

30-Day Yawanawá Diet
**A Spiritual Immersion in the
Amazon**

**Step into the wisdom of the forest and
reconnect with your spirit.**



What is the Yawanawá Diet?

- A sacred spiritual practice for deep healing, purification, and self-discovery.
- Guided by the wisdom of Yawanawá shamans, who have passed this knowledge through generations.
- Participants engage in strict dietary restrictions, solitude, and plant medicine ceremonies to enhance spiritual clarity.

Why Choose a 30-Day Diet?

- ✓ Healing & Transformation – Release blockages, deepen self-awareness.
- ✓ Connection with Nature & Spirit – Live in harmony with the forest.
- ✓ Guidance from Yawanawá Elders – Learn ancient knowledge.
- ✓ Sacred Ceremonies & Rituals – Experience Uni (Ayahuasca) and Rapé.



The Yawanawá People & Their Traditions

- Indigenous people of the Brazilian Amazon, known for their deep connection to nature and spirituality.
- Guardians of sacred plant medicine, songs, and rituals.
- Strong cultural revival movement, ensuring their traditions thrive for future generations.

Their Spiritual Practices

- ✓ Uni (Ayahuasca) & Rapé Ceremonies
- ✓ Sacred Storytelling & Healing Chants
- ✓ Plant Medicine Cleanses & Rituals



Vinnya Yawanawá Spiritual Leader & Guardian of the Yawanawá Tradition



About Vinnya Yawanawá

Vinnya Yawanawá, 53 years old, was born in the Sacred Village and has dedicated his life to the spiritual and cultural preservation of the Yawanawá people. A professor and a biology graduate, he has spent decades immersed in traditional teachings, learning directly from revered shamans.

His journey began 33 years ago, when he undertook his first Muka dieta under the guidance of Pajé Yawa and Tata in the Sacred Village. This experience lasted five months, where he deepened his knowledge of prayers, healing practices, and spiritual discipline.

Since 2014, he has been living in Amparo Village, where he continues to develop and pass on the spiritual traditions of the Yawanawá people. In 2025, he will host spiritual dietas in April and May, welcoming both indigenous and non-indigenous seekers.

The Path of a Spiritual Leader

Vinnya Yawanawá

Throughout his spiritual study, Vinnya has undergone extensive training and preparation, completing multiple sacred dietas to enhance his knowledge and ability to lead spiritual ceremonies.

The Yawanawá dieta follows a structured path:

- 30 days (initial preparation)
- 90 days (deepening the connection)
- 6-8 months (advanced spiritual study)
- 1 year (isolation in the forest for full initiation as a pajé)

Each dieta is a step toward mastering ancestral wisdom, requiring strict discipline, solitude, and deep spiritual connection.

Dietas Completed by Vinnya Yawanawá

Rarē Muka Dietas (offered by Pajé Yawa)

- Nāne (Jenipapo) Diet – Connection with nature's healing power
- Yutxi (Pepper) Diet – Strength and resilience training
- Mãmã (Corn-based sacred drink) Diet – Energy alignment and purification

Runuã Kemu Diets (Anaconda Saliva Diet)

- Strengthening spiritual vision and healing abilities

Kâmãnawa Dietas

- Xumu Diet – Connection with the Anaconda spirit to become Rumeya (spiritual healer)
- Xumu Diet for Prayers – Two cycles for deepening prayer skills
- Xumu Diet for Singing – Two cycles for enhancing sacred chants

Marubu Dietas

- Rume Body Application – Three times for identifying and removing illnesses from the body
- Rume for Cleansing Uni Strength – One-time application for purification
- Rume for Vocal Power – Two applications for refining the voice in traditional Meka/Saiti chants

The 30-Day Yawanawa Dieta in Amparo Village

Dieta Months: April & May 2025







Vinnya Yawanawá will be leading 30-day dietas in Amparo Village, offering a unique opportunity for deep spiritual immersion.

Practices & Ceremonies Included:

- ✓ Sacred Plant Baths – Purification with medicinal herbs
- ✓ Kapü (Sacred Cleansing Rituals)
- ✓ Traditional Yawanawá Singing Lessons – Learning songs and instruments
- ✓ Basic Yawanawá Language Classes
- ✓ Ceremonies with Uni (Ayahuasca), Sananga, and Rapé

Dietary Guidelines for the 30-Day Dieta:

During the dieta, food is limited to sacred, energetically light meals, including:

-  Game Meat: Paca, curia, cutiara
-  Certain Frog & Toad Species (for energetic balance)
-  Corn-Based Foods: Caicuma Fermented corn drinks, green corn, couscous, and tapioca
-  Cooked Green Banana
-  Eggs
-  Healing Teas: Cinnamon tea, lemongrass tea



A Spiritual & Cultural Hub




In addition to hosting dietas, Amparo Village serves as a space for spiritual events, educational seminars, and cultural preservation efforts. The village collaborates with international researchers and offers unique intercultural exchange programs, strengthening the bridge between indigenous wisdom and the modern world.

This is a rare opportunity to immerse yourself in deep healing and ancient wisdom, guided by a spiritual leader with decades of experience.

 Dieta Months: April & May 2025-26

 Location: Amparo Village, Amazon Rainforest Brazil

 For more information & registration, contact us:
lundgrenpastrana@gmail.com



IMPORTANT

To register, each participant must undergo an anamnesis conversation and fill in the registration form. The group will be limited and we recommend to have a vaccine against yellow fever for the safety of all participants.

