



Holistic Health Retreat

Immersion | Alignment | Liberation

TABLE OF CONTENTS

02
About Julie

05
Why Peru?

07
*The Conscious
Vitality Retreat*

09
*What makes Peru so
unique*

11
Conclusion



About Julie



I've always been fascinated by the magic of life and how the human body's biochemistry actually works. Most of my work focuses on supporting women through the big milestones—like pregnancy and menopause. After years of diving deep into the world of holistic health, I decided to set up camp in 2022 right in the heart of the Sacred Valley in Urubamba. It's a place where the raw power of the earth meets a truly unique, ancient wisdom.

My approach isn't about following some rigid protocol or looking for a quick fix. I truly believe that every symptom is just a message from your body. Real vitality happens when we give our bodies the space and safety they need to heal themselves. It's that perfect mix of scientific rigor, a gentle somatic touch, and a deep reconnection to yourself that I'm inviting you to experience with me.

Looking forward to seeing you soon!

Julie Brisson



I don't believe in miracle cures. I believe in the small things we do consistently, day in and day out.

I believe the body has an incredible ability to adapt when we give it the right environment.

I believe emotions deserve to be heard, not ignored.

I believe nature is our greatest ally.

I believe prevention is one of the best gifts you can ever give yourself.

And above all... I believe everyone can cultivate their own vitality, one step at a time.

During my retreats, my goal isn't to tell you what to believe. I'm here to give you a space to slow down, get back in touch with nature, and walk away with real, practical tools to keep that vitality growing.

I can't walk the path for you, but I can definitely show you the trails that helped me find more peace, energy, and trust in my own body.

Simply put, my mission is to help you take charge: to give you the tools to become the lead actor in your own health journey.

My Philosophy



Why the Sacred Valley? The Epicenter of Renewal!

Choosing Peru—and specifically the Sacred Valley of the Incas— isn't just about a change of scenery. It's about placing yourself in an environment with an unmatched "vibe" and energy. Tucked away in the Andes, the Sacred Valley feels like a natural sanctuary where time just slows down. The air is so pure it practically begs your nervous system to drop its guard and finally relax.

This land is rooted in an ancient culture that honors Pachamama (Mother Earth) and carries a kind of "living medicine" within it, from unique adaptogenic plants to healing wisdom that's been around for thousands of years.

*Coming here means stepping out of the "daily grind" and letting the power of the mountains carry you. It's a chance to purify your body and get back in sync with your own biological rhythm. Peru is so much more than just a place to visit—it's a place where nature and tradition remind us of a simple truth: **health, vitality, and well-being are things we cultivate.***



The Intimacy of a Tailor-Made Transformation

Because real healing can't happen in the noise of a crowd, I've chosen to keep each retreat ultra-private—just 1 to 3 people max. Restoring your nervous system, decoding your cell memories, and recalibrating your body's chemistry takes deep listening and constant attention.

This tiny group size lets me build a 100% personalized immersion, designed exactly around your body's unique rhythm and needs. Here, you're not just a number in a group; you're the heart of a sacred space, supported with total kindness, privacy, and a true holistic presence. It's the ultimate luxury you can give your health.





Conscious Vitality Retreat

An Intuitive & 100% Flexible Experience

This retreat isn't just a simple break from your daily life, and it's definitely not a rigid, "set-in-stone" itinerary. It's a sacred space created to recalibrate your nervous system, release old cellular memories, and relearn the language of your own biology, all while staying in sync with Mother Earth (Pachamama).

Real regeneration doesn't follow a strict schedule. That's why your stay is completely flexible and personalized, built around "A la carte" experiences. Depending on your energy level, your intuition, and what your body actually needs when you wake up, we decide the pace of your journey together, day by day. Nothing is forced; everything is an invitation. You get to take back full control of your own biological clock.





To create your ideal stay, here's a range of practices available to you :



Vitality Assessment: A holistic check-up to measure your vital energy, pinpoint imbalances, and understand the root causes of any issues. We'll create your own custom vitality plan.



Movement and Breath: Breathwork sessions and guided meditations, mindful mountain walks, and yoga.



Connection with Nature: Nature walks to discover local plants and learn about their traditional uses.



From Nature to Plate: A healthy Peruvian vegetarian cooking workshop with a chef and a visit to the local market



Various Workshops: Biological decoding workshops, emotional release sessions, learning healthy lifestyle habits, reconnection rituals, and integration time... (depending on what you need).



Archaeological Sites: Several options depending on what you're interested in and how much time we have.

Cultivating Health in the Sacred Valley!

If your soul is longing to slow down, if your body is craving a deep connection with the earth, and if your mind is hungry to learn the sacred language of your own biology, then this retreat is your sanctuary. It's so much more than just a trip; it's an invitation for a beautiful, deep transformation in the heart of the Andes. You won't just leave feeling rested; you'll be recalibrated, empowered with new tools, and truly reconnected to your vitality.

