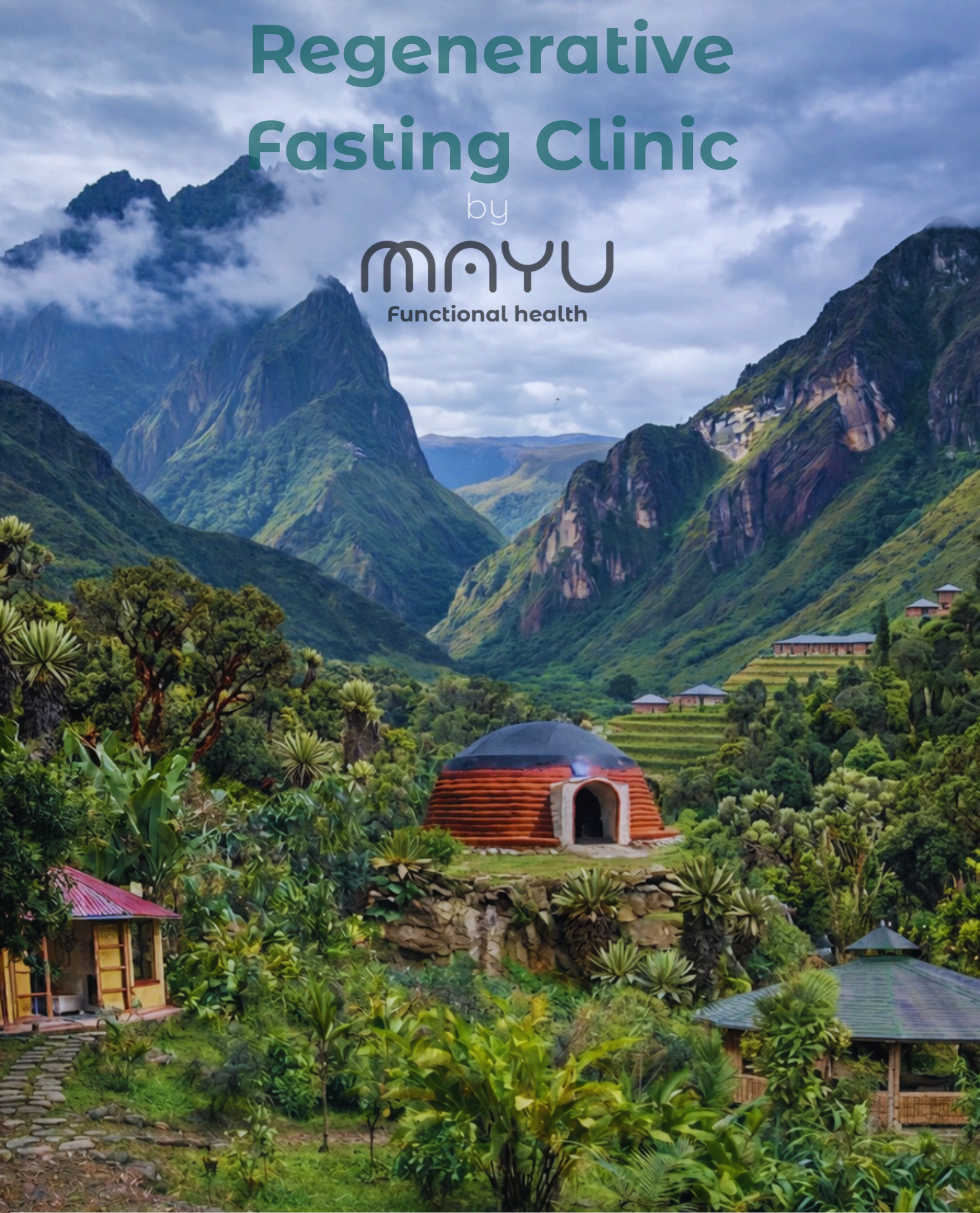


Regenerative Fasting Clinic

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

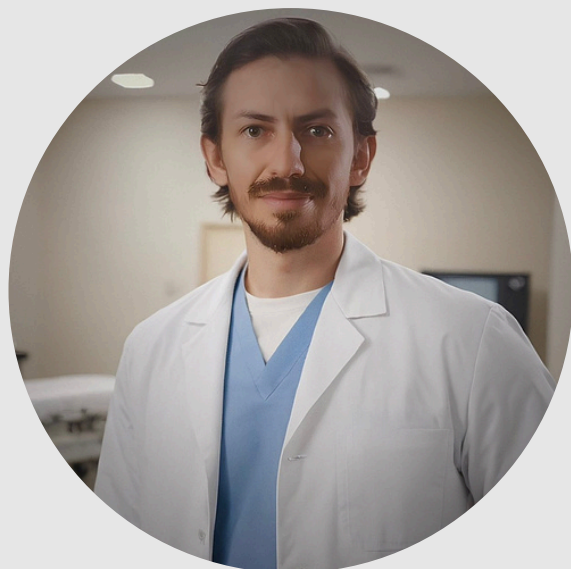
Amazonian Phytotherapy

Temazcal - Heat Therapy

Máster-plant ceremony

Music Therapy - Taichi

Cacao Ceremony



Dr. Julio Vicencio

Our Guides ❖



Taita Mauricio Vicencio

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

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

Dates and Location

**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"

Elige tu retiro

Tres maneras de experimentar este viaje

3 días - Paquete completo



- Introducción al proceso de ayuno
- Actividades de conexión y bienestar
- Acompañamiento durante la experiencia

Usd 1000

Alojamiento completo y comidas incluidas

6 días - Recomendado



- Acompañamiento terapéutico completo
- Actividades de integración y bienestar
- Proceso de ayuno guiado
- Espacios de descanso y conexión con la naturaleza

Usd 2000

Alojamiento completo y comidas incluidas

9 días - Premium



- Proceso profundo de ayuno terapéutico
- Experiencia de bienestar completa
- Actividades de integración y conexión
- Acompañamiento especializado durante todo el retiro

Usd 2800

Alojamiento completo y comidas incluidas

"Los billetes de avión no están incluidos"



Alianza comercial

Regenerative Retreat – MAYU Fasting Clinic

We appreciate your interest in the MAYU Fasting Clinic. We present our proposal to live an experience of integral regeneration through a therapeutic fasting program, integrative medicine and professional support in a natural environment of the Chocó Andino.

- Initial medical evaluation
- Therapeutic fasting program
- Professional supervision
- Integrative clinical therapies
- Wellness activities
- Accommodation
- Meals according to the program
- Personalized support

Program	Each
3 days	USD 1.000
6 days	USD 2.000
9 days	USD 2.800

Special bonus

For every 5 people enrolled, MAYU will grant 1 bonus, in accordance with the current commercial conditions.

Royalties for each person enrolled, with an incentive that varies between USD 100 and USD 300, depending on the selected program

Clínica del Ayuno MAYU
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Más información: www.mayuclinic.com



mayu

functional health

Takes care of you

@mayuecuador

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