

- AMAZON -

MINGA LODGE & SANCTUARY



Your path to living your longest, healthiest and best life.

FULFILLED LIFE TRAVEL



A BESPOKE LUXURY ECOLOGDE IN THE HEART OF THE ECUADORIAN AMAZON

Tucked within 700 acres of untouched Amazon rainforest, Minga Lodge & Sanctuary is not simply an escape — it's your invitation to connection, purpose and healing. Here, cutting-edge longevity science meets ancient traditions in a powerful fusion of wellness, consciousness and vitality to guide you through a journey of restoration— all within one of the world's most biodiverse and energetically potent ecosystems.

Minga is more than a retreat — it's also a sanctuary for animals. This lush, living environment is home to a vital wildlife rescue and rehabilitation program that protects and nurtures the Amazon's most remarkable species. As you restore your inner world, you'll witness the healing of the outer one — a rare and humbling connection to nature's intelligence, resilience and grace.



HIGHLIGHTS OF MINGA LODGE



- **Yoga Pavilion:** An open-air yoga and meditation space surrounded by rainforest, designed for movement, stillness and deep restoration.
- **Temazcal Sweat Lodge:** A traditional Amazon experience designed to purify, release and restore balance.
- **Plunge Pools:** Hot and cold plunge pools to invigorate the body and calm the mind.
- **Gym:** A space designed for strength, mobility and recovery, whether through HIIT sessions or mindful movement.
- **Accommodations:** Private, eco-luxe cabins with rainforest views, crafted for comfort and calm.
- **Rainforest Dining:** Meals unfold overlooking the Rio Napo with nourishing Amazonian superfoods and vibrant local flavors.
- **Napo Nook Bar:** A welcoming gathering place for smoothies, fresh-pressed juices and Ecuadorian coffee.
- **Minga Superfood Farm** Our on-site superfood farm supplies much of what we serve at the lodge while advancing conservation and community training.
- **Minga Animal Sanctuary & Reserve:** A shelter for healing and rehabilitating Amazon animals.

ELEVATED CABINS ARE CRAFTED TO BRING COMFORT AND CALM TO THE HEART OF THE AMAZON.

Each cabin features climate control, floor-to-ceiling glass windows framing panoramic rainforest views and an outdoor veranda with a macrame hammock – a place to rest, reflect and feel immersed in nature.

Cabins are furnished with canopy beds, en-suite bathrooms, crisp cotton linens and whitewashed Nordic ceramic floors.

All accommodations include ensuite bathrooms, daily cleaning, nightly turndown service and organic amenities – simple touches of care that support renewal and restoration.





OUR FOOD PHILOSOPHY: AN APPROACH WE LOVINGLY CALL THE "1-MILE DIET", WITH MANY OF THE FRUITS AND VEGETABLES ON OUR MENU GROWN AT OUR SUPERFOOD FARM ACROSS THE NAPO RIVER.

A FARM-TO-TABLE EXPERIENCE DESIGNED TO NURTURE WELL-BEING

Dining at Minga Lodge & Sanctuary is an unforgettable experience, as much for its stunning location overlooking the Rio Napo as for the delicious farm-to-table meals designed to support your well-being. Fresh ingredients come directly from the Minga Superfood Farm, our regenerative, superfood farm just across the Napo River.

Meals are thoughtfully prepared by our chef who leverages the Amazon's bounty while sourcing premium, specialty ingredients across the country to create fresh, healthy delicious epicurean meals designed to nourish your well-being and your soul.



START YOUR DAY AT OUR COFFEE AND SMOOTHIE BAR

Enjoy gourmet coffee sourced from a local cooperative and award-winning roaster, expertly made by our dedicated barista. We also offer daily smoothies made from a delicious variety of local fruits, vegetables, and superfoods in combinations both familiar and adventurous.

CELEBRATING FARM-TO-TABLE DINING: VISITING THE MINGA SUPERFOOD FARM

The Minga Superfood Farm is at the heart of our conservation and community engagement – a place where nutrient-rich Amazonian superfoods like cacao, sacha inchi and chonta are grown with care and respect for the rainforest.

Here, the Melipona Bee Rescue Sanctuary protects stingless bees that are vital to biodiversity and rainforest regeneration.

