

# THE SHANENAWA PEOPLE THE PEOPLE OF THE BLUE BIRD

The Shanenawa are located in the Katukina-Kaxinawá Indigenous Land, in the municipality of Feijó, Acre.

*7 day retreat 5 days in the community indigenous*



**Nova Vida village/ACRE**

**NEW LIFE village/ACRE**



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## **LOCATION AND POPULATION**

The Shanenawa live in the Katukina-Kaxinawá Indigenous Land, in Feijó, Acre. This area is home to approximately 800 people, divided into 14 villages. Until 1990, the Shanenawa were known as the Katukina. However, after a recognition process, it became clear they are, in fact, the Shanenawa, with their own cultural identity and history.



## ORIGIN LEGEND

According to tradition, the origin of the Shanenawa people is linked to a mysterious basket. It is said that an elderly couple lived in a house where a basket hung from the roof beam. One day, the basket started spinning, and upon investigation, they found a pair of children inside, who were white (non-Indigenous).

Later, the basket began swinging again, this time containing feathers from various birds and even bat wings. Each feather gave rise to a new people, including the Shanenawa.

Thus, tradition states that different Indigenous peoples and the "white man" emerged from this basket.



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## **MIGRATION AND CONFLICTS**

The Shanenawa originally lived along the Juruá River. Due to conflicts with other groups, they migrated. Some moved upriver into Peruvian territory, while others crossed the Juruá and settled along the Tarauacá and Muru rivers, before encountering settlers.



## **FIRST CONTACTS WITH THE WHITE MEN**

The Shanenawa's first contact with settlers was recounted by the grandfather of a current leader. He described meeting a white man and, after exchanging hats as a symbolic gesture, began a trading relationship. The settlers brought tobacco in exchange for meat and other food items. Over time, rubber tappers introduced new items like machetes and mirrors, expanding the interaction between the groups.



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## **LIFE ON RUBBER PLANTATIONS**

During the latex extraction boom, the Shanenawa lived on rubber plantations such as Simpatia and São Francisco along the Envira River. Despite attempts by "Paulistas" to enslave the Indigenous people for rubber collection, the Shanenawa resisted, moving to new areas as needed. Eventually, they settled near Feijó, where they were granted land by Governor Joaquim Falcão Macedo before the establishment of FUNAI.



## **CULTURE AND IDENTITY**

The Shanenawa culture is deeply rooted in their ancestral traditions and stories.

Despite historical challenges, they have preserved their identity and customs, passing them down through generations.

Their spiritual ceremonies, cultural practices, and way of life reflect resilience and accumulated wisdom over the years.



## **INVITATION TO EXPERIENCE**

For those fortunate enough to visit the Shanenawa people, the experience offers an opportunity to deeply learn about their stories, culture, and relationship with nature.

Participating in this immersion is more than a visit; it is an invitation to connect with a rich history, profound spirituality, and traditions that continue to shape the spirit of the Shanenawa.



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## **TERESA LUNDGREN**

### **RETREAT FACILITATOR & CULTURAL BRIDGE**

Teresa Lundgren lives in Rio Branco, Acre, at the gateway to the Brazilian Amazon. After many years managing a hostel that welcomed travelers from around the world, she dedicated her work to facilitating spiritual retreats and traditional plant diet experiences with indigenous communities.

Through her website [www.vivacreretreat.com](http://www.vivacreretreat.com), she now supports visitors internationally, guiding them in preparing for authentic encounters with the spirituality, culture, and healing traditions of the Amazon.

Her journey with the Yawanawa people began in 2016, when she was invited by Tashka Yawanawa to attend the Festival Mariri in Mutum village. There she experienced the traditional medicines for the first time and entered a spiritual path that continues to shape her life and work.

In 2021, Teresa completed her traditional diet at Mutum village under the guidance of spiritual leaders Matsini Yawanawa and Hushahu Yawanawa, brothers of Tsakan Yawanawa. During this period, she received the profound study of the Mamã diet, strengthening her commitment to supporting the continuation of Yawanawa spiritual traditions.

