

PERU

This 11-day journey is a timeless celebration of ancient and new cultures, nature, beauty and ingenuity; you will find plenty to feed your mind, body and soul. As you go deeper and your understanding of the pre-Columbian cultures and the Inkas grows, you will realize that the messages they have left behind are very much alive today.

Where will the journey take us?

As we explore the variety and multitude of pre-Inka and Inka sites, our guides will enlighten us on the multi-layered meaning behind the architectural structures and rich symbolism, which contain messages that are more relevant than ever in our modern culture. We will participate in exercises that will enhance our experience of nature, strengthen our body-mind connection and ramp up our energy levels.

Settling into the journey, you will develop a new, richer world perspective, enhanced by the wisdom and knowledge of the Inkas' ancient culture. As we visit each sacred site, you will learn how to create your own personal mesa (tool) to carry the energies of the many Inkan sites with you when you leave. More powerful than memories or photos, this tool will allow you to re-connect to the Inkas and the Andes from anywhere in the world.

While we provide you with as much guidance and support as you need, there's still plenty of time to explore on your own, shop, get a massage, or do whatever else calls your attention. The journey is set up to provide the perfect balance between a group tour and an individual adventure.

PROGRAM

DAY 1: Flight from home country to Lima. As the group begins to arrive at Jorge Chavez International Airport during the morning hours, our tour team will meet group members at the airport and transport everyone to our hotel to settle in for our first night. After relaxing in the afternoon, we will introduce the program, giving the group background information and a foundation for embarking upon our upcoming experience. We will close our first day in Peru at a nice restaurant, where you will be introduced to authentic world-known Peruvian cuisine.

DAY 2: Early in the morning, after breakfast, we head North in the direction of Caral, the oldest civilization in the Americas (Five thousand years old), developed around the same time as other great civilizations in Mesopotamia, Egypt and China. Our first stop will be Lomas de Lachay Nature Reserve. There, we will learn a little bit about the unique geography and climate of coastal Peru while enjoying a leisurely hike through the life-giving clouds within this desert climate. We will also take the opportunity to learn more about honoring Pachamama "Mother Earth" and the sacred sites wherever we go. Next, we drive to the coastal town of Huacho for lunch right on the ocean. After enjoying our meal, we continue north to our hotel La Empedrada near the Caral citadel ruins.



DAY 3: After an early breakfast, we will head to the heart of the Caral citadel. At

this sacred site, we will connect with the wisdom and knowledge impregnated in the sacred geometry, structures, and cosmic and solar positioning of Caral. What we learn and experience at Caral will open the door to our higher understanding about how subsequent cultures in Peru evolved and built upon previous knowledge. This will help us understand how, 5,000 years later, the Inkas were able to perfect ancient technologies and connect with the natural world, the cosmos, and diverse human cultures. After a well-deserved lunch, we will head back to Lima with a stop midway in Bandurria to honor Mama Qocha "Mother Water."

DAY 4 : After arriving from our morning flight to Cuzco, we will relax and take some time to acclimate to the mountains (11,200 feet) and the Inkan energy. Following a short walk around the city and a delicious lunch, we will visit the most important Inkan sanctuary in the city, Qorikancha (Golden Sanctuary). This is a sanctuary of integration, where both Inka and pre-Inka deities reside. This is the home of the Andean cosmology. Its architecture and symbolism are simply breathtaking. Later, we will celebrate our arrival to Inka land with a traditional dinner and show.



DAY 5: Our first visit will take us to the legendary mountain of Huanacaure, which is one of the twelve sacred Apus of Cuzco. This visit marks the start of our Andean journey. Our awareness of place and time is real. The breath-taking landscape transports you to the golden era of the Tawantinsuyo empire. You visualize the archeological site resting at 13,415 feet high. The Inka culture considers this one of its most significant Wak'as. Going back to Cuzco, we eat lunch and head for Sacsaywaman and Q'enko in the afternoon hours. Sacsaywaman is a huge ceremonial complex, it's huge stone walls the hallmark of the site. Q'enko is one of the largest huacas (holy places) in the Cusco Region based on naturally occurring rock formations. It was believed to be a place where sacrifices and mummification took place.

DAY 6: On this day, our journey will take us South to Tipon for a full day journey. Tipon is a sanctuary dedicated to the element of water and the life it manifests. After lunch, we will stop at Raqchi, a temple dedicated to Wiraqocha Inka holding knowledge and teachings encrypted in sacred geometry. Back in Cuzco, you are free to visit a theater or museum of your choice or to explore the city.