By sourcing directly from the Superfood Farm, Minga creates a closed-loop food system: fresh ingredients that nourish body and spirit, restore the land, strengthen local livelihoods and connect guests to the living story behind every meal.

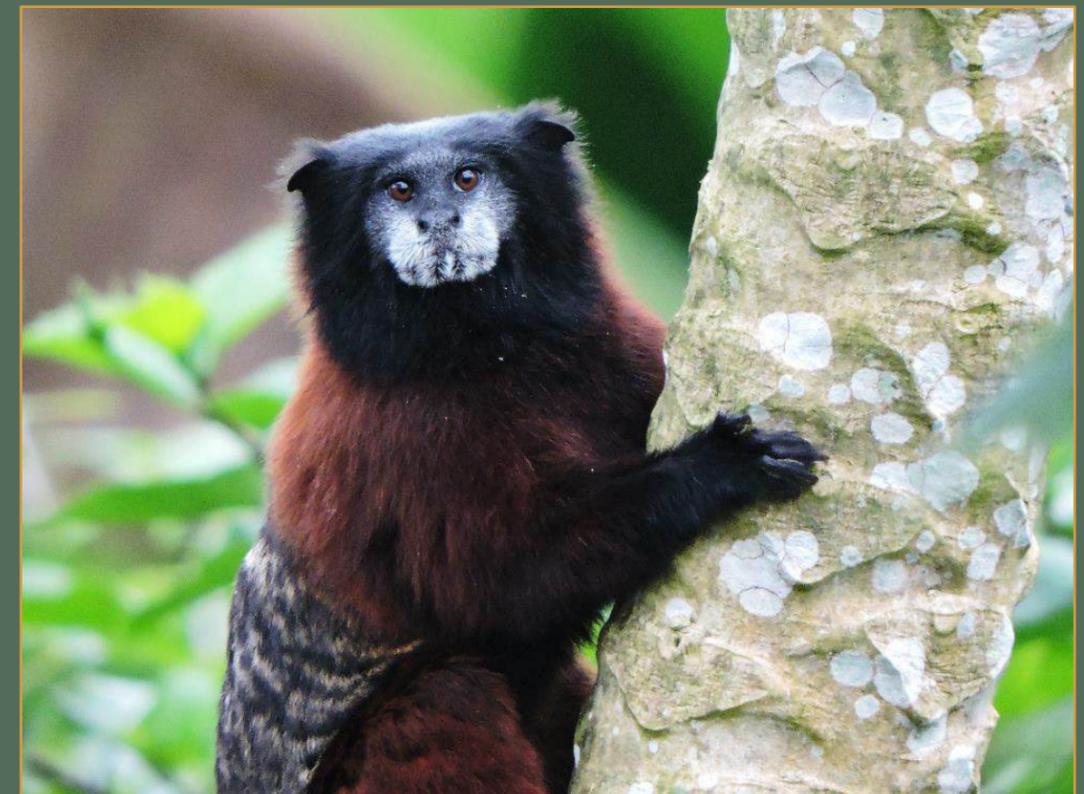


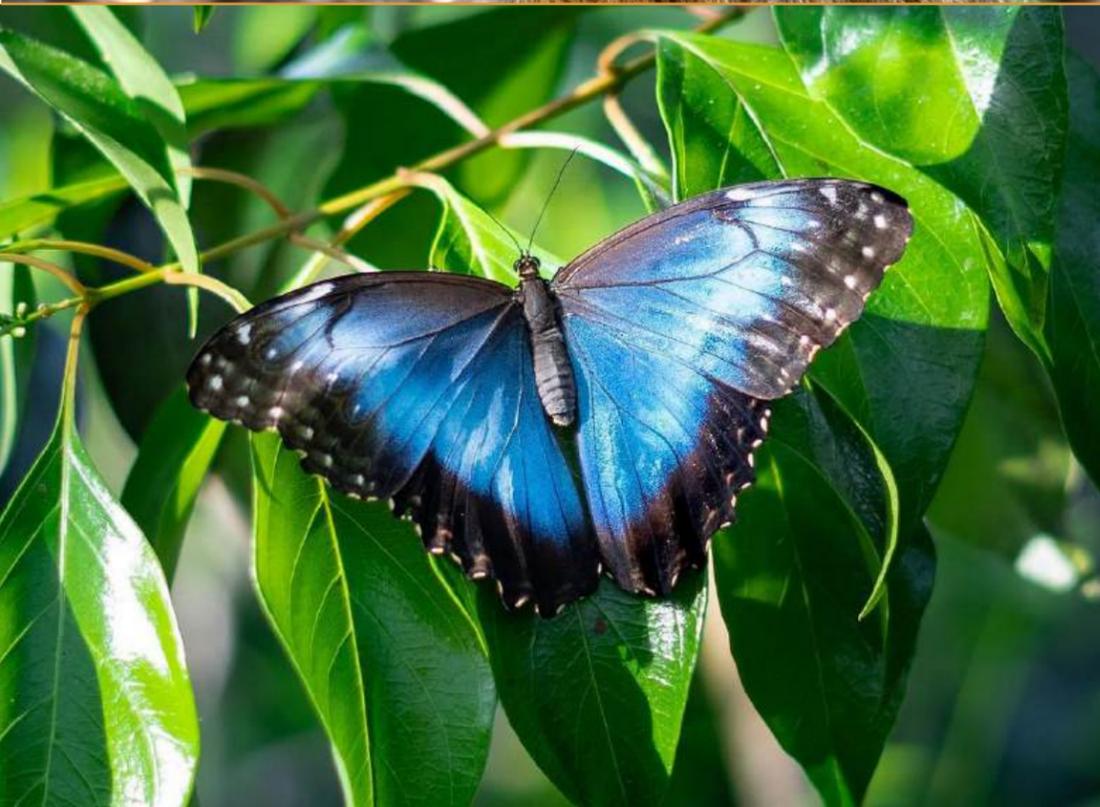
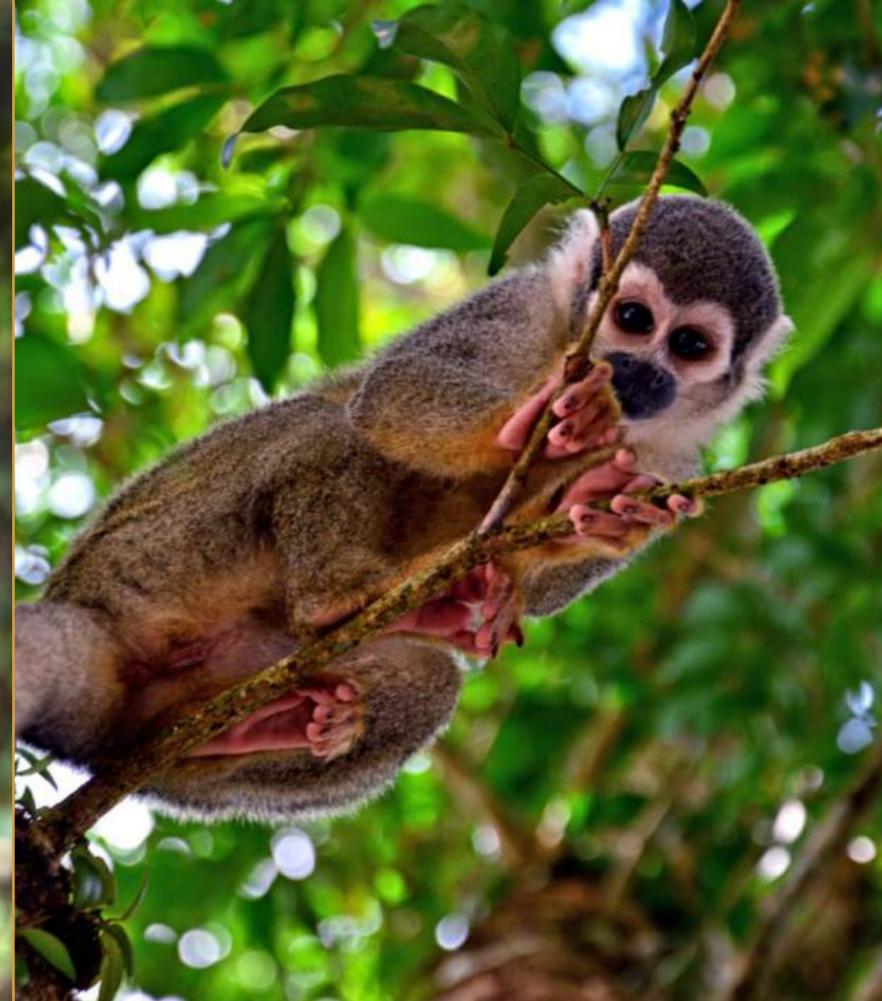


