

# Planetary Connection and Spiritual Awakening Journey to Peru

## Peru

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### 7 Nights / 8 Days

Join us in the Sacred Valley of Peru on a beautiful journey to tap into your own vitality and tune into the pulse of the planet.

Our intention is to connect with Pacha Mama (Mother Earth) in mystical Peru to witness the seed of her truth that lives within each of us, watering our soul with ancient Incan rituals and traditions so that we can emerge stronger mentally, physically, and intuitively. Spend time with the local community, learn about traditional weaving, medicinal plants and of course absorb the magical energy of Machu Picchu.

**BOOK NOW: 888.747.7501**

## Planetary Connection

- ✓ Set foot on ancient ruins in **Pisac** and experience the elevated energy of **Machu Picchu**, one of the greatest wonders of the world.
- ✓ Learn about the **ancient Incan practices** that honor the upper and under worlds.
- ✓ Meet **empowered local women** who have established small businesses that honor and promote their **local weaving culture**.
- ✓ Join rural indigenous communities in Lamay for **experiential workshops** on farming and medicinal plants.



## Natural Awakening

- ✓ Enjoy a **Peruvian cooking class** using seasonal, local and organic ingredients from the Sacred Valley.
- ✓ Participate in a **Pacha Mama ceremony** to honor and celebrate Mother Earth.
- ✓ Learn about **bee conservation** in the Sacred Valley of Peru and explore how we **raise awareness and protect biodiversity**.



## Healing

- ✓ Immerse yourself in **Mountain top meditations and intention setting**.
- ✓ Experience a **Kintu sound ceremony** and learn about the ancient rites and rituals that pre-date Columbian times.
- ✓ Center your physical, emotional and energetic bodies with daily **yoga and meditation, group life coaching** and **regenerative Reiki healing**.



## DAY-BY-DAY ITINERARY

### DAY 1

## Welcome to Peru

Lima

**Overnight:** *Costa Del Sol Wyndham*

**Included meals:** *Dinner*



Journey to Peru, a country steeped in mysticism and a history spanning over 20,000 years. Our intention is to connect with Pacha Mama (Mother Earth) in mystical Peru to witness the seed of her truth that lives within each of us, watering our souls with ancient Incan rituals and traditions, so that we can emerge stronger mentally, physically and intuitively.

Peru is a sacred and transformative land and we will explore ancient Incan sites in the Sacred Valley, Machu Picchu and Cusco. Your senses will be awakened as you participate in ancient rituals, explore the resplendent and colorful markets and interact with local community members dressed in traditional attire.

Upon arrival at Jorge Chavez International Airport, you will be met by a local guide who will accompany you to your hotel for check-in.

The Costa Del Sol Wyndham hotel is conveniently located close to the airport and affords us an opportunity to come together in friendship before our journey tomorrow to the Sacred Valley.

Enjoy a welcome dinner at the Costa Del Sol Restaurant, Paprika. The chef prides himself on his locally inspired dishes prepared with the freshest of ingredients and locally grown grains, rice, and produce.

### DAY 2

## Spiritual Awakening

Sacred Valley, Peru

**Overnight:** *Hotel Yoga Madala*

**Included meals:** *Breakfast,  
Lunch*

Enjoy breakfast and fuel up for the day ahead!

We will fly this morning to Cusco and transfer to the majestic Sacred Valley. The Sacred Valley is a region in Peru's Andean highlands. Along with the nearby town of Cusco and the ancient city of Machu Picchu, it formed the heart of the ancient Inca Empire. Our first stop will be Pisac, where we will explore the local market which, as this is a Sunday, will be bursting with local vendors from the Quechua communities. You should be prepared to bargain for your purchases as this is customary in Peru and will be expected!

Enjoy lunch at Dona Clorindo, a local favorite located in a beautiful Colonial home.

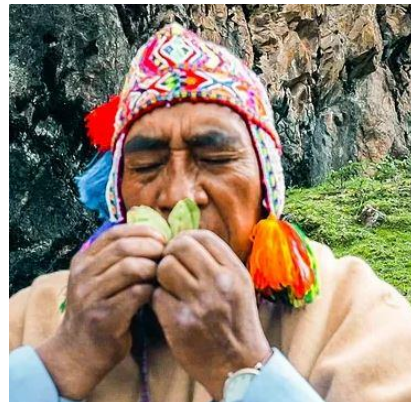
This afternoon we will explore the Incan Ruins of Pisac, one of the archeological gems of the Sacred Valley. Absorb all the energy of these ancient ruins, magical mountains and flowing rivers that surround us.

## DAY-BY-DAY ITINERARY

### DAY 2 | CONTINUED

We'll journey on to our home for the next four nights: Hotel Yoga Mandala, retreat center in the small village of Huandar Chicoa.

Our explorations continue and we will have an opportunity to learn about herbal and spiritual healing and the use of botanicals by the local shamans and natural healers. Visit the Felipe Marín Moreno Botanical Gardens to gain knowledge of the local medicinal plants. A mystic guide who specializes in traditional medicine will join us to further deepen our learning.



Dinner is on your own (individual expense) this evening.