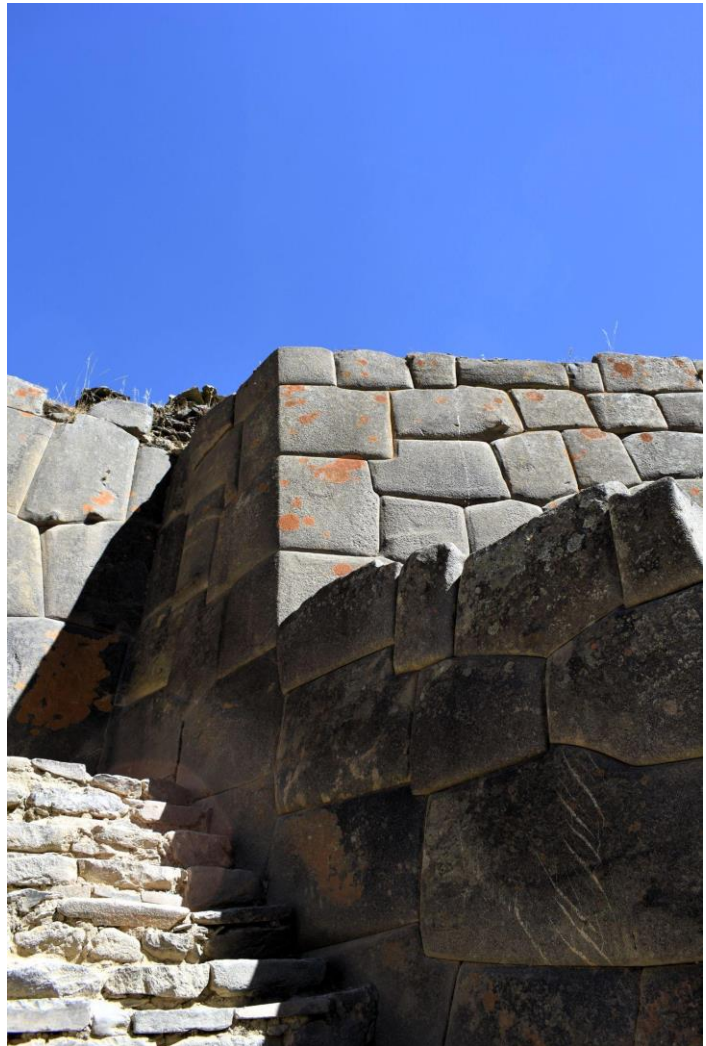




DAY 7: We start our descent to three prominent Sacred Valley sites. First, Chinchero, an Inka town with spectacular views. There we will visit the Inca ruins, more Huacas, and local indigenous weaver women to learn about ancient textiles. Second, we visit Maras, which is known for its salt mines, consisting of thousands of breathtaking individual salt pools built on a mountainside. Last, Moray will be explored, a multidimensional botanical garden called the Sanctuary of Life. Also known as a roadmap for the ascension of consciousness, with the power to change lives. This visit will not only "set the tone" culturally for the upcoming days, but also awaken and expand our curiosity about why the Inkas and pre-Inkas viewed life as they did.

DAY 8: We continue our journey down to the crossroads of the Sacred Valley in Ollantaytambo at 9,160 feet above sea level. There, hold onto your hat as we witness the stunning view at the Temple of the Wind, nestled between several magnificent mountain peaks! At the base of the Temple, we view the spring-fed streams and lush landscape, which deepen our understanding of the Inka's appreciation of the four elements of nature: Air, Water, Earth, and Fire.

After lunch, we continue our journey by train, heading towards the town of Aguas Calientes (Hot Springs), located at the base of Machu Picchu. We head to the hot springs for a cleansing swim and a relaxation ritual in preparation for our entrance into the sanctuary of Machu Picchu the following morning.



DAY 9 : At our peak of this expedition, we start our ascension to the sanctuary of Machu Picchu. We hike up the beautiful Inkan

staircase to the top of the mountain of Wayna Picchu. The hike looks impossible, but with their typical architectural genius, the Inkan stairway makes it much easier than it looks. Here we take time to cleanse our lungs with the fresh mountain air and enjoy the breathtaking views and purifying energy of the entire condor-shaped sanctuary. After our hike, which at a slow, leisurely pace, takes two or three hours, we will head back to our hotel in Sacred Valley.



DAY 10: As our Peru journey comes to its end, we head back toward Cuzco. On our way, we visit Ñaupa Iglesia, one of Cuzco's mystical and beautiful Inka temples. Right after we stop at Killarumiyoc or the Moon stone. This ancient structure brings our spirits high to enjoy the art represented on carved stones.

DAY 11 : Our transition back to our own world begins, but with new insights, renewed connection with nature, and a higher understanding of our own path and purpose. Finally, we ride back to the Cuzco Airport for your flight to Lima and travel from Lima to your final destination.

Facilitators

Philippe is a multilingual environmental, wildlife, and habitat conservation professional. He worked at wildlife refuges over a 20-year career and supported them nationwide from the Refuge System Headquarters in Washington DC. He also served three years as a volunteer wildlife biologist with the U.S. Peace Corps in the remote High Atlas Mountains of Morocco. Born in a multi-national/multicultural environment in the Washington DC area, he communicates in English, French and Spanish fluently. Having had a thirst for traveling, exploring and learning, he has visited Perú multiple times thus developing a great passion for its beautiful landscapes, diverse pre-Columbian cultures, and Peruvian cuisine. Philippe has been initiated into various traditions of the Andean Healing Arts. He strives to impart, instill, and broaden knowledge of these philosophies that are rooted in reciprocity, balance and inner-growth.



Lilly, M.Ed./Ph.D. is a bilingual Andean-Peruvian professor, researcher, and educator with 25+ years of experience. Growing up in the highland region of Huánuco, Perú, Lilly developed an early bond with the Quechua language and the Andean-Peruvian healing traditions. These experiences nurture her love for the Inka culture. In her research and teaching, she promotes intercultural communication, celebrates diversity and advocates equity. Currently, Lilly teaches at a Northern Virginia university courses related to culturally linguistically diverse learners and bilingual education. Because of her love for native cultures, she took the opportunity to train Ixil-speaking Mayan educators in rural Guatemala, learn about the Sami people in Norway, and visit many ancient sacred sites such as Machu Picchu in Cuzco. As a global traveler, Lilly has visited 12 countries. One of her favorite quotes is from Maya Angelou, "*When you learn, teach, when you get, give.*" She lives with her loving daughter Camilla, her husband Philippe, and her two felines, Cici and Milo, in Virginia.