THE MINGA WILDLIFE SANCTUARY AND RESCUE CENTER IS A CRITICAL PART OF THE SOLUTION TO COMBAT ILLEGAL TRAFFICKING IN THE ECUADORIAN AMAZON.

Ecuador is home to 10% of the planet's known species yet is also a source and transit country for illegal wildlife trafficking. Over 4,000 animals are seized annually.

Our Sanctuary and Rescue Center helps in multiple ways: conservation, animal welfare, education, ecosystem restoration and collaborating with local communities and government to help raise public awareness and shape policy. Volunteer to help or come to learn. As you restore your inner world, you'll witness the healing of the outer one – a rare and humbling connection to nature's intelligence, resilience and grace.





SET ON 700+ ACRES OF PROTECTED AMAZON RAINFOREST, THE MINGA WILDLIFE SANCTUARY IS A LIVING REFUGE FOR 350 SPECIES OF BIRDS, 248 BUTTERFLIES, 78 FROGS, 72 REPTILES AND 62 MAMMALS, MAKING IT A NATURE LOVER'S PARADISE.

WELLNESS AT MINGA RECONNECT MIND, BODY AND SOUL

At Minga Lodge & Sanctuary, wellness is not a single moment — it's a full-spectrum journey.

From ancient cacao ceremonies and rainforest sound baths to a state-of-the-art Biohacking Center and world-class gym, every experience is designed to reconnect your body, clear your mind and awaken your spirit. Whether you participate in some activities or all, this is your space to restore, recharge and return to yourself — fully.





Detox Program

Reset your system through a curated cleanse using fresh, local ingredients.



Sound Baths

Experience deep relaxation and clarity through curated healing vibrations.



Fully Equipped Gym

Gain optimal strength and wellness in our fully equipped gym.



Forest Bathing

Reconnect and reflect on guided walks along lush rainforest trails.



Biohacking Center

Sharpen your mind and biology through cutting-edge therapies such as Vagal Nerve Training.



Shamanic Cleansing

Clear your energy and restore balance through this ancient Amazonian ritual.



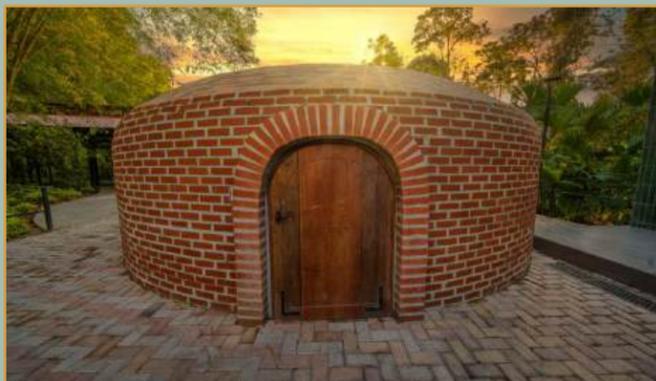
Yoga & Meditation Pavilion

Find balance and serenity in our open-air pavilion surrounded by nature.



Sacred Cacao Ceremony

Awaken your senses, invite reflection and set intentions through mindful sips of pure cacao.



Temazcal Sweat Lodge

A traditional Amazon sweat lodge experience to foster deep purification and renewal.



Hot and Cold Plunge

Rejuvenate your body and boost circulation through an invigorating cold plunge. Melt away tension and ignite deep relaxation in soothing hot pools.



Spa Indulgence and Massage Therapy

Restore and reawaken through holistic treatments that blend Amazonian botanicals with expert care, from deep massages to reflexology.



Ayurvedic Healing

Elevate your well-being with ayurvedic healing (available with an additional cost). Explore ancient wisdom to balance your body and mind in the heart of the Amazon.