### DAY 3

## Culture and Connection

Sacred Valley, Peru

*Overnight: Yoga Mandala Hotel*

*Included meals: Breakfast,  
Lunch, Dinner*

Enjoy a delicious and nutritious breakfast at the hotel.

Today we will have a unique opportunity to connect with local Peruvian women who have created a social enterprise focused on protecting the fine art of traditional Peruvian weaving. We'll venture to the weavers' workshop of Nilda Callañaupa, who 28 years ago decided to bring together like-minded women who shared her passion for weaving, and in time was able to motivate younger women who had lost interest in weaving to learn from their elders and connect once more with this ancestral art. She began working in the yard of her own house in Chinchero, and in 1996 her project became the **Center for Traditional Textiles of Cusco**, a strong organization dedicated to both the preservation and commercialization of beautiful, high quality textiles.

## DAY-BY-DAY ITINERARY

### DAY 3 CONTINUED

Our transformational and spiritual journey continues as we dedicate some time and reverence to Pacha Mama (Mother Earth). We'll participate in a traditional offering a Pachamanca lunch. For centuries the Andean communities have engaged in traditional offerings to Pacha Mama before they start any project, be it preparing the land, planting seeds or starting a new project. The offering ceremonies are rituals with ancestral origin and are part of a system of reciprocity



between the material world and the spiritual world. The "ofrenda" is a symbolic way in which the farmer gives back to the Pacha Mama what he has taken out from her. The main objective is the re-establishment of the reciprocity between the human being and nature. With the offering, or pago, the farmer asks permission to the Pacha Mama to be able to open it and give back in a symbolic way something of his fruits.



Our community immersion continues as we participate in a traditional and sacred Pachamanca lunch (literally translated it means Pacha=Earth and Manca=Oven). We will eat Alfresco style and enjoy traditional food that has been cooked on hot stones buried in the earth. Expect to enjoy several types of local potatoes (there are said to be almost 4,000 varieties of native potatoes grown in the Andean highlands!), herbs, spices, grains, vegetables and meat.

*Pacha Mama - In Incan mythology, Pacha Mama is a fertility goddess who presides over planting and harvesting, embodies the mountains, and causes earthquakes. She is also an ever-present and independent deity who has her own self-sufficient and creative power to sustain life on this earth.*

We'll have some free time for journaling and reflection before dinner which will be enjoyed at our hotel.

### DAY 4

## Spiritual Connections

Sacred Valley, Peru

**Overnight:** Yoga Mandala Hotel

**Included meals:** Breakfast, Lunch, Dinner

Following breakfast, we will travel to the Sanctuary of Bees located in Calca. We'll meet with Alicia or Fede, who are responsible for this important project of conservation of the bees and their natural habitat, learn about the importance of a sustainable beekeeping management. The goal of this project is to raise awareness of the importance of the work of bees in the wild and agricultural biodiversity conservation. When visiting the bee sanctuary, we will learn about the social organization of hives, their communication, their relationship with plants and flowers and what bees represent in different cultures around the world. The hives provide us with products that are the foundation of powerful medicines and natural cosmetics. It's a good opportunity to understand the biological and spiritual connection with the Pacha Mama and contribute to the conservation of biodiversity and important ancient, eternal wisdom.

## DAY-BY-DAY ITINERARY

### DAY 4 CONTINUED

Next enjoy a Kintu Ceremony of Sound. The ceremony is a traditional offering to Mother Earth conducted by a local shaman to evoke the spirit of healing. Jorge Cereceda will lead us through this divine ceremony using sacred medicines like Palo Santo, Mama Coca, Agua Florida, condor´s feathers, essences and incenses along with pre-Hispanic instruments that have no musical register written, that´s why we let their own essence shine through to heal with joy, love color, life. We must come with an open heart to offer our intentions and wishes through the coca leaves. One of the main purposes of sharing this experience is to reevaluate and to radiate the culture of our original people.



Now that you are relaxed and maybe in an inspired state, we'll venture deeper into our spirituality and together we will experience the transformational wonders of a traditional *temazcal*. It is a natural therapeutic experience of heat and steam, which is inspired by the ancient pre-Hispanic practices of traditional medicine. Its use throughout history has been therapeutic and as a ritual-ceremony, the practice has survived through the years as a tradition of the various indigenous communities in America. The relaxation generated by



experience impels us to a deep state of peace, introspection, reflection and full attention. *Temazcal* therapy is a beautiful and powerful moment in our lives, an opportunity to reconcile with ourselves, a unique experience of purification and re-connection with our inner source of wisdom and unconditional love. Closing a cycle and opening a new one in our lives, we release attachments, negative thoughts, fears and mental

conditioning, delivering them to the heat of the stones Mama Willka Rumicuna grandmothers of the Earth. The serene and transcendent setting will allow you to tap into the physical and evoke a calmness that will bring gratitude to the senses.

## DAY-BY-DAY ITINERARY

### DAY 5

## Community Connections

Sacred Valley, Peru

**Overnight:** Yoga Mandala Hotel

**Included meals:** Breakfast,  
Lunch, Dinner

We will begin our day with a sunrise yoga session having already connected deeply with the nature of the world inside and around us. We will recharge our physical bodies with a balanced flow and an opportunity to practice more difficult postures.

