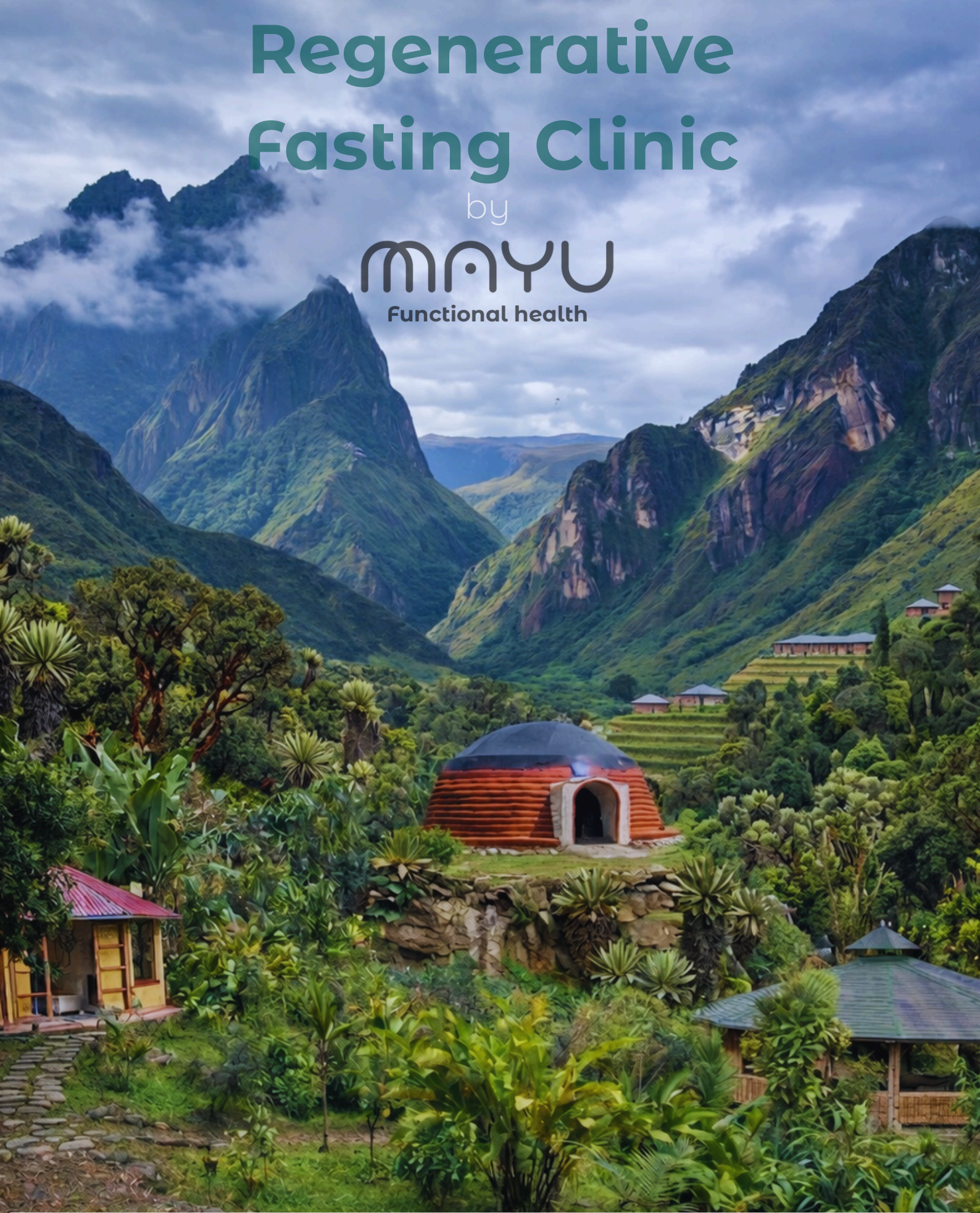


Regenerative Fasting Clinic


by

MAYU

Functional health




**“To heal is to restore harmony between
body, mind, spirit and nature”**



**A healing sanctuary set within
the Andean Choco cloud forest,
where fasting, ancestral teaching, and
integrative clinical medical practices come
together guiding you through
deep regeneration of body, mind and spirit.**

We listen to the voice of nature...



