



## TRAVELING TO AND FROM YOUR RETREAT

Welcome to the first steps of our wonderful journey together. Before we spend our week together there are a few things to arrange. As you are making your arrangements, please don't hesitate to reach out and ask any questions that come up. It's always better to ask, than to make assumptions. *Blessings on this journey. See you soon, Samantha*

### YOUR RETREAT

7 Days of Transformation

**Dates:** Saturday, August 3rd through Saturday, August 10<sup>th</sup>

**Arrival:** Check-in begins at 2:00pm  
Our retreat begins at 6:00pm with a group dinner  
Followed by a welcome ceremony at 7:30pm

**Departure:** Check out is any time before 12:00pm  
Our morning will begin at 7:30am with a group meditation  
Followed by breakfast and goodbyes at 8:00am

### Meals

Your breakfasts are included in your retreat rate. The 5-star chef guarantees your meals will be vegetarian, organic, and non-gmo. If you are Vegan you are in good hands, so is the chef, just let us know in advance and she can make sure your meals are 100% vegan as well. To allow everyone the freedom of choice your additional meal options are:

Light Lunch \$15 usd  
Full Lunch \$28 usd  
Full Dinner \$28 usd

There are no other food options, no nearby restaurants, etc. But you can choose to bring well-sealed snacks, nuts, etc. for your light eating options. Due to health regulations there will be no fridge or kitchen use for guests.

### Payments

Currency in Ecuador: US Dollar

Your full retreat payment will be paid before you arrive at the retreat. This includes the retreat, included activities, breakfast, and your suite. The additional charges you will pay the wellness center at check-out are: lunches, dinners, spa treatments, private healing sessions, gift shop items, and any applicable taxes on these services.

The center accepts credit cards, checks, travelers checks, cash, and PayPal. *(The credit card service does not always work in foreign countries. Visa & Mastercard only. Be prepared with a backup option just in case.)*

You can contact My Sachaji in advance to arrange spa treatments or additional days at the wellness center, if available. [retreat@sachaji.com](mailto:retreat@sachaji.com)

## **AIR TRAVEL**

**Fly in to:** Quito, Ecuador

**Airport Code:** UIO

Passport Required

No advance visa arrangements needed

Samantha prefers the flights from LAS to UIO with Delta Airlines, but choose your personal preference based upon comfort, amenities, time to destination, and price.

TripAdvisor.com has airline reviews.

## **ONCE IN ECUADOR**

Before Samantha travels to a new country she loves to use TripAdvisor.com to read reviews and learn what businesses are trusted by travelers. She also uses WhatsApp to communicate internationally when travelling.

## **OUR RETREAT LOCATION**

The location of our beautiful retreat is approximately 1 hour and 30 minutes north of the airport, and about 2 hours north from the center of Quito. We will be in a remote area of the Andes Mountains.

## **My SachaJi Wellness Hotel**

**Address:** Via del Cóndor Lt 13 y Angel Vaca, Otavalo 100457, Ecuador

This blessed property was inherited by the current owner. She designed the buildings and amenities with her father, a well-known architect. Her giant heart, love for the earth, and the land prompted her to combine bio-friendly with modern amenities, and what was developed was a place that feels like no place else.

*(If you hire a car or taxi, not familiar with this remote area, and just hand them this address, you most likely will not arrive at the resort. You can have the driver call Maria Teresa at +593 99-810-5855 if you need help, but you might not be in a cell service area if you are lost.)*

## SHUTTLE /CAR SERVICE

If you hire a driver that has not been to My SachaJi before they might have a hard time finding it. Plan to arrive during daylight. It's not safe to drive these remote areas without sunlight to guide the driver through unmarked roads without GPS. GPS programs are rarely accurate and barely work in this area. Samantha has used:

### Go 4 Shuttle

**Favorite driver:** Ricardo  
**Web:** <https://go4shuttle.com/>  
**Email:** [go4shuttleec@gmail.com](mailto:go4shuttleec@gmail.com)

## STAYING IN QUITO

Quito (UIO) is the city you will fly in to, it's 2 hours from the wellness center. So, if your flight lands at night you are better off staying in the city of Quito. Driving out of town after dark is not safe for you or the local drivers. If you decide to fly in early and see Quito, Ecuador here are some helpful tips.

## HOTELS IN QUITO

Hotels in Quito will range from US\$50 to US\$400+ a night. New town has some fun hostels, cheaper hotels, and a night life for the young at heart. Old town is upscale and ancient. Some buildings dating back to the 1700s. Samantha stays in one of these two hotels when in Quito:

### JW Marriott Hotel Quito (downtown near new town)

**Address:** Avenida Orellana 1172 y Avenida Amazonas, Quito, Ecuador  
<https://www.marriott.com/hotels/travel/uiodt-jw-marriott-hotel-quito/>

An easy walk to new town, the botanical gardens, and the park where local artists sell their original paintings to locals for amazing prices.

### Casa Gangotena (old town)

**Address:** Bolivar Oe6-41 y Cuenca, Quito, Ecuador  
<https://www.casagangotena.com/>

An easy walk around old town, and some of the most beautiful churches in the world.

## Places to Eat

The climate in Ecuador does not grow spices well. So, most restaurants and meals in Ecuador can be lacking in spice. If that is your preference you will be in good hands, but if you prefer more flavor in your food Samantha has two favorite restaurants in Quito:

### Sher E Punjab

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Traditional Indian Cuisine

Tip: Let them know you are not a local and want full Indian spice

<http://www.sherepunjabec.com/>

## Casa Gangotena

\$\$\$\$ You will need reservations before you arrive in Ecuador

Modern South American Cuisine

<https://www.casagangotena.com/the-restaurant/>

Samantha also highly recommends, if you can afford it and have the time, spending a minimum of 2 nights/3 days at Mashpi Lodge, a National Geographic Unique Lodges of the World. Rates for tourists are usually US\$1000+ per night

*(They will not have adequate Vegan/Vegetarian options, they cater to scientists and photographers.)*

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

Other extensions to your journey you may enjoy is a trip to the Galapagos Islands, Machu Picchu Peru, or one of the many rainforest areas.