ACTIVITIES AT MINGA

DISCOVER A VARIETY OF ACTIVITIES DESIGNED TO RECONNECT YOU TO NATURE—AND YOURSELF!

Community and culture

Authentically experience what it is like to live in the Amazon. You will cook, craft and learn from local guides, artisans, farmers, chefs and Indigenous knowledge keepers.

Rainforest exploration

Hike and canoe under the rainforest canopy to spot amazing wildlife and birdwatch. Or hop into an open-air truck and make your way further into the unexplored corners of the Amazon.



Traditional Kichwa cooking

Visit a local farmer to help him harvest fruits and vegetables from his farm. Take them back to Minga Lodge and join our Kichwa chefs for a cooking lesson that transforms local ingredients into delicious traditional dishes like fish wrapped in palm leaves.



Coffee tasting

Start your day with a coffee tasting of locally sourced and expertly roasted coffees. Try your hand at scoring the aroma, acidity, body and flavor of coffee prepared in several ways.



Weapons training

Follow the footsteps of an Indigenous weapons expert and learn how to throw a spear and shoot a blowgun. Test your precision as you take aim at targets of papayas mounted on sticks.



Birdwatching

Paddle down a tributary of the Rio Napo by canoe or kayak where it is not unusual to spot more than 30 species of birds in one hour, like the prehistoric-looking Hoatzin, as well as majestic eagles.



UNCOVER THE SECRETS OF CHOCOLATEMAKING (AND TASTING!)

Meet with the farmers who supply beans to a French chocolatier, then learn to make chocolate from cocoa beans. Visit our professional test kitchen for a chocolate tasting complemented by familiar ingredients, and unique ones!

GET TO KNOW THE LOCAL COMMUNITY THROUGH A BESPOKE VOLUNTEER EXPERIENCE

The nearby communities are engaged in ongoing efforts to improve their living circumstances, from farming to building new schools. For groups interested in helping them, we offer unique bespoke volunteer experiences.

CONNECT WITH THE LOCAL ARTISANS WHILE WEAVING TRADITIONAL JEWELRY

Meet skilled female artisans and learn how they generate income through traditional jewelry making. From sourcing to production, their uniquely Ecuadorian jewelry pieces are entirely local, with many made from nuts and seeds collected in the rainforest.

CONNECT WITH THE RAINFOREST'S REMARKABLE BIODIVERSITY

Led by Indigenous experts from the area, hike deep into the primary and secondary rainforest to discover its unique flora and wondrous wildlife.

MINGA LODGE & SANCTUARY LETS YOU CHOOSE YOUR OWN ADVENTURE

Minga Lodge & Sanctuary offers a range of immersive and interactive activities that enable you to choose your own adventure. Our team of chefs, hosts, facility stewards and customer care staff on-site will ensure your trip or event is executed seamlessly, with enthusiasm, passion and attention to every detail.

