



SOLSTICE HEALING IN PERU

JUNE 20th – 29th

10 Days/09 Nights

**CUSCO – SACRED VALLEY – MACHU
PICCHU –**

PUNO – LAKE TITICACA

Facilitator: Shannon Davis

Package Includes:

- Airport Pick/ drop off and all private transportation during the tour
- 9 nights in luxury retreats (Double Occupancy)
- All entrances to the sights
- All meals included
- English speaking tour guide



- Boat excursion on Lake Titicaca
- Entrance and train ride to Machu Picchu
- Complimentary Bands of Power class

Itinerary

Day One - Arrival in Cusco:

- Arrive in Cusco, Peru, and check-in to your accommodation. Rest and acclimatize to the altitude.

Day two - Indigenous Ceremony and Healing:

- Lodge in Cusco.
- Participate in an indigenous ceremony led by elders of the Q'ero tribe.
- Experience traditional healing practices and connect with the wisdom of the Q'ero people.
- Despacho ceremony & Coca Leaf readings □

Day Three - Temples of the Moon and Pachamama:

- Lodge in Cusco.
- Explore the Temple of the Moon (Q'enqo) and the Temple of Pachamama (Saqsayhuman).
- Connect with the spiritual energy of these ancient places. □

Day Four - Exploring Cusco:

- Stay at a lodge in Cusco.
- Visit the Temple of the Sun (Qorikancha) and the Temple of Sacsayhuman.
- Learn about the history and significance of these sacred sites & have energetic experiences.

Day Five – Cusco

- Inti Raymi festival

Day Six - Journey to the Valley:

- Travel via local transportation to the Sacred Valley.
- Stay in a lodge in the Valley.
- Explore the city of Chinchero and partake in a spiritual experience.
- Enjoy free time for shopping and relaxation.

Day Seven - Machu Picchu Adventure:

- Lodge in the Valley.
- Travel by train to the legendary Machu Picchu.
- Explore the ancient ruins and connect with the mystical energy of this sacred place.
- Enjoy shopping and free time.

Day Seven - Journey to Lake Titicaca:

- Travel by tour bus, stopping at local sites along the way.□
- Visit Lake Titicaca, the city of Puno, and the floating islands of Uros.□
- Immerse yourself in the rich culture of the Andean people.□



Day Eight - Lake Titicaca Exploration:

- Continue your exploration of Lake Titicaca.
- Participate in a ceremony.
- Visit the floating islands Uros.
- Connect with the spiritual essence of these unique locations.

Day Nine - Rest and Integration:

- Spend a day at Lake Titicaca, allowing time for rest and integration.
- Reflect on your spiritual journey and experiences.
- Prepare for your journey home.

Day Ten - Departure:

- Fly back home, carrying the memories and spiritual insights gained during your 10-day retreat in Peru

Inti Raimy Festival

The Inti Raymi, which in Quechua means “Festival of the Sun”, bears great spiritual and cultural significance for all who know its history. For the Incas, the sun was the most important deity, worthy of their greatest admiration, because it represented the source of life.

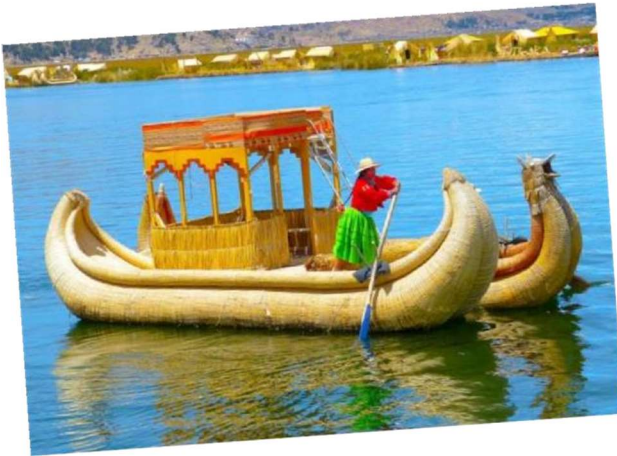


PUNO

Breakfast. Bus ride to Puno from Cusco. Upon arrival transfer to the port to reach our Lodge in the middle of Titicaca. Uros Islands, the fairytale-like Uros Islands are made entirely from totora reeds; the lives of the inhabitants of these artificial islands are entirely dependent upon the reed beds they live among.