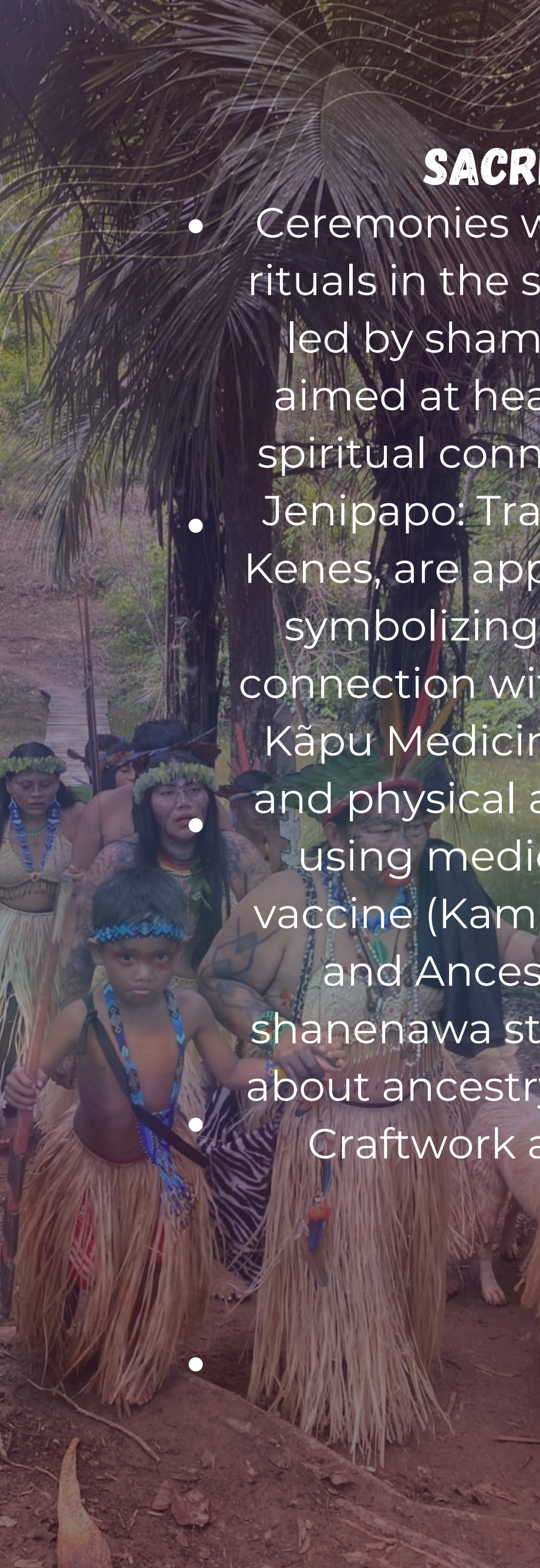
Today, Teresa acts as a bridge between visitors and indigenous communities, helping create respectful, safe, and meaningful experiences that allow people from around the world to reconnect with nature, spirituality, and ancestral wisdom.



vivacreretreat.com

## **SACRED MEDICINES:**

- Ceremonies with Uni (Ayahuasca): Night rituals in the sacred temple of the village, led by shamans and spiritual leaders, aimed at healing, self-knowledge, and spiritual connection. Body Painting with
- Jenipapo: Traditional designs, known as Kenes, are applied to participants' bodies, symbolizing protection, strength, and connection with nature. Herbal Baths and
- Kãpu Medicine: Practices of purification and physical and spiritual strengthening using medicinal herbs and the Kãpu vaccine (Kambo). Circle of Conversations and Ancestral Stories: Listening to shanenawa stories and legends, learning about ancestry and the wisdom of elders.
- Craftwork and Traditional Cooking:
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## **CONTRIBUTION PER PERSON:**

**7 dias - 5 noites na aldeia**

### **Experience Program Includes:**

Visitors

6.500 Reais

1.323 USD

(subject to additional fees via card payment, TransferWise).

2 ayahuasca ceremony ,3 meals a day , body painting,herbal bath sananga,hape,kambo, storytelling,music, round trip boat

#### **NOT INCLUDED. External logistic options**

Airport/Hotel Transfer – Hotel/Airport, •

2 nights Hotel in Rio Branco, •

shared car transportation for 4 people from

Rio Branco to Feijo (round trip),  
External logistics prices 1.060 reais  
216 USD

**Not Included:** Flights to Acre Additional items not covered by the retreat package

**Yellow fever vaccination is mandatory to visit indigenous lands.**



# What to Bring:

Accommodation in Nova Vida village offers a simple and immersive experience, reflecting the traditional architecture and customs of the Shanenawa people. For your accommodation, you will need to bring hammock.

- **Hammock with mosquito net or tent**
- **Water bottle**
- **Flashlight**
- **Organic repellent**
- **Personal hygiene products**
- **Warm clothes and blanket for cold ceremony nights**
- **Comfortable shoes for the forest**
- **Dark, earthy, or forest-colored clothing**
- **Chargers for electronic devices**
- **Musical instruments**
- **Raining boots**
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# PRACTICAL INFORMATION

## How to Get There



### TRAVEL ITINERARY

#### Hotel Ignacio

In Rio Branco, Hotel Ignacio offers accommodation with a restaurant and free WiFi throughout the property, as well as free private parking for those arriving by car. The accommodation provides room service, a 24-hour front desk and luggage storage for guests.

#### Airport

Rio Branco International Airport – **Plácido de Castro** is an international airport in the municipality of Rio Branco and the main airport in the state of Acre. It is located in the rural area of the municipality of Rio Branco, on the banks of the BR-364 highway, and at a distance of 25 km from the city center



# PAYMENT METHOD

## FORMAS DE PAGAMENTO

To guarantee your visit to the village, the community asks that payment be made 30 days before your arrival. The community needs the contribution so that they can organize some activities in the village for your arrival.

### Accepted International Payment Methods

We recommend using international bank transfer platforms:

- Wise (recommended)
- Revolut

**These platforms offer lower fees and secure international transfers.**

Payment Details

### Transferwise

Email: vivacreteresa@gmail.com

Account: @teresal224

### Revolut Transfer

Account: @vivacreretreat

**⚠️ PayPal is not available.**

- You must travel to Rio Branco, Acre.
- Departing from São Paulo - Brasília - to Rio Branco.

