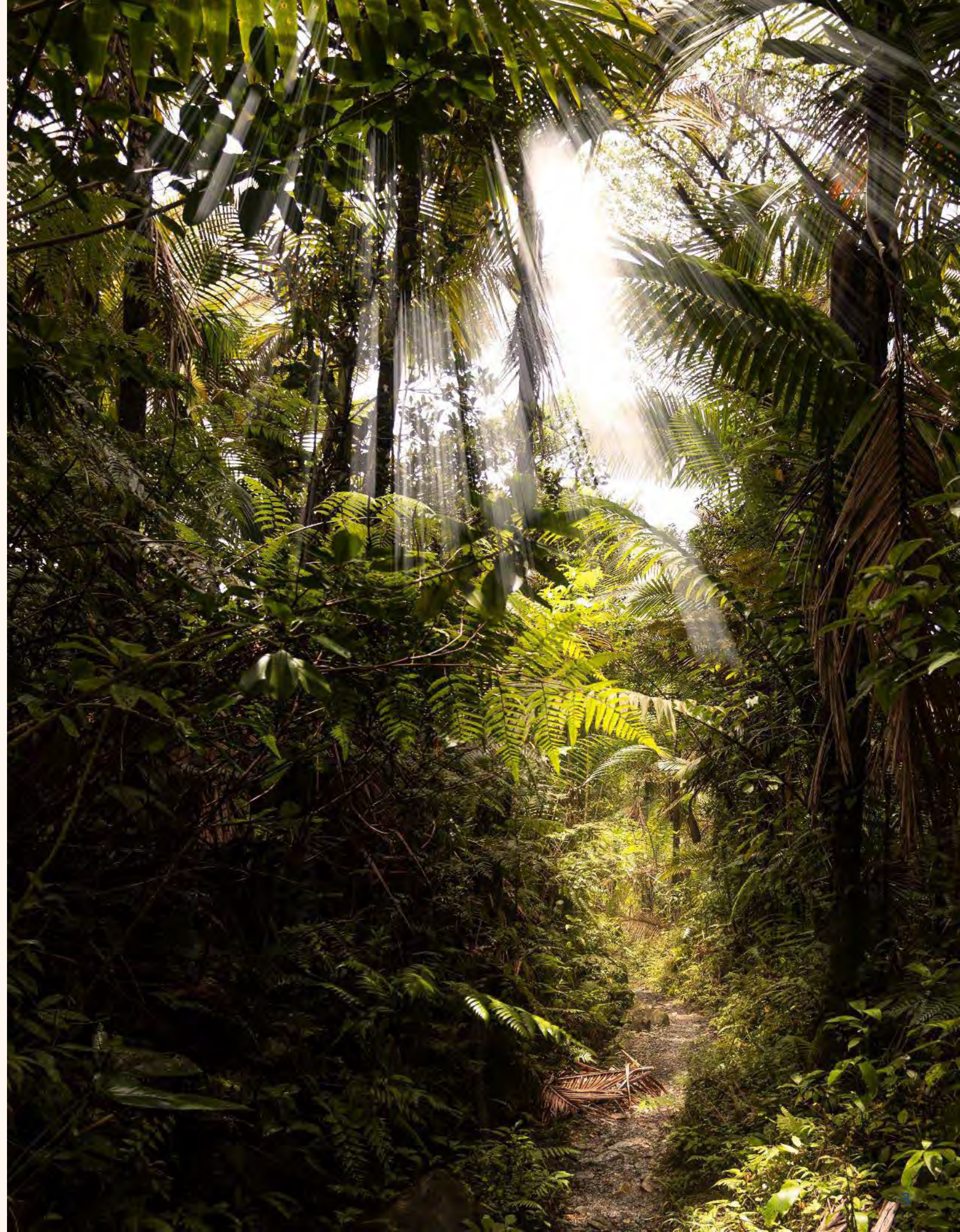
Situated on over 700 acres of rainforest, we offer exclusive, immersive experiences that unite culture, community, conservation, and wellness. Explore the reserve's unique biodiversity, revitalize with a forest canopy walk, and nourish your well-being with delicious superfoods grown on-site.

At the end of the day, retreat to your own canopy sanctuary: modern, climate-controlled luxury cabins with floor-to-ceiling glass windows that frame the beauty of the forest.