FAMILIES

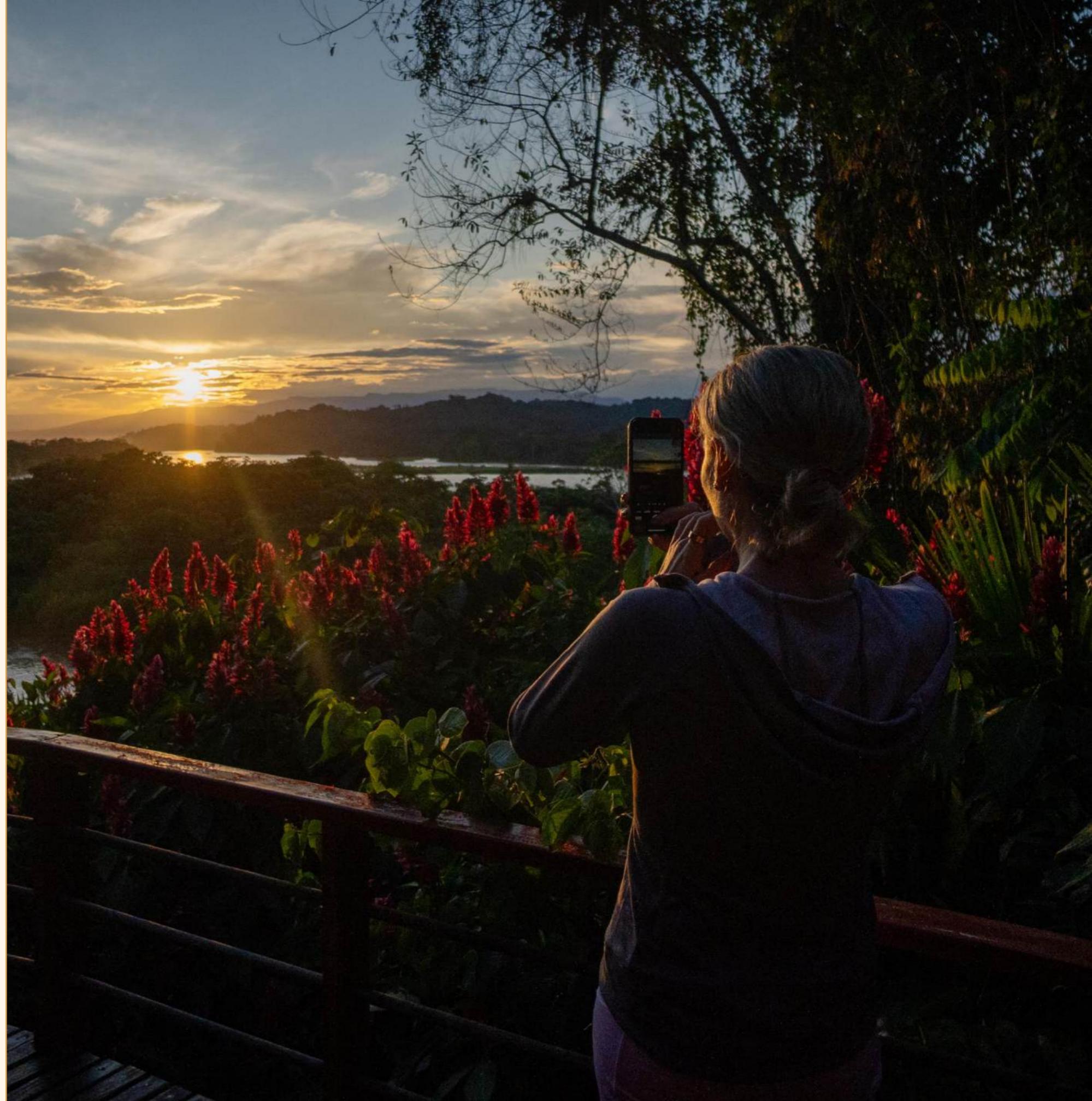
Families will appreciate the hands-on activities at Minga Lodge & Sanctuary, enabling young people to learn through multiple senses. These are tailored to meet age, fitness level and curiosity.

COUPLES

Couples can set their pace and customize their experience to reflect their interests.

GROUP EXPERIENCES AND EVENTS

Minga Lodge & Sanctuary can be booked exclusively for large groups. We can host retreats, conferences and gatherings with multiple spaces available across the property. Each space can be tailored and appointed to meet your needs.





MILESTONE CELEBRATIONS

Minga Lodge & Sanctuary is an unforgettable place to host a milestone celebration. From creating custom-filled piñatas to hand-building bamboo tiki bars, we strive to create an experience that people will talk about for years to come.

RETREATS

The lush, tropical healing environment of Minga Lodge & Sanctuary is ideal for your next wellness retreat. Our unique fusion of ancient Amazon practices with cutting-edge science, including biohacking, cold plunges and shamanic cleansing are designed to renew, restore and rejuvenate.

CONFERENCES

Bring your team together in a truly memorable environment. Our conference center holds up to 80 people and is enabled with high-speed Wi-Fi and all the technology needed to keep you connected and the conversation (and agenda!) flowing.

THE FOUR Cs OF MINGA LODGE & SANCTUARY

CONSERVATION

Dr. Jane Goodall once noted that the only way to ensure environmental protection of sensitive areas is to ensure economic systems are in place to benefit the local community. Minga Lodge & Sanctuary takes this to heart through tourism that benefits the community and helps reduce problems like poaching and deforestation. We invest heavily in ecological protection, reducing our carbon footprint by growing produce locally and engaging in a tree nursery program to support reforestation. Our itineraries meet or exceed the criteria for sustainable travel set forth by the World Bank for sustainable tourism.