Embark on a nine-day regenerative immersion designed to restore the body, calm the mind, and reconnect you with your deepest vitality.


This retreat combines therapeutic fasting, master plants, and clinical phytotherapy within a sanctuary of nature, silence, and ancestral wisdom.

Guided by evidence-based regenerative medicine and Amerindian healing traditions, the program supports cellular repair, metabolic reset, nervous system balance, and emotional clarity under continuous professional supervision.

Participants experience a carefully integrated program including therapeutic fasting stages, high-dose vitamin C therapy, medicinal Amazonian plants, acupuncture Master Tung, neural therapy, XYCTA visual regeneration, Sisowajeya purification, and energetic plant baths.

More than a wellness retreat, this experience is a deep reset of body, mind, and spirit - a return to your natural biological intelligence through fasting, ancestral medicine, and therapeutic guidance.

If you are ready to regenerate from within, this journey is for you.



What you will live in the retreat 3-6 or 9 days

Therapeutic Fasting

Deep emetic and entheogenic therapy

Clinical Therapy

Energetic Cleansing Baths

Acupuncture & Neural Therapy

Amazonian Phytotherapy

Temazcal - Heat Therapy

Máster-plant ceremony

Music Therapy - Taichi

Cacao Ceremony



Dr. Julio Vicencio

- Founder & Director of Mayu
- Director of regenerative fasting retreat
- Director of Endocannabinology program (UDLA)
- Naturopathy & Integrative medicine
- Master tung acupuncture
- Amazonian & Andean traditional medicine

Our Guides ❖



Taita Mauricio Vicencio

- Ancestral Healer
- Music Therapist
- Carrier of Ancestral Medicine
with more than 40 years of experience

Dates and Location

May 22th - 31th, 2026

Sept 25th - Oct 4th, 2026

The place where you will live your fasting retreat
is located in the heart of the Andean Chocó



Nanegal, Ecuador
1 hour from Quito

Retreat Space

Each space—from the botanical gardens to the ceremonial areas—has been designed in alignment with universal patterns such as the Flower of Life, generating fields of coherence that accompany processes of detoxification, introspection, and deep healing.

The vibration of the environment, combined with the rich biodiversity of the cloud forest, transforms Mayu into a therapeutic portal where balance is naturally restored.



Fasting

The fasting retreat at Mayu is based on the body's natural ability to self-regulate, repair, and restore balance when given the right conditions. Therapeutic fasting activates key processes such as autophagy, metabolic optimization, and inflammation reduction, supporting cellular regeneration.

This process is enhanced through evidence-based clinical phytotherapy and IV therapy, which help regulate essential body systems, replenish micronutrients, and support detoxification and mitochondrial function.



From a nutritional perspective, organic foods grown on our land and electrolyte-rich hydration support homeostasis and cellular function.

Each plan is personalized to the individual's metabolic state, ensuring a safe and regenerative experience.

This integrated approach promotes detoxification, metabolic reprogramming, and overall restoration of health.

Accommodation

Accommodation at the Mayu Fasting Clinic offers a deeply immersive experience in the heart of the Chocó Andino, surrounded by lush nature, sacred plants, and exotic species that nourish both the senses and the spirit.

Each morning begins with the songs of unique and vibrant birds native to the region, creating a natural and harmonizing awakening.



“A beautiful and comfortable space in the Andean Choco surrounded by nature”

Pick your retreat

Three ways to experience this journey

3 Days - Full pack

- Introduction to the fasting process
- Connection and wellness activities
- Accompaniment during the experience

Usd 1500

Full Accommodation & meals included

6 Days - Recommended

- Complete therapeutic accompaniment
- Integration and well-being activities
- Rest spaces and connection with nature
- Guided fasting process

Usd 2300

Full Accommodation & meals included

9 Days - Premium

- Deep process of therapeutic fasting
- Complete wellness experience
- Integration and connection activities
- Specialized accompaniment throughout the retreat

Usd 3500

Full Accommodation & meals included

“Flight tickets not included”

A photograph of a bamboo grove. In the foreground, there are several green bamboo plants with fan-shaped leaves. A stone marker with the word 'BAMBU' is visible on the ground. The background is filled with tall, vertical bamboo stalks.

MAYU

functional health

Takes care of you

@mayuecuador

www.mayuclinic.com