Become One with Nature at Minga Lodge & Reserve

The Amazon of Ecuador, known as the lungs of the earth, is a place of breathtaking biodiversity and ancient wisdom, providing the perfect backdrop for your journey of self-discovery. At Minga Lodge, we welcome guests to heal their bodies, minds, and spirits through activities like scenic hikes, forest bathing, shamanic blessings, and mindfulness yoga that will promote a physical connection to the environment like you've never experienced. Guests will be immersed in experiences that promote balance, connection of mind, body, and spirit, and the ultimate reset. Within the high-frequency yet soothing atmosphere of the rainforest, let yourself soak up all the healing energy this land has to offer.

You can also expect your farm-to-table meals to be made with the freshest superfoods like dark chocolate, chia seeds and more, harvested right from our organic farm. Together, you and your group will learn tools and techniques to achieve health and well-being, only to return home to your work and family environment feeling restored, with a new sense of wholeness.





A Sense of Connection

Build a deeper connection to yourself through activities that push you to dig deeper. Experiences that connect you to the local culture, the local people, and nature as you are surrounded by the magnificence of the Amazon rainforest.

A Series of Practices that Build Connection

- **Meditation:** Explore the profound practice of meditation in the serene and tranquil setting of the Amazon rainforest. Our facilitator will guide you through ancient techniques to help you find inner calm and balance.
- **Yoga:** Experience the rejuvenating power of yoga as you connect with your body, mind, and spirit. Our expert instructors will lead sessions suitable for all levels.
- **Mindfulness & Connection:** Learn how to cultivate mindfulness in your daily life, enhancing your awareness and presence in each moment.
- **Connecting with Nature:** Engage in outdoor activities like forest bathing, hiking and birdwatching that allow you to fully appreciate the Amazon's rich biodiversity and our intrinsic connection to nature.

MINGA LODGE AND RESERVE



CRAFTED LUXURY IN THE HEART OF THE JUNGLE

The accommodation at Minga Lodge & Reserve is designed for optimum comfort and style. Clean, contemporary lines and soothing monochromatic colors invite guests to relax while taking in the lively world outside. An outdoor verandah with swinging hammock provides another unique vantage point from which to unwind and reflect.

Each room features whitewashed Nordic ceramic flooring and four-poster canopy beds hand-built from Amazonian wood, with crisp, white cotton linens. A split bathroom features a double sink vanity and oversized mirror wall, with a separate ensuite bathroom complete with a rainfall showerhead for a spa-like experience.





OUR FOOD PHILOSOPHY: AN APPROACH WE LOVINGLY CALL THE “1-MILE DIET”, WITH MANY OF THE FRUITS AND VEGETABLES ON OUR MENU GROWN AT THE FARM ACROSS THE RIVER.



A FARM-TO-TABLE EXPERIENCE IN THE RAINFOREST

Dining at Minga Lodge & Reserve is an unforgettable experience, as much for its stunning location overlooking the Rio Napo as for the delicious farm-to-table meals. These are thoughtfully prepared by our professional chef who leverages the Amazon’s bounty while sourcing premium, specialty ingredients across the country to create fresh, healthy epicurean feasts. Family-style meals feature both Western favorites and Ecuadorian specialties.



START YOUR DAY AT OUR COFFEE AND SMOOTHIE BAR

Enjoy a gourmet coffee sourced from a local cooperative and award-winning roaster, expertly made by our dedicated barista. We also offer daily smoothies made from a delicious variety of local fruits and vegetables in combinations both familiar and adventurous.