COMFORT

Travelers at Minga Lodge & Sanctuary are not just welcomed as guests; they become part of our family. Our knowledgeable staff, known for their hospitality and kindness, go out of their way to make each person feel at ease and at home. Our eco-luxe cabins are designed to promote rest and relaxation, while our opt-in wellness program includes yoga and massages. We also cater to all dietary needs and requests.

CONNECTION AND COMMUNITY

Our immersive experiences have been co-created with community members to honor their lives, homes and hearts. Most of our staff are local from the Rio Napo area. This enables guests to gain an unprecedented understanding of their community and their way of life. Itineraries and activities are designed to demonstrate cultural respect and inclusivity. We have also been able to engage in several local initiatives that help improve livelihoods and quality of life.

MEET SOME OF OUR PAST GUESTS



▲ MARTIN LUTHER KING III
Thought Leader, Peace Maker, Negotiator



▲ DREW SCOTT
Property Brother, Actor, Entrepreneur



▲ LILY SINGH
TV Host, YouTuber, Comedian, Author



▲ NATALIE PORTMAN
Actor, Activist



▲ MALALA YOUSAFZAI
Activist



▲ MACHEL MONTANO
Singer, Songwriter

SAMPLE 5-DAY ITINERARY



Day 1 – Arrival

- Land in Quito
- Overnight at airport hotel
- Optional dinner, gentle movement or journaling time

Day 2 – Journey to Minga

- Flight from Quito to Coca
- Canoe ride from Coca to Minga Lodge & Sanctuary
- Arrival, check-in and fresh juice at the Napo Nook
- Evening yoga and meditation
- Welcome dinner

Day 3 – Movement + Connection

- Guided Rainforest Hike
- Temazcal
- Visit to the Animal Sanctuary
- Meditation and breathwork session
- Dinner and reflection
- Night hike in the Amazon Rainforest

Day 4 – Community

- Birdwatching
- Temazcal
- Traditional Amazonian cleansing ceremony
- Restorative yoga session
- Cacao ceremony
- Dinner under the stars

Day 6 – Departure

- Depart Minga Lodge in your canoe
- Fly from Coca to Quito
- Evening departure from Quito

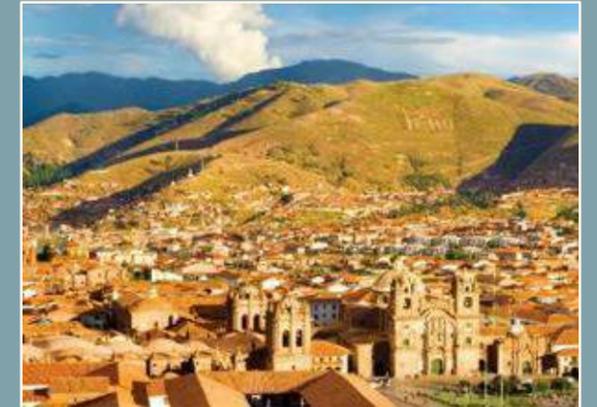
OR

Continue your adventure and discover more of the wonders of South America with a customized trip extension

OPTIONAL EXTENSION PACKAGES FROM QUITO

QUITO, OTOVALO AND COTOPAXI

Start by enjoying Quito's many unique sights and activities. Drive overland to the regions of Otavalo and Cotopaxi for a unique glimpse into Ecuadorian life – from vast, open-air markets to snow-capped mountains in the highlands. Recharge and refresh at traditional and welcoming haciendas in the Andean mountain range. Enjoy optional daily hikes and excursions to breathtaking vistas, waterfalls and tranquil villages, all provided by our partner haciendas.



GALAPAGOS ISLANDS

Join expert guides for an unforgettable journey to discover the remarkable biodiversity and flora and fauna of this famous archipelago. Located 1,000 km from the Ecuadorian mainland, enjoy a remote paradise made famous by Charles Darwin and explore the many natural wonders on land or by sea. No matter which option you choose, we are happy to create the perfect adventure for you. Book early to secure your spot – Galapagos trips sell out very quickly.