Totora reeds were first used centuries ago to build these islands on Lake Titicaca by the Uro-Aymara families who made their home on the lake. The local people's boats are also made from totora reeds, and they use these vessels for fishing.

Puno is said to be the birthplace of the Inca empire, according to legend, everything began in Puno when Manco Capac and Mama Ocllo emerged from Lake Titicaca to found the Inca dynasty.



Lake Titicaca

Lake Titicaca is a marvel of nature that exudes wonder and healing properties to all who encounter its pristine beauty. Nestled high in the Andes mountains, this ancient, shimmering jewel of a lake holds a mystical aura that captivates the soul. Its crystal-clear waters seem to hold secrets of centuries past, while the surrounding landscapes breathe tranquility and serenity. For centuries, indigenous cultures have revered it as a sacred place, where the energies of the earth and sky harmonize, bringing solace and rejuvenation to those who seek its shores. The gentle lapping of its waves and the majestic sight of the floating Uros Islands create an atmosphere of serenity and wonder, making Lake Titicaca a truly healing sanctuary for the body and spirit.

Lake Titicaca Kay Pacha Lodge



CUSCO TO PUNO

We will take a pintoresk bus ride to the city of Puno from Cusco, we will pass by the La Raya ranch where we can see herds of vicuñas and llamas. During the trip, we pass by the charming Wacarpay Lake that offers spectacular views of the mountains reflected in its calm waters. We continue to the beautiful town of Andahuaylillas, and visit the church of San Pedro de Andahuaylillas, better known as the Sistine Chapel of the Americas, due to its polychrome roof. Buffet lunch in a quiet country restaurant, where you can enjoy the delicious culinary art of the region.



CUSCO CITY TOUR & TEMPLES



Arrival in the imperial city (Cusco), welcome with coca tea. At a coordinated time we start visiting the **Coricancha**, legendary Temple of the Sun and main ceremonial place of the Inca Empire, which together with the **Convent of Santo Domingo**, show a fascinating combination of Inca and colonial architecture.

Then we climb to the heights of the city, to the impressive archaeological complex of **Sacsayhuaman**, one of the greatest works of the Incas, where there are gigantic walls of megalithic stones perfectly placed, and the best views of the city of Cusco are appreciated.

From there we visited **Quenqo**, ancient place of ceremonies and sacrifices, followed by the Inca military post of **Pucapucara** (or red stone) tube specifically military purposes was the control point for the entrance to Cusco and also served as a resting place and we finished in **Tambomachay** was a center of worship and worship of water, the Incas asked the Gods to arrive the rains for their crops and these were fertile. Night accommodation.



SUPER SACRED VALLEY

Starting from your hotel, we travel to **Chincho**, ancestral town of the Incas, where we will appreciate the royal hacienda of the Inca Tupac Yupanqui, and the colonial square and temple. Going down to the beautiful **Sacred Valley**, we will have lunch at a buffet style restaurant in the town of Urubamba. Bordering the river of the same name, we arrive at the ancient citadel of **Ollantaytambo**, with its imposing fortress and its incomparable canals, large walls and temples, wonderful examples of the architecture of the Incas.

Overnight accommodation



EXCURSION FULL DAY HISTORIC SANCTUARY OF MACHU PICCHU

We will take the train from Ollantaytambo to Aguas Calientes then from there, a short bus ride will take you to the archaeological complex of Machu Picchu, one of the wonders of the modern world. As you stroll through the complex, you'll admire the stunning architecture as your guide shares interesting theories about Machu Picchu's history and importance to the Incas. The great views and magic of the place are incomparable. After two hours of travel, you will get off by bus to Aguas Calientes for the buffet lunch. Then we will board the train to return to Cusco. Overnight accommodation

Not Included in the package:

- International flight
- Meals not stated in the above itinerary
- Tips are optional

Prices are for double occupancy. Single room option add \$700 to the package price.

Retreat Payment Plan:

*** Half of Total retreat payment must be received by Apr 1st, 2024.**

***Final payment must be received 30 days before retreat start, by May 20th, 2024.**

***The above Flex payment plans include nonrefundable deposit and will incur a 40% administrative fee upon cancellation.**