**Peru**

**May 3rd-15th, 2020**

**Sacred Valley, Plant medicine, Cusco and Lake Titicaca and Islands**

Join me on a journey to powerful lands and the awakened mountains of Peru. A place where flora and fauna are abundant. This year we are honored to be in ceremony and rebalance with LuzClara Andean Medicine Grandmother. In the first 5 days of this journey LuzClara will gently guide us to focus within our true selves for discovery, learning, and healing at a deep level. On this women’s only portion of our adventure, you can experience an incredible time of insight and beauty that will renew the path of your heart, transform your consciousness, and heal your feminine self not only for you , but also for your ancestors and offspring.

The second part of the journey we will travel to the incredible Lake Titicaca. We have a lake front hotel in the city of Puno. We will continue our journey of discovery by boat to the floating Islands of the Uros, stay with a beautiful local family on the Island of Amantani and participate in ceremony. Then travel to the magical Island of Takile. We will end our journey back in Puno where we will be transported to Juliaca to begin our travels to our home.

12 magical …Powerful…. blissful Life changing days and nights in the Sacred Valley of the Incas, Intiwatana, Raqchi, Choquikilla, Pisoc, Cusco, Puno, Lake Titicaca, Uros floating islands, Amantani Island, Takile Island and so much more.

**Travel Itinerary:**

Day 1 May 3rd. Travel over night from your home to Lima.

Day 2 May 4th. Morning flight from Lima to Cusco, the capital of the Inca Empire. A short city sightseeing tour as we travel one hour to the Sacred Valley of the Inca. The drive is filled with breathtaking views and sleepy little villages. The lower elevation of the valley is ideal for acclimation to altitude. Our beautiful private home Melissa Wasi, with amazing gardens and walking distance to Pisaq will be awaiting us. We will settle in and gather for a group orientation late afternoon. (D)

Day 3 May 5th. We will begin our day with conscious breathing and ceremony with a trained teacher and sound healing with Luzclara to go deep into your heart. We will visit and do offerings at the sacred temple of Intiwatana. We will return to our private home for refueling, rest and reflection. (BLD)

Day 4 May 6th. \*We will begin with ceremonies and fasting to ready us for the meeting of the visionary and healing powers of the vine of the soul, Ayahuasca. As we prepare ourselves for this evenings ceremony’s our female ayahuasquera will join us with loving knowledge and Luzclara and I holding space for the unfolding of this sacred ceremony. (B)

Day 5 May 7th. \*We will be gentle with ourselves and participate in an integrating ceremony. We will then be joined by a young quechua priestess, and travel to the Temple of Wiracocha for ceremony and continued integration. (BLD)

Day 6 May 8th. We will continue our teachings with LuzClara, on women’s mysteries and circles of empowerment and visit Choquikilla temple where we will create ceremony to heal the ancestral lineage. (BLD)

Day 7 May 9th. We will leave the Andean Medicine Grandmother LuzClara and accommodations at Melissa Wasi and meet with a sweet, knowledgeable guide, Jesus with Parwa and travel to Cusco. You will have free time and spend the night. (B)

Day 8 May 10th. We leave Cusco early morning and take a comfortable bus to Puno. Puno is our gateway to Lake Titicaca. This is a 7-hour trip and we will visit 3 sites as we travel to our Lake Front hotel in Puno. We will stop at Raqchi once again for important integration, Andahuylilas Church, the Sistine Chapel of the Americas, and the museum of Pucapukara where you will see the religious aspects of Andean spirituality. (BD)

Day 9 May 11th. We will start the day with meditation and breathwork at 7:30 am. After a healthy breakfast we will leave to visit a three-dimensional portal. In this sacred sight we will be working with the three worlds of the Andean Cosmovision, and then we will visit the temple of fertility, returning to the hotel for lunch, free afternoon and will come together for a fire ceremony. (BLD)

Overnight in front of the lake.

Day 10 May 12th. We begin our day by taking a boat to the floating islands (los Uros) where you will see the living culture and customs of the people from the plateau. Then we go to Amantani to spend time with locals and learn what it is like to live at Lake Titicaca. We spend the night in the home of an Amantani family. We will visit the Pacha Mama and Pacha Papa temples. (BLD)

Day 11 May 13th. Early departure with our boat captain to Takile Island; from there you will be able to see impressive views of the Andes Mountains. Takile is a magical island with a rich cultural history. We will spend the day on this enchanted island. Afterwards, we will make our way back to Puno city. (BLD)

Farewell and show dinner in Puno City.

Day 12 May 14th. We will receive private transportation from the hotel to the airport in Juliaca. We will fly from Juliaca to Lima and Lima to USA this marks the end of the trip. (B)

B = Breakfast, L = Lunch, D = Dinner.

\*Itinerary subject to change at the discretion of tour providers and Spirit\*

INCLUSIONS:

• Transportation throughout said itinerary by private motor coach.

• All Hotel accommodations based on double or triple occupancy.

• Meals as detailed in itinerary.

• All entrance fees to archeological sites as outlined in program.

• Activities including talks and ceremonies

• Services of LandSpirits, LuzClara, Parwa Adventures tour leader and staff.

• Flights within Peru & return flight reconfirmation, airport check-in, luggage assistance.

EXCLUSIONS:

• Meals not specified in the detailed itinerary of the tour.

• US domestic, International flights.

• Airport departure taxes within Peru.

• Transfers for independent arrival or departure.

• Optional gratuities.

• Additional hotel nights made necessary by airline schedule changes or other factors.

• Traveler's insurance.

• Cost of medical immunizations (if any).

• Items of a personal nature (liquor, laundry, toiletries, phone calls, heavy luggage fees etc.)

Land Cost $3175.00

Send total amount or deposit of $500. To secure your place. You can register with credit card deposit of $500 on LandSpirits.com (3% fee will be added to total cost) or you can send a check made out to Pamela Panneton 610 Tanglewood Dr. Sykesville, Md. 21784 ($300. non-refundable)