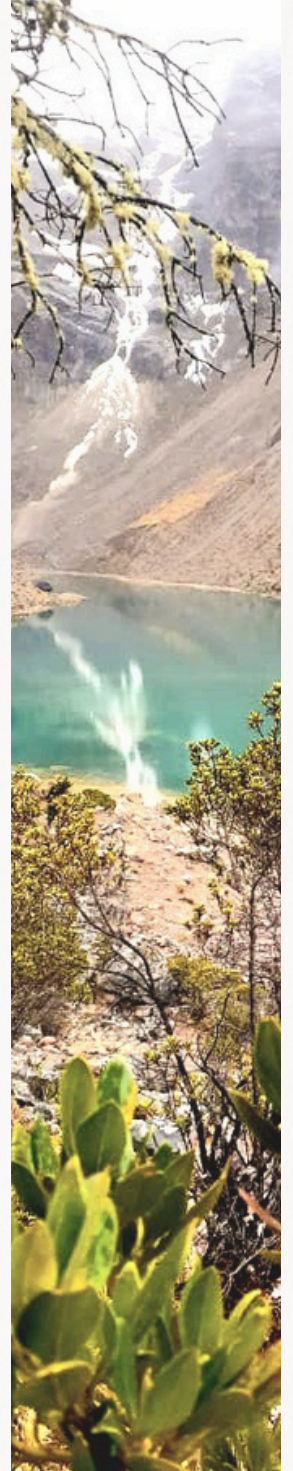
What Makes Peru Unique

Here in the Sacred Valley, healing is all about that deep connection to nature. Andean traditions, which are still very much alive today, teach us that well-being comes from being in harmony with Pachamama (Mother Earth) and the Apus (mountain spirits).

By weaving ancient rituals into your stay—like grounding rituals with the sacred Coca leaf—you're doing more than just learning about a culture; you're part of a medicinal alchemy. These ceremonies are like doorways that calm the nervous system, clear old memories, and open up the internal space you need for a total reset.

The ceremonies offered during my retreats are inspired by the ancient traditions of the Sacred Valley and are shared with deep respect for their origins. They aren't presented as religious practices or "miracle cure" promises, but as symbolic moments of gratitude, introspection, and connection.

Everyone is free to experience them according to their own beliefs and values.



The Principal Ceremonies

 **Samincha** : Based on the Quechua word Sami (meaning light, harmonious energy), this ancient blessing ritual focuses on conscious breathing.

 **Haywarikuy / Despacho** :An Andean ceremony of offering and reciprocity for Pachamama and the Apus. The goal is to give thanks, ask for protection or healing, and give back to the earth using sacred elements.

 **Centering Ritual**: An ancient Andean shamanic cleansing that uses smoke (smudging) to let go of whatever no longer serves us.

 **Sun Salutation & Breath Ceremony**: Starting the day gently with meditation, breathwork, and soft movement as the sun rises.

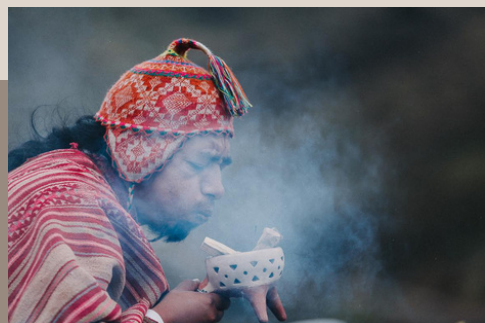
 **San Pedro / Huachuma** : A sacred plant medicine (cactus) used to reconnect with your heart and nature. 

 **Ayahuasca** : A traditional Amazonian medicine used for centuries in a spiritual and ceremonial context. 

 **Cacao Ceremony**: Cacao is used as a symbol of openness and connection, creating a perfect space for quiet reflection and sharing.



 These ceremonies are led by shamans and aren't officially part of my holistic health retreat. However, I can book an appointment and accompany you if you're interested in experiencing them.



What if this trip was also a journey back to yourself?

There comes a time when you realize that taking care of your health isn't just about eating differently or taking better supplements. It's also about learning to slow down, to breathe, to listen to your body, to embrace your emotions, and to rediscover a rhythm of life more in harmony with nature.

The Sacred Valley of Peru is an exceptional place where time seems to slow down. Surrounded by majestic mountains and a culture deeply rooted in respect for all living things, it reminds us that vitality is cultivated one step at a time.

This retreat isn't about transforming you in a few days, nor is it about promising miracle solutions. It's an invitation to pause, to give yourself time, to discover practical tools, and to leave with a new way of caring for yourself.

Perhaps you'll leave with a new recipe, a soothing breathing technique, a beneficial habit, or a different perspective on your own health. Sometimes, the smallest changes open the door to the greatest transformations.

If you feel the call to slow down, reconnect with nature, and gently cultivate your vitality, I would be delighted to welcome you to the heart of the Sacred Valley.

Looking forward to sharing this journey with you.

*Julie Brisson
Holistic Naturopath*



Contact

*To sign up or book an information
meeting, please email me at:
julianaturopataholistica@gmail.com or
send a message on WhatsApp :
+51 900 470 175*



www.julianaturopataholistica.com