

Recharge in the Energy of the Andes
May 9-16, 2020
Yoga, Meditation, & Andean Spirituality Retreat in Peru



Explore the Sacred Valley of Peru through majestic landscapes, hiking and rich biodiversity, while deepening your Hatha Yoga & Meditation practices and absorbing the energy of the culture and ancient sites including the magnificent Machu Picchu.

Highlights of the adventure:

- * Spend 8 days/7 nights immersed in the history, culture, cuisine, and healing energy of magical Peru and the Sacred Valley
- * Delve deeply into your relationship with natural healing through daily yoga, chanting and meditation
- * Discover ancient Andean energy exploring sites and sounds - Inca and Pre-Inca ruins by private transport, train, horse and on foot
- * Rejuvenate with a massage
- * Cost: \$2100/\$1900 if paid in full by February 9, 2020 (per person, based on double occupancy)

Trip Includes:

- * 7 nights lodging
- * 2 meals a day
- * Daily Hatha Yoga and Meditation (all levels)
- * Private massage
- * 4 Half day tours - 1 horseback, 2 foot, 1 train
- * 2 Full day tours - ancient historical sites
- * Guided trip into Machu Picchu
- * Free time to explore, relax and absorb the energy
- * Transportation from/to Cusco through the Sacred Valley

Not Included:

- * Air transportation to and from Cusco, Peru
- * Personal expenses (markets, drinks, gratuities, etc.)

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