This is a special day to learn about Cusco and the Sacred Valley gastronomy, discovering the amazing variety of local agricultural resources and biodiversity, to later put into practice the cooking lessons at La Base Lamay.

We will leave Lamay towards the community of Huayllafara. The locals will take us to visit their farms with traditional crops (like potatoes, oca, anu, tarwi, quinuas, beans among others) and will teach us about their traditional farming techniques, while we taste their local produce. Then we will visit a garden with veggies, lately incorporated to the local gastronomic offer. We will learn about the local culture and their daily activities, according to the time of year and the agricultural calendar. The tour and interpretation will be focused on the agricultural and food processing techniques, such as the preparation of chuño and moraya, the washing and uses of quinoa, elaboration of Chicha de Jora and other interesting Andean activities. Finally, we will return to La Base Lamay for the cooking lessons. The idea is to prepare Peruvian classic recipes and use the native products in the cooking process. To encourage the spirit, we will prepare Pisco Sour or enjoy a Pisco tasting session.



Next, we will journey to experience the healing sounds between heaven and earth and unseen worlds of heaven and earth as it's referred to in the local culture. The healing power of vibration and sound have been used in every culture since the beginning of time. Using a combination of sound activation, through different indigenous instruments, Tibetan and crystal bowls, didgeridoos, drums, improvised & intuitive sounds as well as chants, we assist in awakening our Divine Essence. We will share the Circle of Sound in an energized site on the Andes and experience a full healing to move forward on your path refreshed and rejuvenated. The symphony of sounds will surround you with the pure love of universal source as Mother Earth embraces you. Sound Healing is the intentional use of sound to create an environment which becomes a catalyst for healing in the physical, mental, emotional, or spiritual aspects of our being. To become "healed," simply means to become "whole."

Dinner will be served this evening at your hotel.

## DAY-BY-DAY ITINERARY

### DAY 6

## Magical Machu Picchu

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**Overnight:** *Antigua Casona San Blas*

**Included meals:** *Breakfast,  
Lunch*

Say farewell to the Sacred Valley as we journey by train to Machu Picchu, following the course of the Urubamba (or Vilcanota) River climbing down a canyon headed to Aguas Calientes.

On arrival we will enjoy a privately guided tour of the archaeological ruins of Machu Picchu with a specialized guide. Known as one of the most beautiful and enigmatic ancient sites in the world, the Andean mountaintop was used by the Inca people as the foundation of hundreds of stone structures, with construction starting in the early 1400s. Your local guide will share cultural knowledge and insights.

Explore the terraces, corridors, temples, and other sacred places within the citadel.

Atop this international world wonder, spend some time in quiet reflection and meditation.

Following lunch there will be a fun stop at the central market to look at local souvenirs near the train station. Take the train back to Cusco late this afternoon where you will check in to your Cusco hotel and have time for a late dinner on your own arrangement.



### DAY 7

## Day of Leisure

Cusco, Peru

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**Overnight:** *Antigua Casona San Blas*

**Included meals:** *Breakfast,  
Dinner*

A gentle relaxing morning yoga practice helps our bodies and minds absorb the experiences of this epic retreat journey, preparing us to utilize our new, refreshing perspectives to make an impact in our lives and the world around us. As you reflect on the past week, take some time to yourself, or venture with your new friends to explore Cusco.

Tonight, you are invited to a heart-warming friendship circle and ceremony with your fellow retreat companions. By this time, you will have forged deep connections with the other women on this journey. We will lift each other up, in a soulful ceremony, and reflect on our experiences together. Expect hugs, love, and good vibes all around!

### DAY 8

## Return Home

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While today is a time for goodbyes, we hope it will only be temporary and that you will one day return to Peru to deepen your connections and further your explorations of this deeply ancient, traditional and warm country. Return transformed, inspired and feeling a new sense of purpose.



## DAY-BY-DAY ITINERARY

📍 Lima, Peru

### Costa Del Sol Wyndham Airport

<http://www.costadelsolperu.com/en/lima-airport/>



📍 Sacred Valley, Peru

### Yoga Mandala

<https://www.yogamandalasacredvalley.com/>

Wake up each morning at the base of majestic mountain views, right underneath a beautiful waterfall nestled in the Sacred Valley of the Incas.

Yoga Mandala is a family owned property that likes to practice yoga and living in harmony with nature, welcoming every type of visitor who likes to share their dream. Yoga Mandala has been designed to have the least possible impact on the surrounding eco system, maintaining a virtual non-polluting exclusive operation.



📍 Cusco, Peru

### Antigua Casona San Blas

<https://www.antiguacusco.com/>

A boutique hotel located in San Blas, one of Cusco's oldest neighborhoods, it is known for its Bohemian vibe, quaint coffee shops, and colonial *casonas*.

San Blas is beautifully designed with intricate carved wood, beautiful colors, and thoughtful touches like extra pillows, throw rugs and shawls.