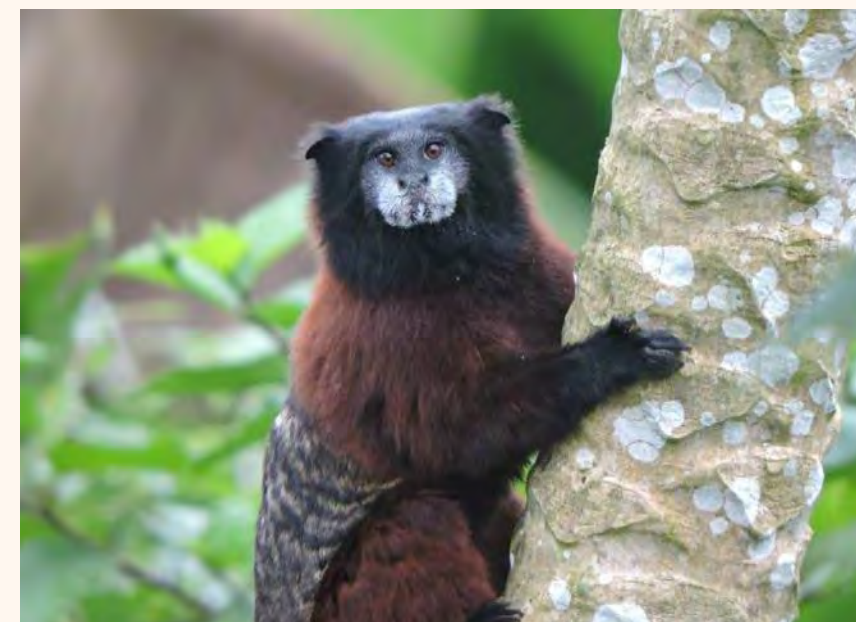
DISCOVER THE REMARKABLE
AND THRILLING WILDLIFE AT
MINGA LODGE & RESERVE

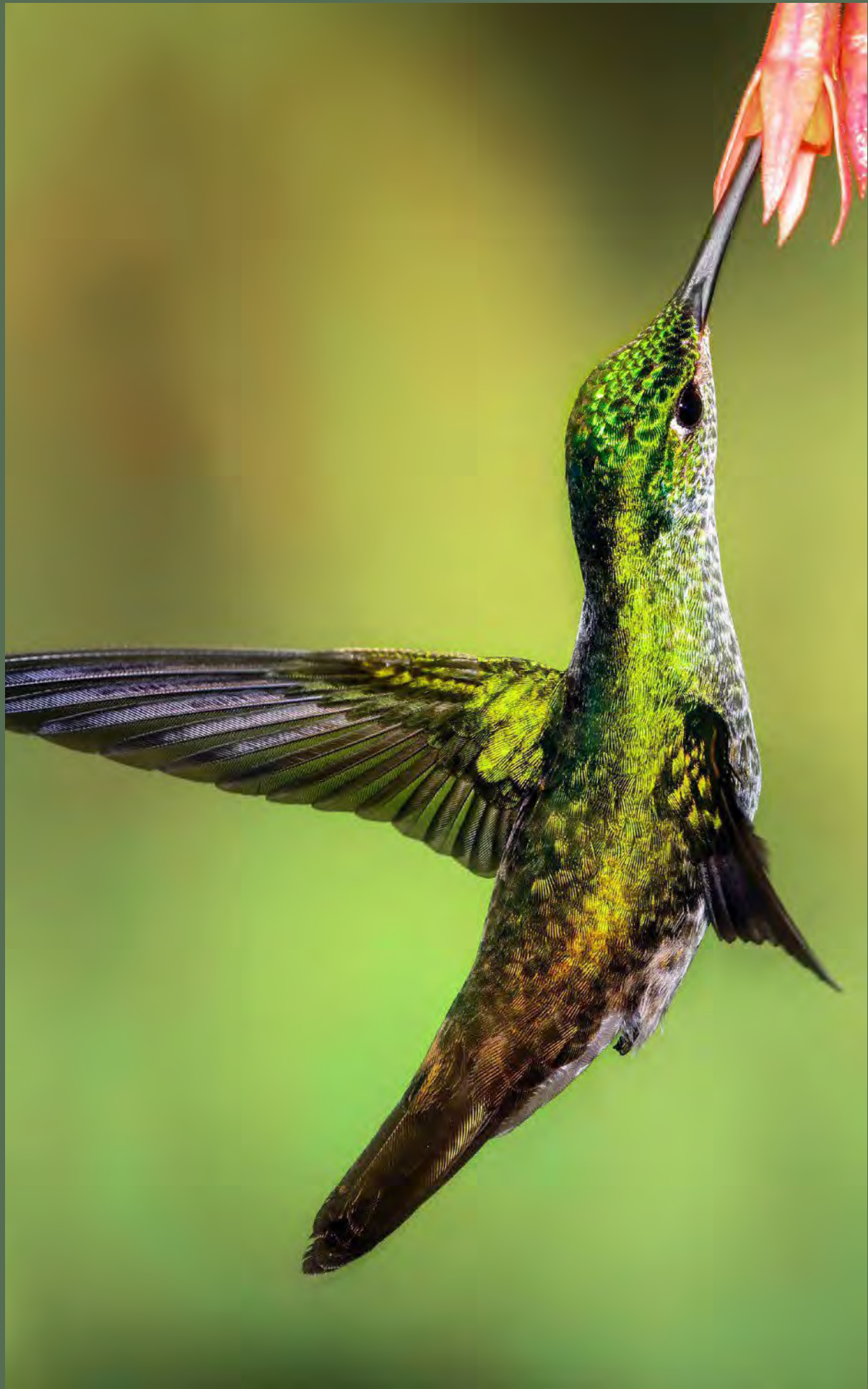


MINGA LODGE & RESERVE IS HOME
TO ABOUT 305 SPECIES OF BIRDS, 248
BUTTERFLIES, 78 FROGS, 72 REPTILES,
AND 62 MAMMALS, MAKING IT A
NATURE LOVERS PARADISE.