MACHU PICCHU AND BEYOND

Start your journey in Peru's bustling coastal capital of Lima before traveling to the ancient city of Cusco. Spend a day wandering its cobblestone streets, exploring Inca ruins and admiring beautiful Spanish architecture against the backdrop of the cloud-topped Andes mountains. Then begin your journey to Machu Picchu, traveling through the Sacred Valley aboard a glass-topped Vista dome train. Along the way, take in stunning views of Peruvian villages nestled beside lush forests and rushing rivers. Your final ascent to Machu Picchu begins the next day.



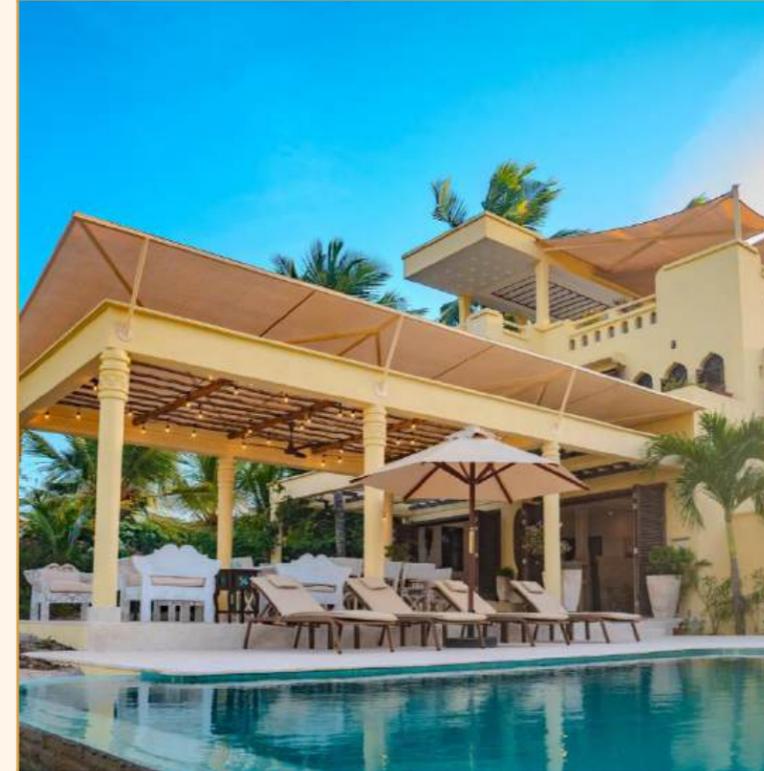
Inquire for pricing.

ADDITIONAL FULFILLED LIFE TRAVEL PROPERTIES

EMBARK ON AN EXTRAORDINARY NEW WELLNESS EXPERIENCE AT KILIFI BEACH VILLAS, KENYA

Kilifi Beach Villas is a stunning luxury property nestled on the pristine white sands of Bofa Beach on Kenya's East Coast.

With private access to a serene stretch of soft sand beach and endless horizons, it's one of the most tranquil healing environments in the world. The resort will soon offer an unparalleled world-class wellness experience designed to guide you back to reconnection and renewal – to yourself, your health and a life that feels full.



ADDITIONAL FULFILLED LIFE TRAVEL PROPERTIES

BOGANI CAMP: IMMERSIVE SAFARI SANCTUARY IN THE HEART OF THE MAASAI MARA

Set within Kenya's 5,000-acre Enarau Conservancy, Bogani Camp is not simply a safari destination — it's an invitation to renewal, connection and purpose.

At Bogani, modern comfort meets the untamed wilderness. Guests stay in luxury safari tents and family cottages designed for rest and reconnection, enjoy nourishing farm-to-table meals sourced from our nearby regenerative Oleleshwa Farm, and gather in open-air spaces that bring people closer to the land and one another.

More than a retreat, Bogani is part of a larger story of impact. Each stay helps support education for local students at Legacy College and community-led healthcare at Baraka Hospital.



- AMAZON -
MINGA LODGE
& SANCTUARY

YOUR JOURNEY OF RENEWAL AWAITS.

— *We hope you join us.* —

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