Protecting over 700 acres of primary and secondary-growth rainforest, Minga Lodge & Reserve is situated between two of the most bio-diverse areas in Ecuador: Yasuní National Park and Sumaco National Park as declared by UNESCO.

An indicator of our successful conservation efforts is the presence of a great diversity of endangered species. The Reserve is home to half of the area's species of monkeys. Trees more than 150 feet tall and about five feet in diameter have been recorded. We partner with universities to conduct ongoing research to track this extraordinary biodiversity.







THE MINGA AGRICULTURE LEARNING CENTER

SITUATED ON JUST OVER
173 ACRES, THE MINGA
AGRICULTURAL LEARNING
CENTER HOUSES A 107,639 SQ. FT.
GREENHOUSE, A 4,300+ SQ. FT.
TREE NURSERY FOR 52 SPECIES
(BETWEEN FORESTRY, FOOD,
MEDICINAL) AND 25 FLOWERS
FOR A BEE GARDEN.



The Minga Agriculture Learning Center (MALC) is the heart of our conservation and community engagement efforts and where much of the food at Minga Lodge is grown, including superfoods like cacao, plantain, and coffee.

It is also home to the Melipona Bee Rescue Center and Sanctuary. These small, stingless bees are critical to the area's biodiversity. Currently, there are 21 hives housing 18 distinct species. These also produce the delicious honey that graces the tables at Minga Lodge and is available for purchase.

The MALC is also an important training center for local farmers in the area, and for college and university students who come to do their research and internships.



A SAMPLE OF SOME OF THE UNFORGETTABLE EXPERIENCES WE OFFER AT MINGA LODGE & RESERVE

DISCOVER THE RAINFOREST'S REMARKABLE BIODIVERSITY

Led by Indigenous experts from the area, hike deep into the primary and secondary rainforest to discover its unique flora and wondrous wildlife.

SAVOR LOCAL FLAVORS WITH A KICHWA COOKING CLASS

Begin with a visit to a local farmer and help him harvest fruits and vegetables while learning about his life.

Join our chefs for a traditional cooking lesson that transforms local ingredients into delicious traditional dishes like fish wrapped in palm leaves.

UNCOVER THE SECRETS OF CHOCOLATE- MAKING (AND TASTING!)

Meet with the farmers who supply beans to a French chocolatier, then learn to make chocolate from cocoa beans.

Visit our professional test kitchen for a chocolate tasting complemented by familiar ingredients, and unique ones!





EXPLORE THE MINGA AGRICULTURAL LEARNING CENTER (MALC)

Visit the MALC and tour Flavor Alley to sample our in-season fruits and vegetables unique to the area. Stop in at the Melipona Bee Rescue Center and Sanctuary and learn about the bees' importance to farmers, crops, and reforestation as well as our conservation efforts to protect them.

CLEANSE YOUR SPIRIT WITH A SHAMAN AND HARNESS YOUR INNER WARRIOR

Join a local shaman for a traditional cleansing ceremony and blessing. Next, learn to throw a spear and shoot a blowgun from an Indigenous weapons expert. Test your precision on papaya targets mounted on sticks.

VENTURE DOWNRIVER BY CANOE FOR A BIRD-WATCHING EXPEDITION

Paddle down a tributary of the Rio Napo by canoe or kayak where it is not unusual to spot more than 30 species of birds in one hour, including local celebrity species like the prehistoric looking Hoatzin, as well as the majestic Whitehawk and Blackhawk eagles.





GET TO KNOW THE LOCAL COMMUNITY THROUGH A BESPOKE VOLUNTEER EXPERIENCE

The nearby communities are engaged in ongoing efforts to improve their living circumstances, from farming to community-based projects. For groups interested in helping them, we offer unique volunteer experiences.

SIP, SAVOR, UPLIFT: A COFFEE TASTING EXPERIENCE

Start your day with a coffee tasting of locally sourced and expertly roasted Robusta coffee. Try your hand at scoring the aroma, acidity, body, and flavor of coffee prepared in several ways.

WEAVE TRADITIONAL JEWELRY WITH LOCAL ARTISANS

Meet skilled female artisans and learn how they generate income through traditional jewelry making. From sourcing to production, their uniquely Ecuadorian jewelry pieces are entirely local, with many made from nuts and seeds collected in the rainforest.

AMAZON EXPEDITION

Just after sunrise, hop into our expedition vehicle and take a journey deep into the unexplored corners of the Amazon. It is the ultimate offroad adventure.

THE FOUR CS OF MINGA LODGE & RESERVE

CONSERVATION

Dr. Jane Goodall once noted that the only way to ensure environmental protection of sensitive areas is to ensure economic systems are in place to benefit the local community. Minga Lodge & Reserve takes this to heart through tourism that benefits the community and helps reduce problems like poaching and deforestation. We invest heavily in ecological protection, reducing our carbon footprint by growing produce locally and engaging in a tree nursery program to support reforestation. Our itineraries meet or exceed the criteria for sustainable travel set forth by the World Bank for sustainable tourism.

COMFORT

Travelers at Minga Lodge & Reserve are not just welcomed as guests; they become part of our family. Our knowledgeable staff, known for their hospitality and kindness, go out of their way to make each person feel at ease and at home. Our eco-luxe cabins are designed to promote rest and relaxation, while our opt-in wellness program includes yoga and massages. We also cater to all dietary needs and requests.



COMMUNITY AND CULTURE

Our immersive experiences have been co-created with community members to honor their lives, homes, and hearts. Most of our staff are local from the rio napo area. This enables guests to gain an unprecedented understanding of their community and their way of life. Itineraries and activities are designed to demonstrate cultural respect and inclusivity. We have also been able to engage in several local initiatives that help improve livelihoods and quality of life.





Itinerary:

April 20

Depart from your Home

Arrive in Quito to kick-start your exclusive adventure

Ready for the adventure of a lifetime? Collect your luggage and make your way through customs to the arrivals area of Quito’s Mariscal Sucre International Airport, where a Minga Lodge and Reserve representative will be waiting to greet you. Relax and enjoy a short ride to your hotel.

April 21

Explore Quito

Embrace the spirit of the Ecuadorian capital, with our hotel as a highly comfortable and convenient base of operations and spend the day exploring the fascinating museums and breathtaking sights of Quito, the capital of Ecuador, is located high on the slopes of the Andes at 2,850 meters. A short visit to the Equator and some experiments with gravity complete your day.

Dinner

Enjoy the local cuisine at one of Quito's wonderful restaurants.



April 22

Fuel up with a delicious breakfast

Get ready for the journey ahead by indulging in Hotel’s breakfast with both western favorites and traditional South American cuisine.

Deep dive into the Amazon Basin

Flight to Coca city.
The Amazon covers approximately 40 percent of the South American continent, don’t get lost in this wild, beautiful forest.

Arrive at Minga Lodge

Alli shamushca capay—welcome!. Your lush tropical surroundings will be glowing pink and orange as you snack on local treats like plantain chips and yucca fritters, washed down with a glass of chilled guayusa tea.



Cleanse Your Spirit With A Shaman

Embark on a soul-stirring adventure as we invite you to partake in a Shamanic Cleansing, a transformative ritual deeply rooted in the ancient traditions of the Amazon Rainforest. Immerse yourself in the spiritual tapestry of this enchanting ecosystem. Later relaxing yoga and grounding breathwork to decompress.

Welcome dinner

Let the aromas of cumin, oregano, garlic and onion be your guides as you make your way back to the dining hall from your cabin, along meandering stone pathways and over a footbridge across the creek. Feast on western favorites and local.

Relax and
enjoy your
first night
immersed in
nature

April 23

Birdwatching

Paddle down a tributary of the Rio Napo by canoe where it is not unusual to spot more than 30 species of birds in one hour, including local celebrity species like the prehistoric looking Hoatzin,.

Coffee Tasting

Start your day with a coffee tasting of locally sourced and expertly roasted Robusta coffee. Try your hand at scoring the aroma, acidity, body, and flavor of coffee prepared in several ways.

Morning Session with Dionne

Morning Kundalini yoga with Dionne

Walk to the Mirador Lookout:

Align with the forest's natural rhythms by starting your journey off with a sunset hike. Witness the rainforest's transformative beauty at these magical times, amplifying the therapeutic effects of your immersive experience.

Visit one of our largest projects, the Minga Agricultural Learning Center

Now spanning over 170 acres, the MINGA Agricultural Learning Center is a space for farmers to acquire new and improved techniques, gain confidence in their skills and succeed in their work. Visit Flavor Alley where you will sample some of our in- season fruits and vegetables that could be new to you! Take note of all the superfoods you find along the way.

April 24

Amazon Expedition

Just after sunrise hop into your expedition vehicle and take a journey deep into unexplored corners of the Amazon. This is the ultimate off-road adventure!

Morning Session with Dionne

Workshop - Emotional Intelligence, Relationships & Leadership

Afternoon Session with Dionne

Workshop - Imposter Syndrome, Influence & Impact

The Amazonian night hike!

After sunset, it's time for the ultimate adventure. Grab your flashlights and set out on a mind-boggling night hike with an experienced local guide. Get up close and personal with curious critters like frogs, spiders, tree snakes, cayman and owls. But with tens of thousands of species in the Amazon Basin, who knows what friendly creatures might come say hello!



April 25

Sunrise Guayusa Tea Ceremony

Guayusa tea is particularly important in Kichwa culture and is always present in its rituals and ceremonies. This plant has a very important role in both events of a spiritual nature and in traditional festivities. Guayusa is considered a sacred plant by the Kichwa Anangu community. The ancient sages claimed that it had healing properties that made the sick better, raised the spirits, gave energy, and caused happiness.

Session with Dionne

Morning Kundalini Yoga with transcendental meditation

Free Time

Massage, Journal , Art therapy (draw/paint something you see in the Amazon)

Visit Local Artisans Women Group

Find yourself in the center of culture, community and connection as you meet a dynamic group of skilled female artisans and learn how they are earning a sustainable income through traditional jewelry making. Marvel at their stunning craftsmanship and the exquisite accessories they create with many pieces made from nuts and seeds collected in the rainforest. From sourcing to production, every step toward creating uniquely Ecuadorian red, black and white jewelry pieces is local, and the women also produce modern loom beaded bracelets and items featuring traditional South American motifs.

Session with Dionne

Sound Confidence Workshop

April 26

Session with Dionne
Sunrise Yin yoga & Breathwork

Morning cacao ceremony

Session with Dionne
Workshop - Transformation & Legacy Script
Creation

Pollinator & Bee Rescue Center with Honey Tasting
Visit the Melipona Bee Rescue Centre and Sanctuary to learn about this stingless but powerful pollinators important to farmers, crops, biodiversity and reforestation. After learning about these special stingless bees – see which of their honey you like best in a honey tasting!

Legacy speech share & Certificate of Attendance



April 27

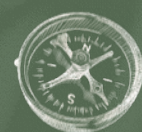
Session with Dionne
Sunrise Kundalini & Meditation

Depart to Quito
Say goodbye to the Amazon and its amazing people and way of life

Papallacta Hot Spring
Located just 1 and ½ hours drive from the capital city Quito, it’s a beautiful getaway close to the airport. Glacial spring water and natural thermal heating have combined to create the perfect hot spring pools for some quality R&R. Or, why not splurge on a massage or facial at Termas de Papallacta Resort’s award-winning spa?

The Countryside scenery around Papallacta is also idyllic, with spectacular mountain vistas at every turn. So, get your hiking shoes on, ready to explore the high Andean Cloud Forest. Even the local wildlife is in on the secret, as Andean Bears roam the area, and colorful hummingbirds call Papallacta home.





YOUR JOURNEY OF ADVENTURE AWAITS.
COME VISIT US.

CONTACT US
✉ info@mingalodge.com
☎ 593 98 809 8084
f mingalodge
@mingalodge
mingalodge.com

- AMAZON -
MINGA LODGE
& RESERVE

Trip Information

Every trip includes your major expenses and is designed to keep it running smoothly and worry free. You will be guided by a cultural facilitator for the duration of your trip. They are an invaluable resource and source of local knowledge. A large team on the ground will ensure your comfort and safety at all times. The wellbeing of our travelers is our top priority. From ground transportation to guest safety and food preparation at Minga Lodge and Reserve, we employ extensive and rigorous safety measures and policies.

YOUR PACKAGE INCLUDES

Inclusions

- Accommodation at Quito and Minga Lodge
- All meals and drinks while at Minga Lodge
- All activities as outlined in the itinerary
- Quito and Minga Transportation throughout the duration of the trip

\$4795
Per Person

Shared
Accommodation
Double Queen Bed

Exclusions

- Meals in Quito
- International Airfare to and from Quito
- Travel insurance: out of country medical, trip cancellation, and interruption insurance

Note. 100 USD per nigh extra for solo occupancy room

